

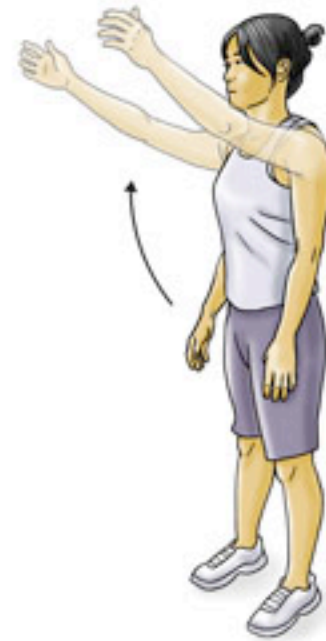
# Sternoclavicular Joint Separation Rehabilitation Exercises



Chest stretch



Shoulder flexion



Scaption



Single-arm shoulder abduction



Shoulder horizontal abduction (single arm)