

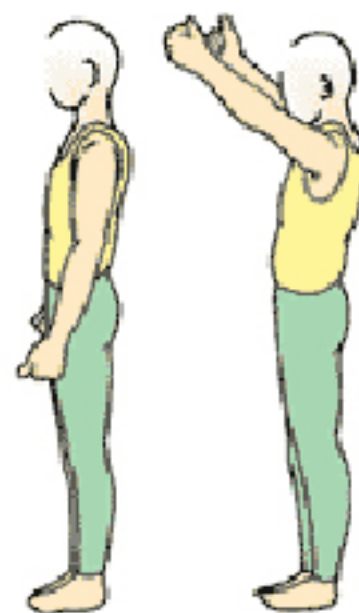
Multidirectional Shoulder Instability Scapular Rehabilitation Exercises



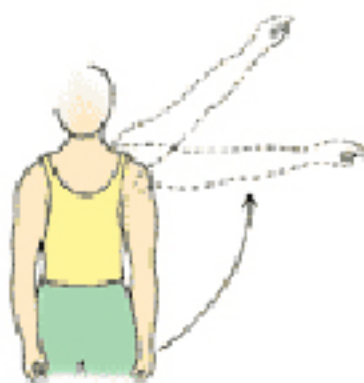
Chest stretch



Shoulder flexion



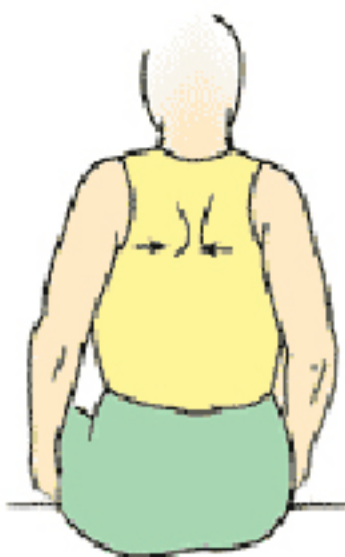
Scaption



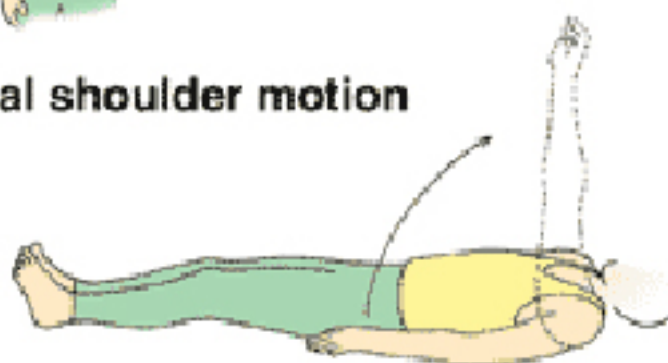
Single arm shoulder abduction



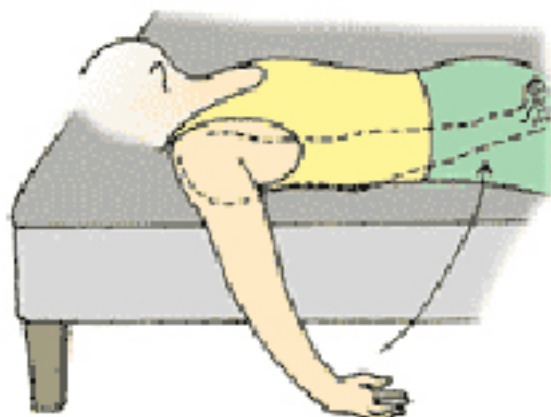
Horizontal shoulder motion



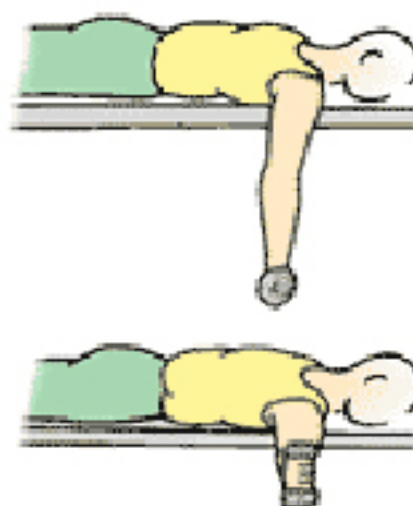
Scapular squeezes



Supine horizontal motion



Prone shoulder extension



Horizontal abduction