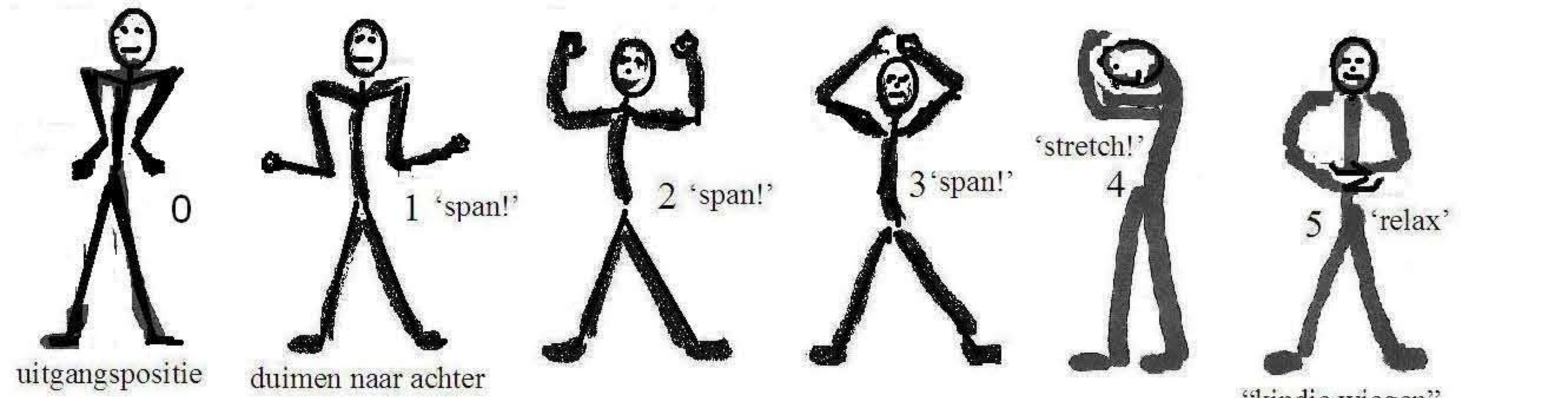


ES Schouder oefenprotocol

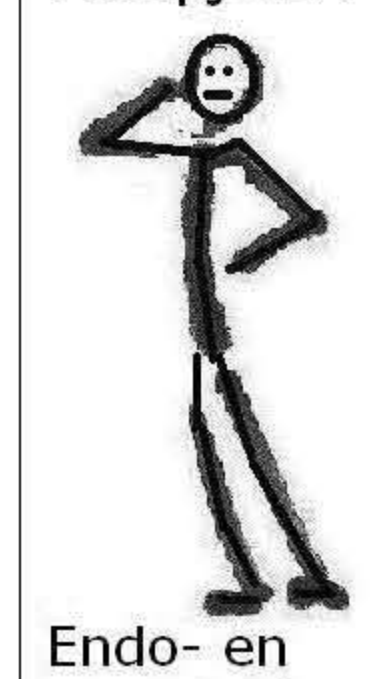
Open keten

Filmpje 30 - 31 - 2A - 69

CIRCUMDUCTIE-OEFENING



Filmpje 34



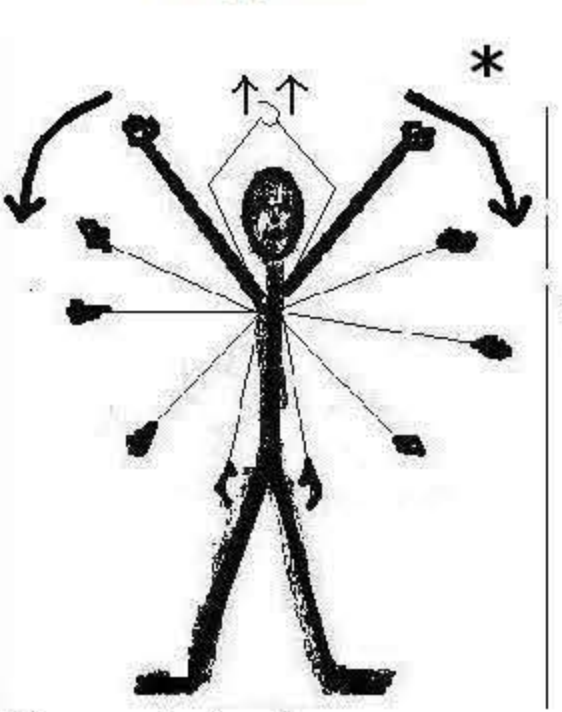
