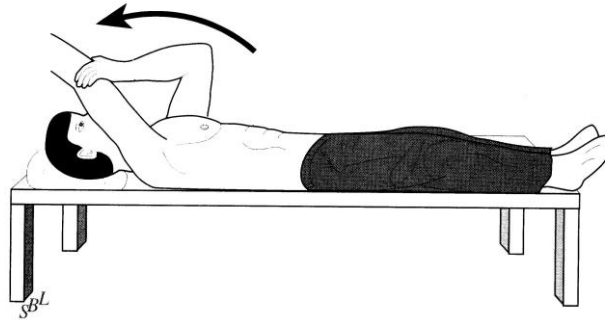
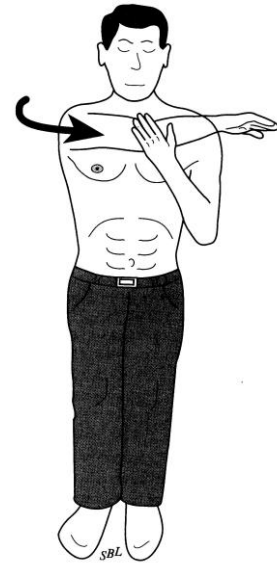
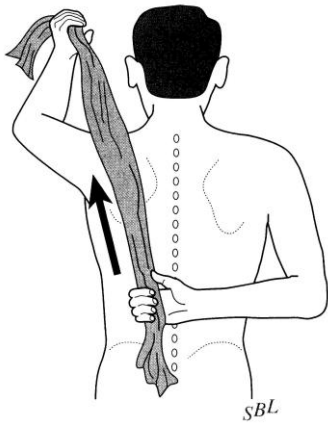


Right Shoulder Stretching Exercises



This is the most important exercise



With each exercise, hold end position for five seconds. Repeat each exercise five times in a block. Repeat each block a minimum of three times per day.