



# PAIN FREE PHYSIOTHERAPY CLINIC

31A, DDA Flats, Pkt - 2 Behind Sec - 6 Market, Dwarka New Delhi

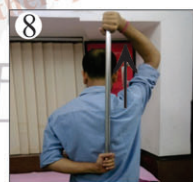
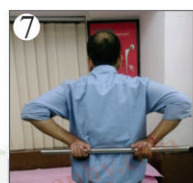
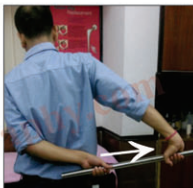
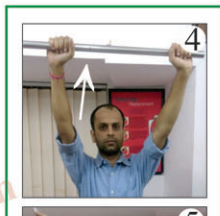
## Exercise Sheet .....



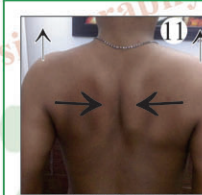
Pendulum exercise



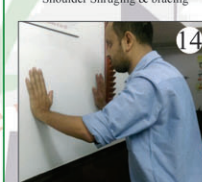
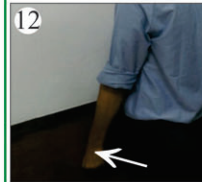
Wall ladder exercise



WAND EXERCISE

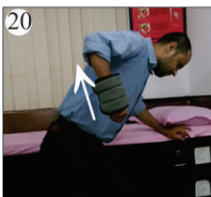


Shoulder Shrugging & bracing



Wall Push-up

isometric exercise



Resisted shoulder ROM & Scapular exercise