Endo- en exorotatie

Filmpje 44



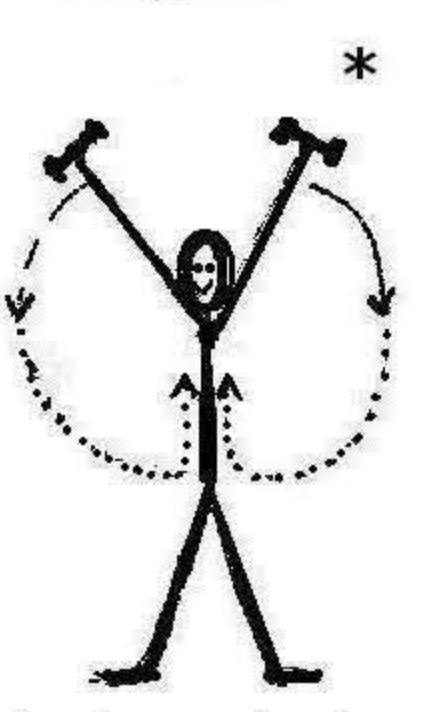
Slinger- en zwaai

Filmpje 48



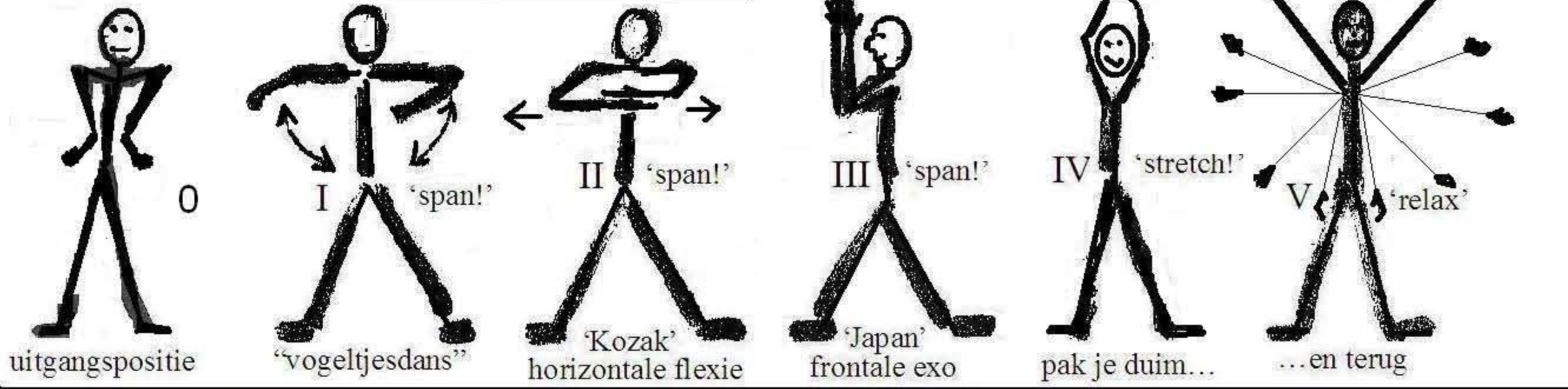
Excentrische supraspinatusoefening

Filmpje 49

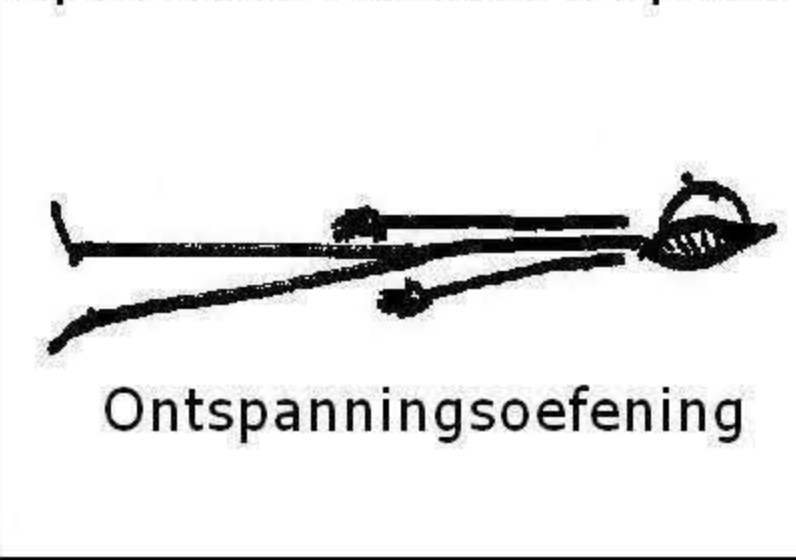


...

