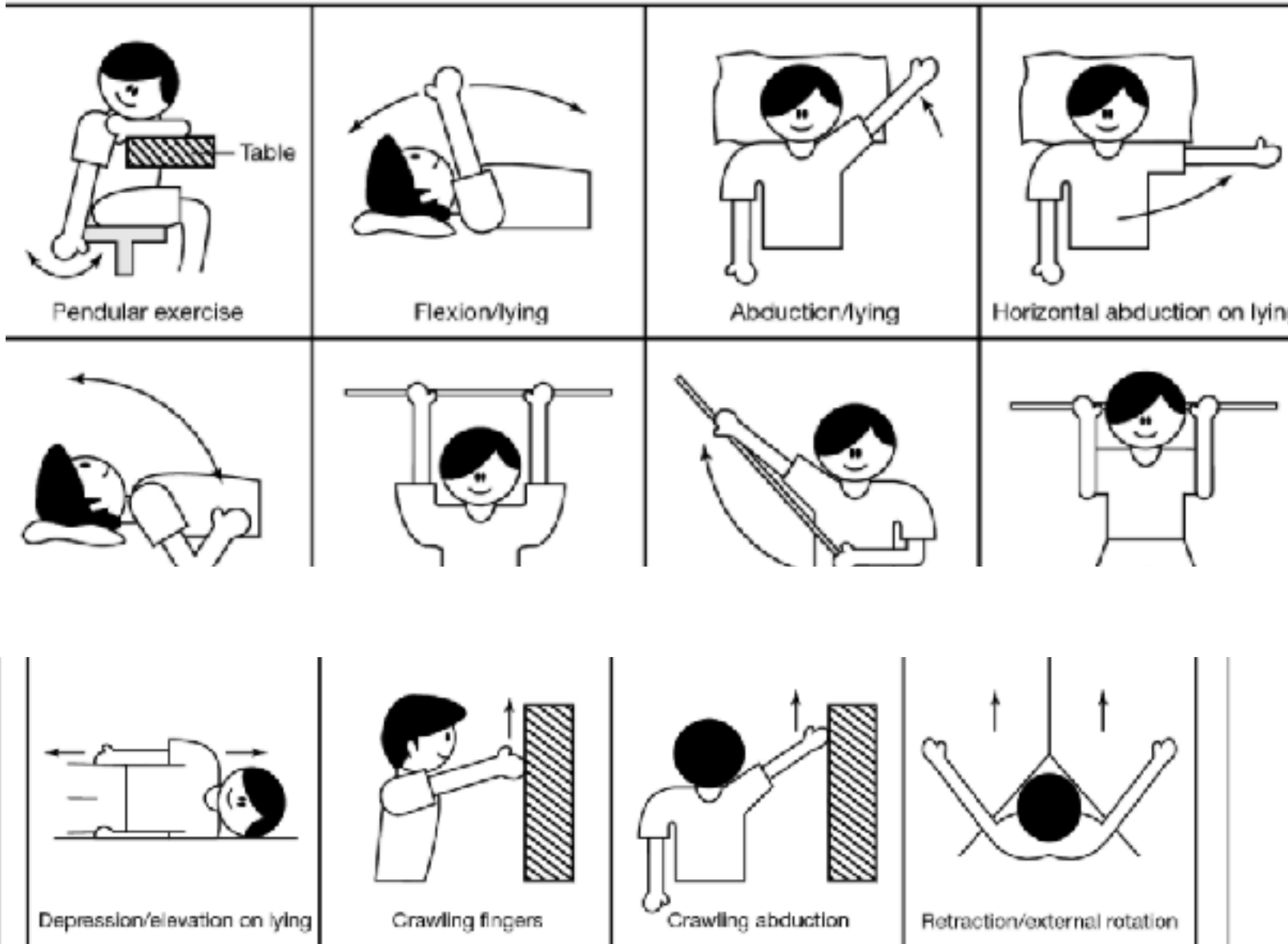


# Frozen Shoulder Exercises



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## Frozen Shoulder Exercises



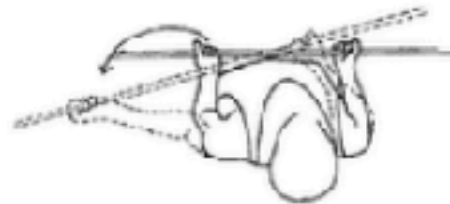
Shoulder flexion



Shoulder extension



Shoulder abduction



External rotation



Internal rotation



Scapular range of motion



Single arm flexion

