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needs 1 shoulder flexion begin with  
your elbow by your side bent at 90  
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exercises are designed to prevent the

shoulder from continuing to come out of its socket this strengthening routine targets the rotator cuff and deltoid muscles in an effort to give stability to the joint each of the five exercises targets a different muscle or group of muscles in your shoulder

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web length of program this shoulder conditioning program should be continued for 4 to 6 weeks unless otherwise specified by your doctor or physical therapist after your recovery these exercises can be continued as a maintenance program for lifelong protection and health of your shoulders performing the exercises two to three days a week will

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