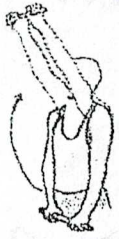


การบริหารหัวไหล่ ไหล่ติด

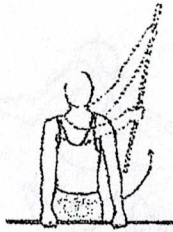
Frozen Shoulder Exercises



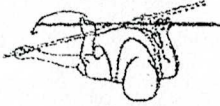
Shoulder flexion



Shoulder extension



Shoulder abduction



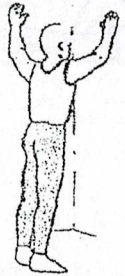
External rotation



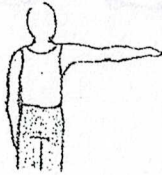
Internal rotation



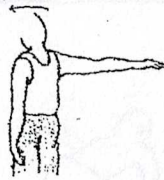
Scapular range of motion



Pectoralis stretch



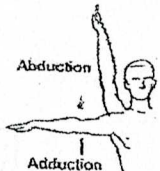
Biceps stretch



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Flexion



Abduction

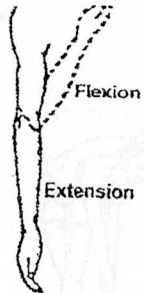
Adduction



Outward rotation

Inward rotation

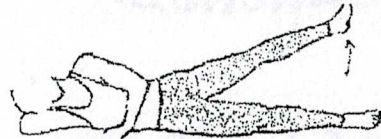
Hyperextension
Extension



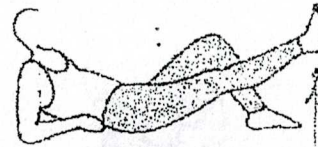
Flexion

Extension

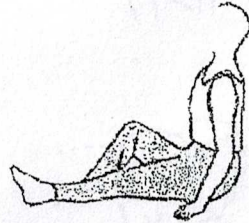
การบริหารเข่า เข่าหลวม



Side-lying leg lift



Straight leg raise



Quadriceps isometrics



