

Schouderoefeningen Re-aktief



External Rotation at 90 degrees Abduction



Internal Rotation at 90 degrees Abduction



External Rotation at 0 degrees Abduction



Internal Rotation at 0 degrees Abduction



Shoulder Abduction to 90 degrees



Scaption, Internal Rotation



Prone Horizontal Abduction (Neutral)



Prone Horizontal Abduction (Full External Rotation, 100 degrees Abduction)



Press-Ups



Prone Rowing



Diagonal Pattern D2 Extension



Diagonal Pattern D2 Flexion

SCAPULAR STRENGTHENING:



SCAPTION



PROTRACTION



ROWING



PRESS-UP

ROTATOR CUFF STRENGTHENING:



Prone Horizontal Abduction
(Best for supraspinatus)



Prone External Rotation
(Best for infraspinatus / teres minor)