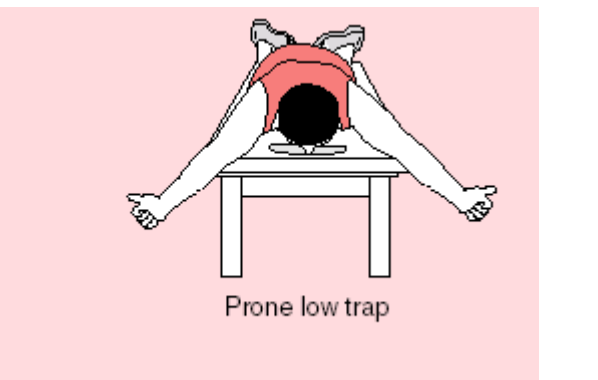
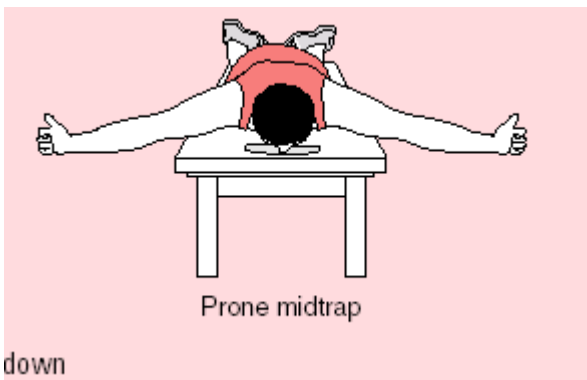
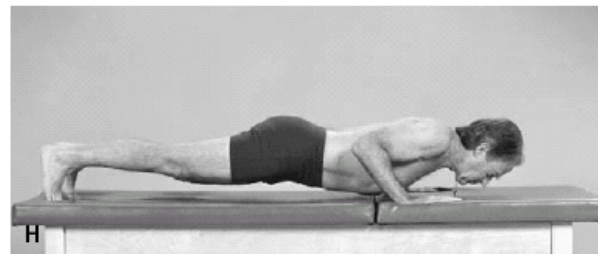
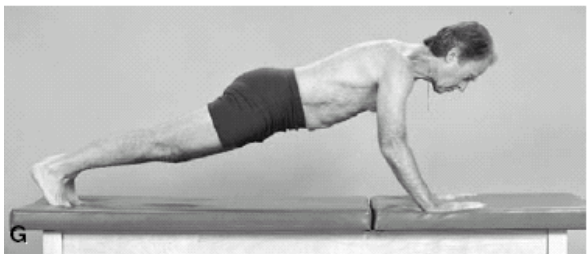
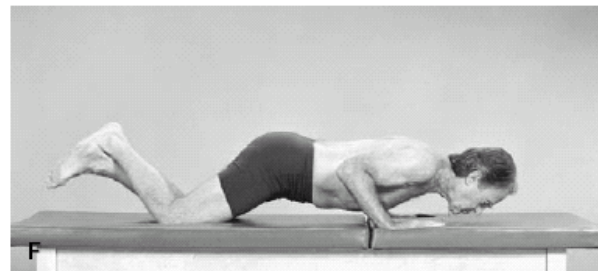
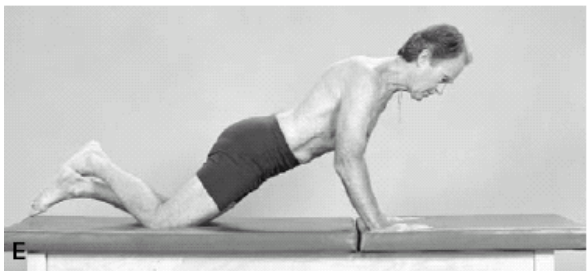
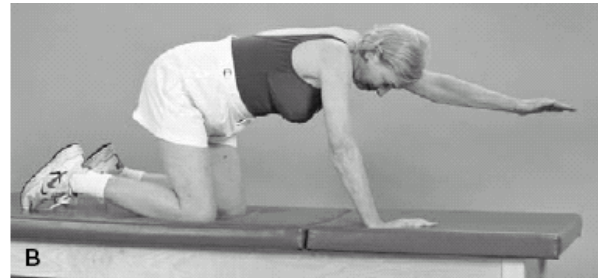


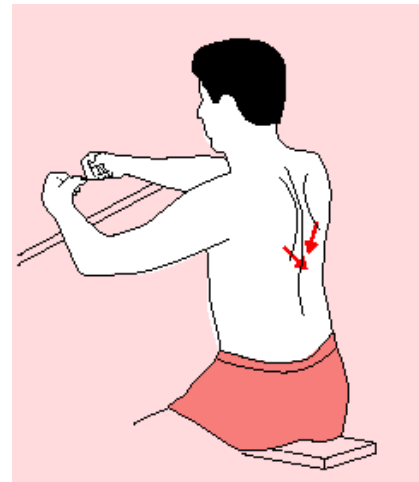
opdruk oefeningen voor de schouderbladstabilisatoren, bij strekken de romp goed omhoog duwen → push up plus



down

armen met de duim tegen de muur vanuit gestrekt naar omlaag

trek de schouderbladen licht naar elkaar toe en hou deze positie 10 tot 20 sec. vast



**SCAPULAR STRENGTHENING:**



**SCAPTION**



**PROTRACTION**



**ROWING**



**PRESS-UP**

**ROTATOR CUFF STRENGTHENING:**



**Prone Horizontal Abduction**  
(Best for supraspinatus)



**Prone External Rotation**  
(Best for infraspinatus / teres minor)