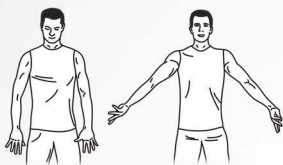


Coiffe des Rotateurs

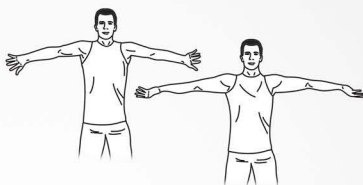
RÉÉDUCATION
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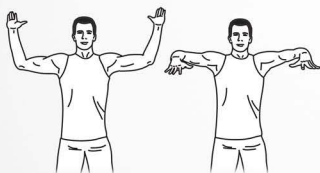
20 secondes
chaque exercice.



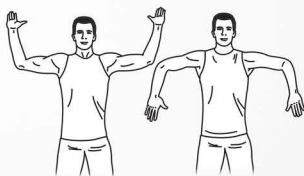
torsions des bras



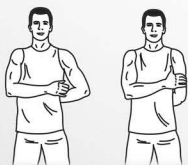
torsions des bras levés



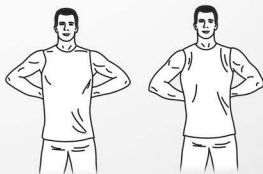
paumes vers le sol



paumes vers l'arrière



coude au torse



coudes vers l'avant