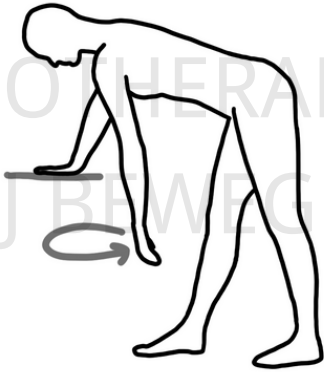
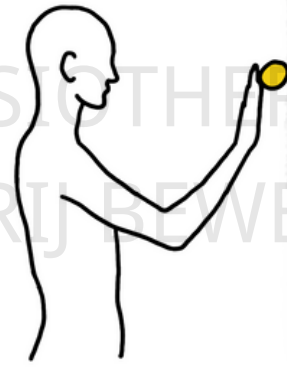


OEFENINGEN SCHOUDER

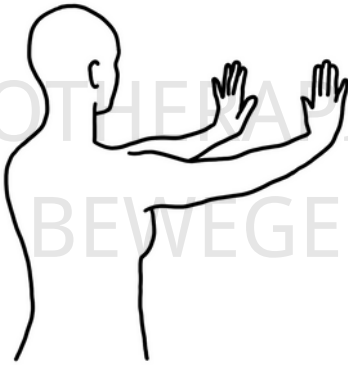
3 sets van 10 herhalingen - 2 keer per dag



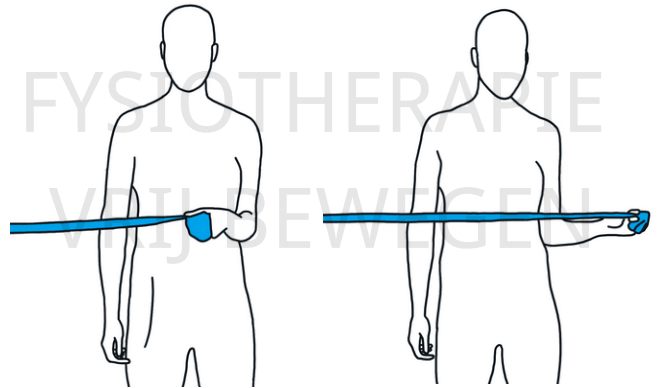
1. Bungelen



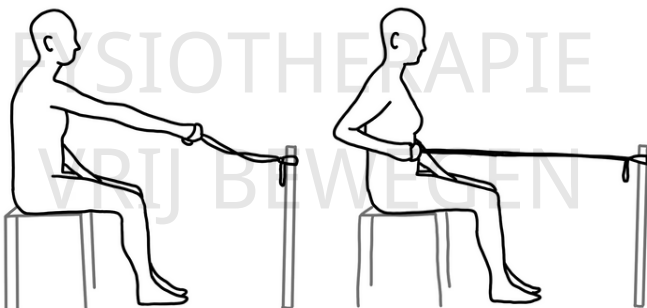
2. Wall slides met bal



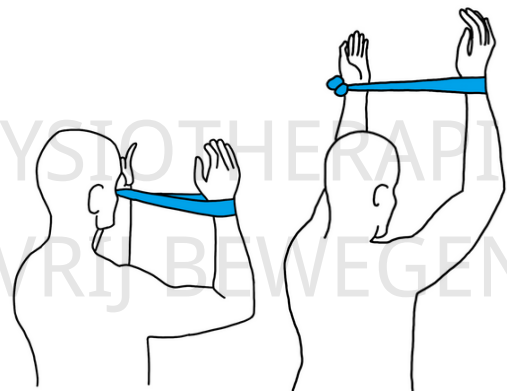
3. Push Up Plus



4. Buitenwaartse draai met elastiek



5. Seated Row met elastiek



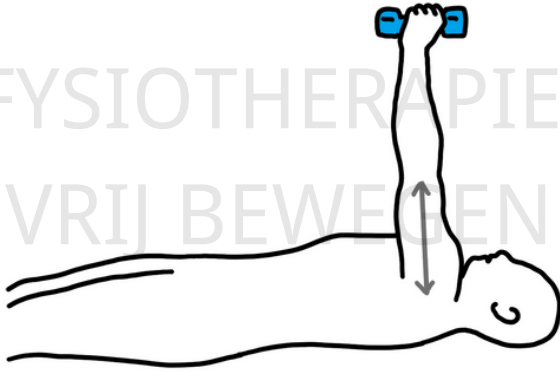
6. Voorwaarts heffen met elastiek
Ellebogen gebogen

FYSIOTHERAPIE VRIJ BEWEGEN

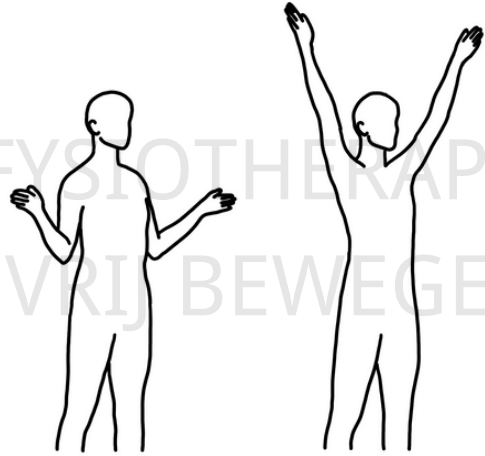
Heb je nog vragen? Mail ons: info@fysiotherapievrijbewegen.nl

OEFENINGEN SCHOUDER

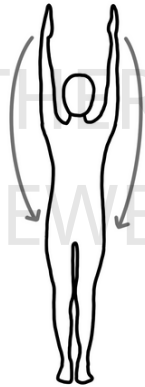
3 sets van 10 herhalingen - 2 keer per dag



1. Serratus Push



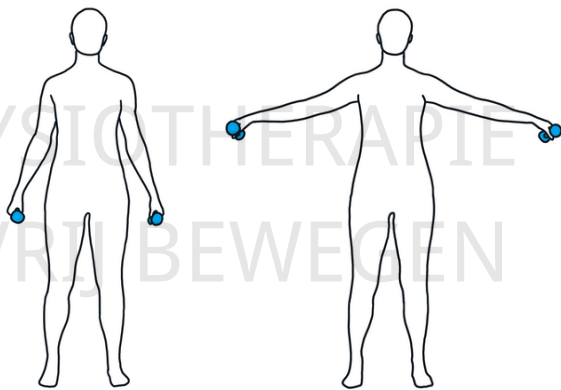
2. Van V naar W



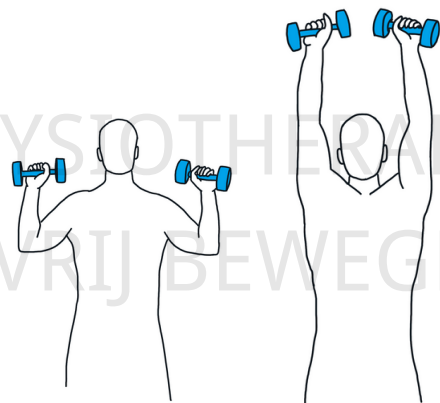
3. 'Hoera' oefening



4. Fly's
Bij voorkeur in buiklig



5. Zijwaarts heffen



6. Shoulder Press

FYSIOTHERAPIE VRIJ BEWEGEN

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