Wall squat with a ball



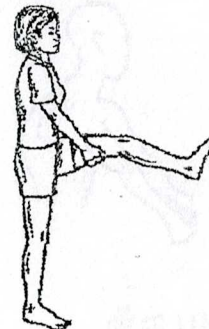
Step-up



Standing hamstring stretch



Quadriceps stretch



การบริหารต้นคอ แขน

Brachial Plexus Injury (Stinger/Burner) Rehabilitation Exercises



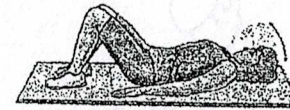
Isometric neck flexion



Isometric neck extension



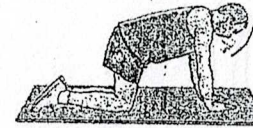
Isometric neck side bend



Head lift: Neck curl



Head lift: Neck side bend



Neck extension on hands and knees



Shoulder shrug



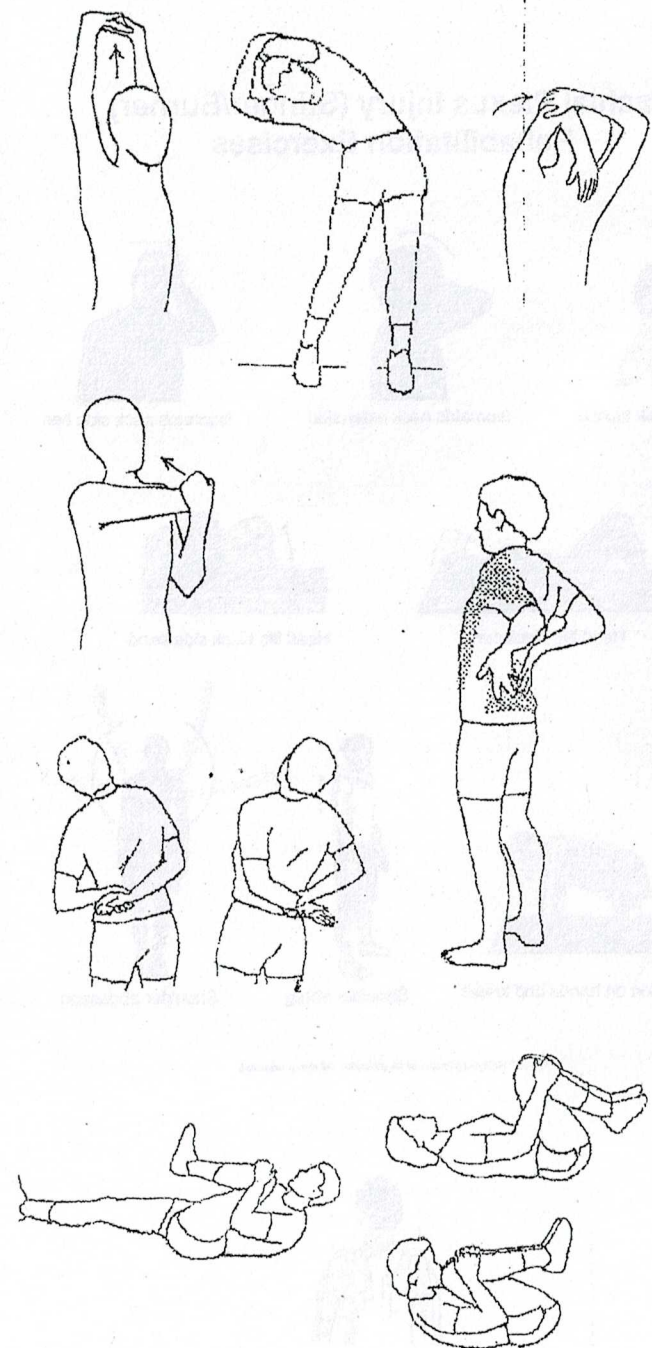
Shoulder abduction

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Scapular squeeze

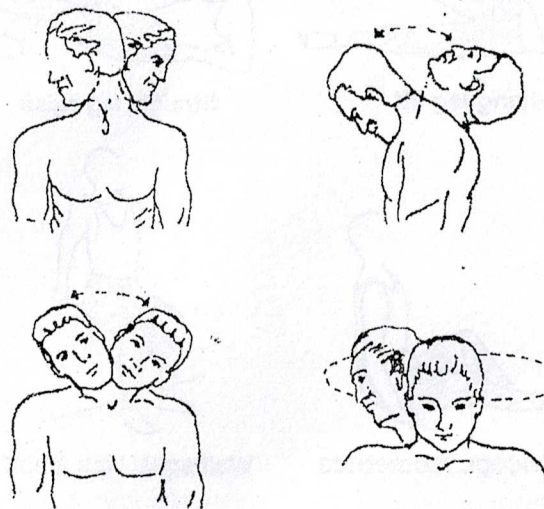
ท่าบริหาร ปวดหัวไมเกรน



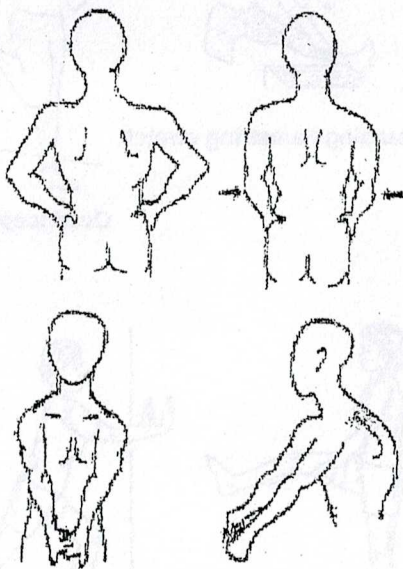
Action 1

Action 2

ท่าบริหาร คอ และสะบัก

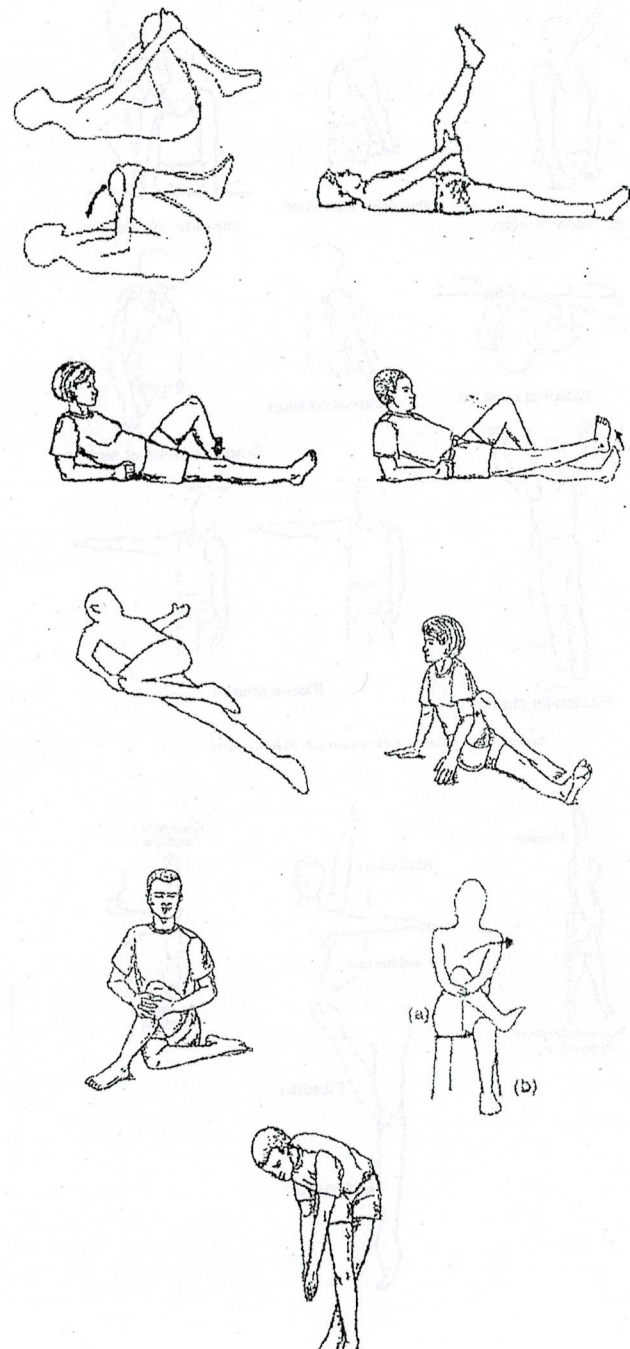


ท่าการบริหาร คอและศีรษะ
(ก้มแขน, เอียงซ้ายขวา, หันซ้ายขวา, กลิ้งศีรษะไปบนคอ)



ท่าการบริหาร สะบัก

ท่าบริหาร หลัง สะโพก และต้นขา



(a)

(b)