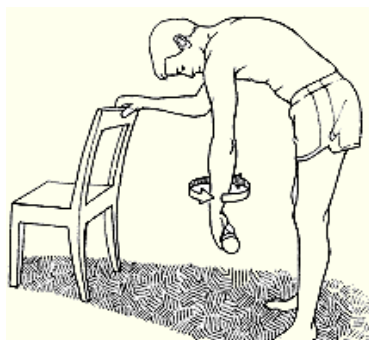


EJERCICIOS BASICOS PARA RHB DEL HOMBRO



EJERCICIOS RHB HOMBRO: FASE INICIAL



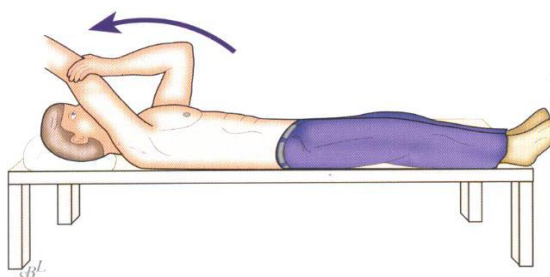
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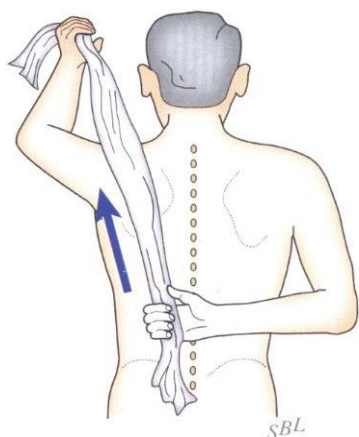
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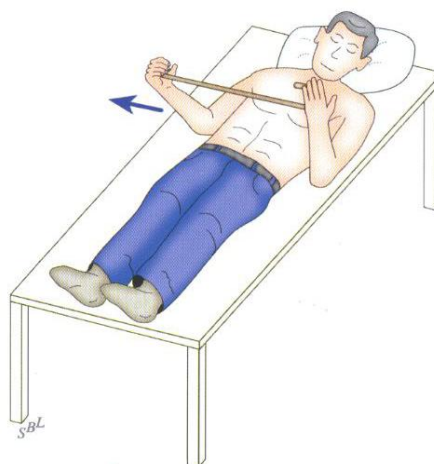
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EJERCICIOS PASIVOS

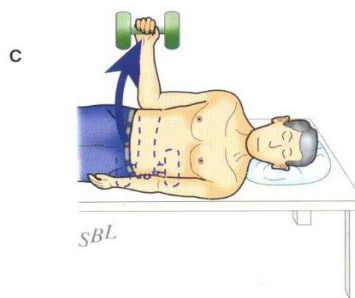
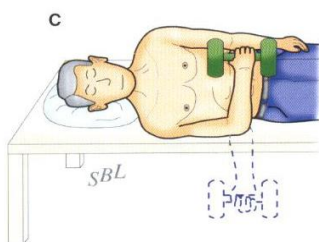
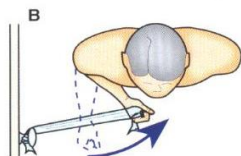
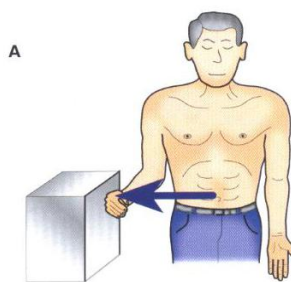
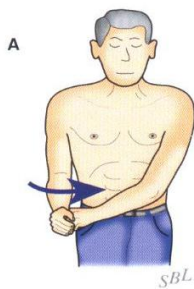


EJERCICIOS ROTACION INTERNA



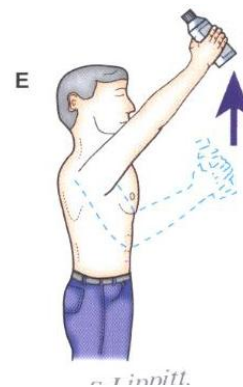
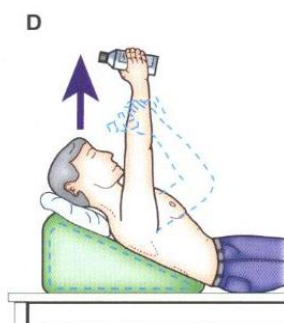
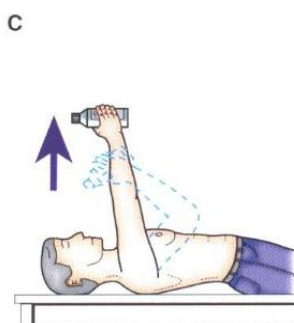
EJERCICIOS ROTACION EXTERNA

EJERCICIOS RHB HOMBRO: FASE AVANZADA



REFORZAMIENTO ROT INTERNA

REFORZAMIENTO ROT EXTERNA



REFORZAMIENTO FLEXION



REFORZAMIENTO
ABDUCCION