DEVIATIE-OEFENING



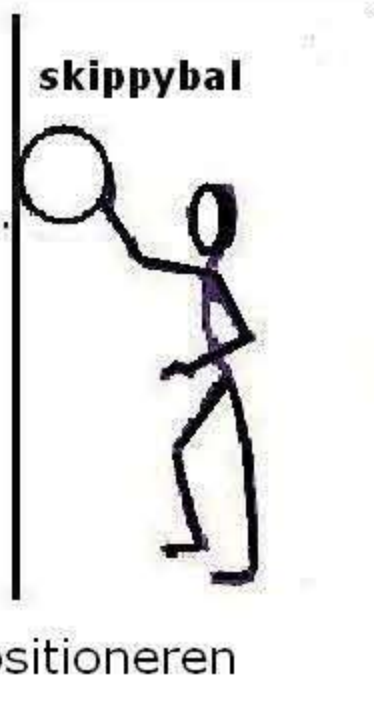
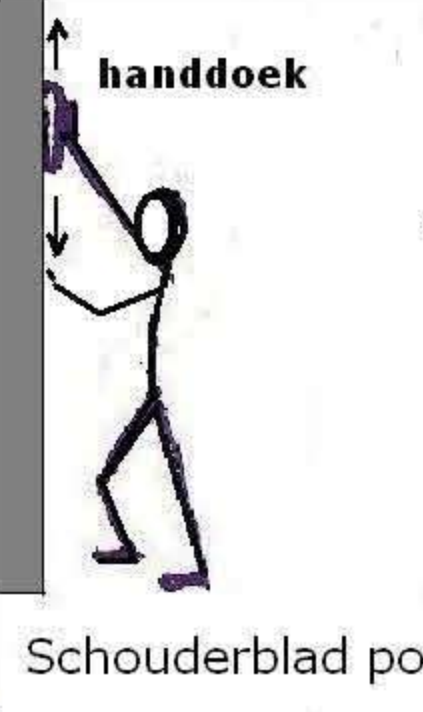
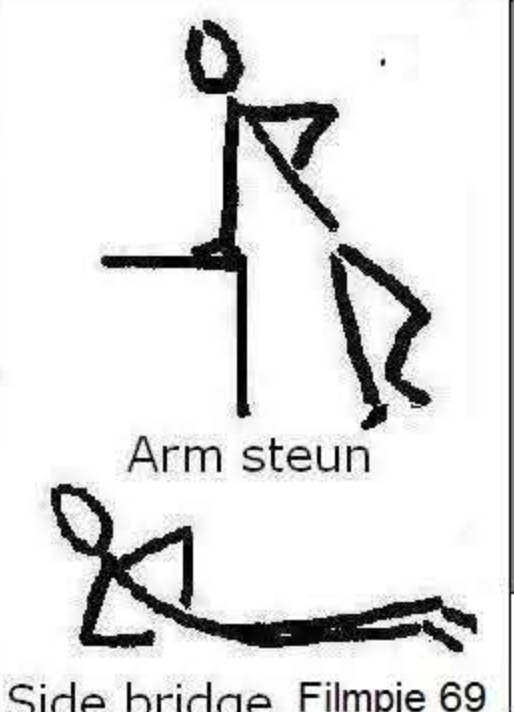
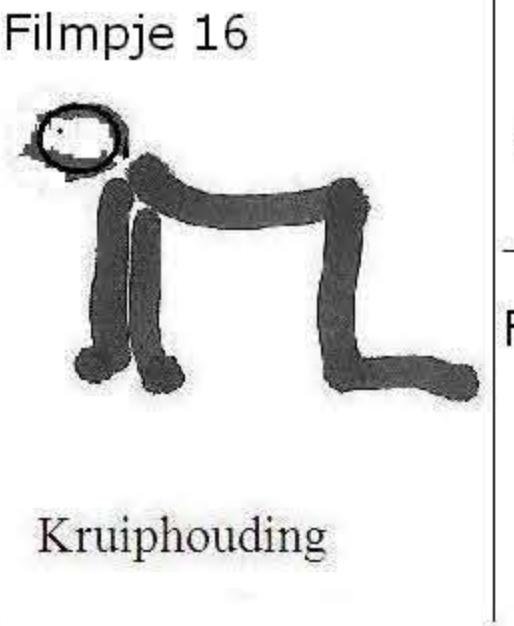
Filmpje 5 Opwekken Benson respons



Ontspanningsoefening

Gesloten keten

Bewegingen van schouderbladen en wervelkolom



Semi-gesloten keten

