

# Dislocated Shoulder Rehabilitation Exercises



Resisted shoulder adduction



Resisted shoulder flexion



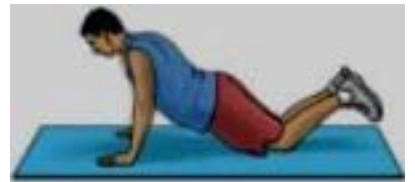
Resisted shoulder extension



Latissimus dorsi strengthening



Scapula



Pushup with a plus

  
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