



Shoulder flexion with stick



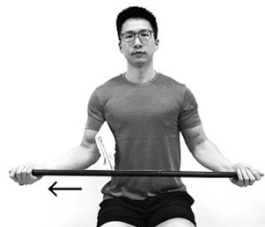
<https://tinyurl.com/yy8m55ak>

Shoulder abduction with stick



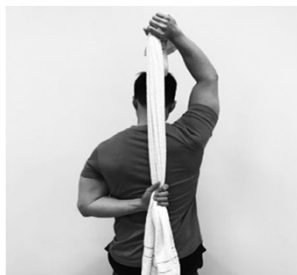
<https://tinyurl.com/jexmnv48>

Shoulder external rotation with stick



<https://tinyurl.com/u4ehkb28>

Hand behind towel stretch



<https://tinyurl.com/tn6hkvk8>