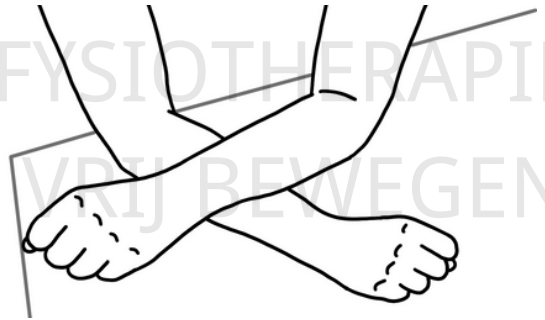


OEFENINGEN POLS

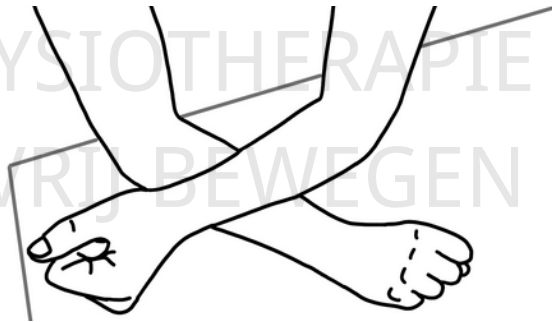
3 sets van 10 herhalingen - 2 keer per dag



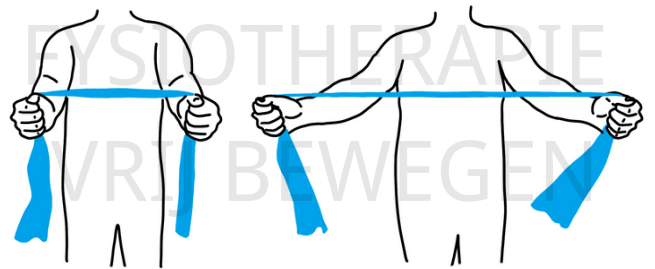
1. Stabiele pols



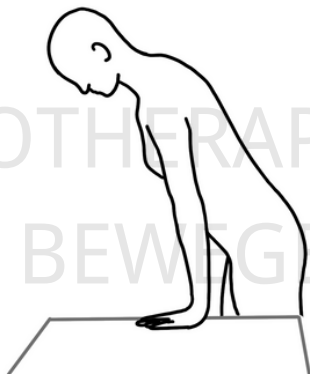
2. Stabiele pols oefening 1



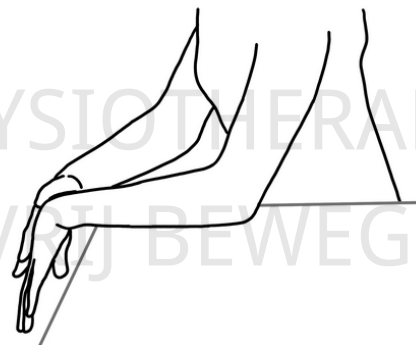
3. Stabiele pols oefening 2



4. Stabiele pols oefening met elastiek



5. Mobiliseren pols buiging



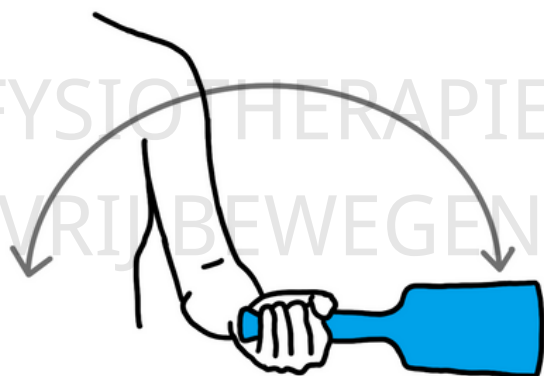
6. Mobiliseren pols strekking

FYSIOTHERAPIE VRIJ BEWEGEN

Heb je nog vragen? Mail ons: info@fysiotherapievrijbewegen.nl

OEFENINGEN POLS

3 sets van 10 herhalingen - 2 keer per dag



7. Mobiliseren pols rotaties



8. Dartworp