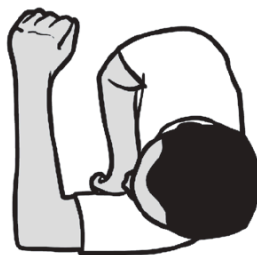


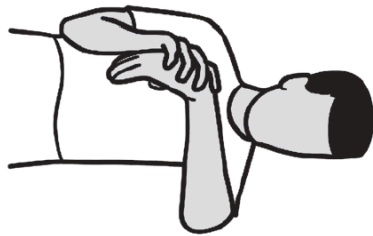
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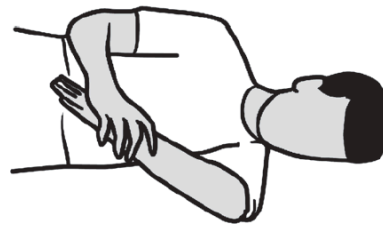
ADHESIVE CAPSULITIS STRETCHES



Sleeper position



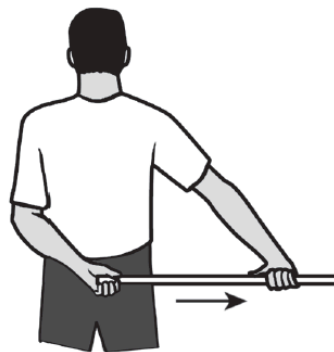
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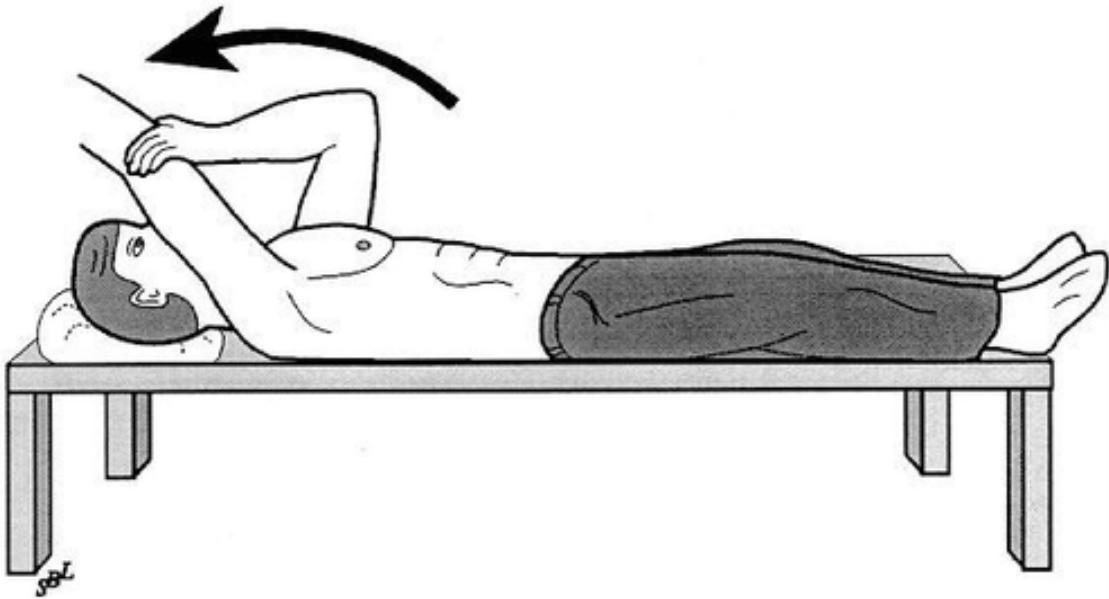
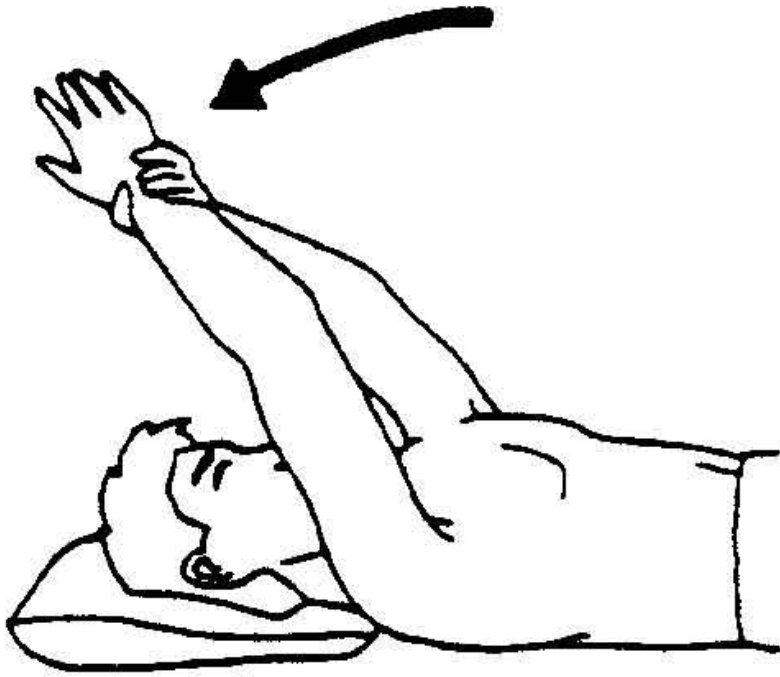
Finish



Start



Finish



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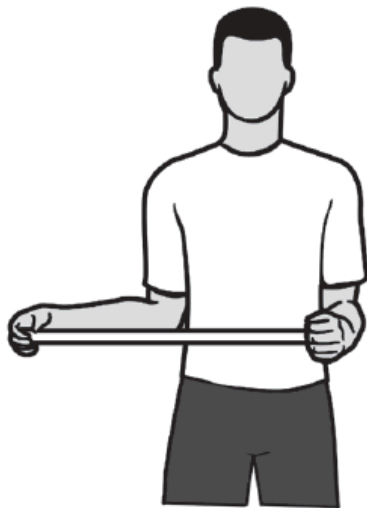
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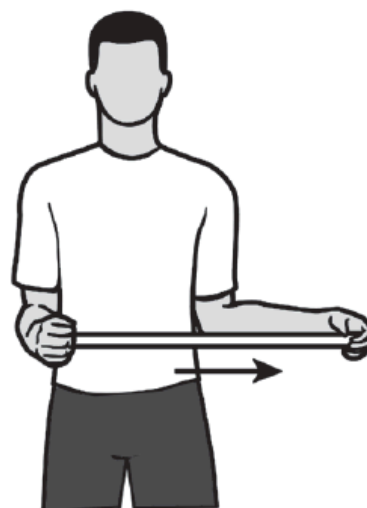
Start



Finish



Start



Finish