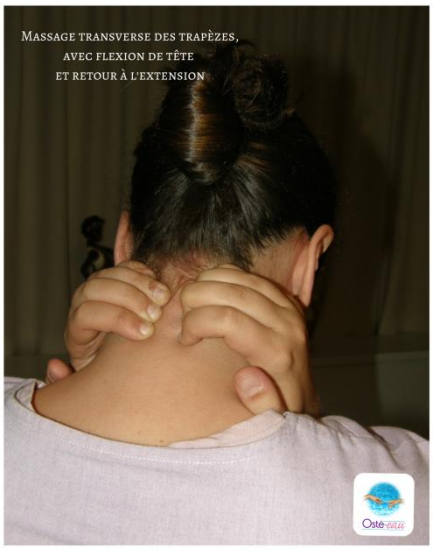
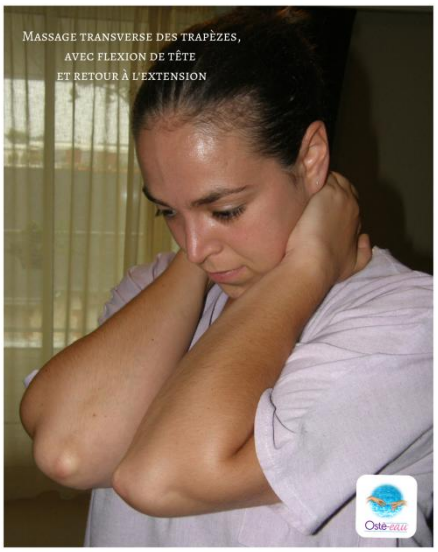
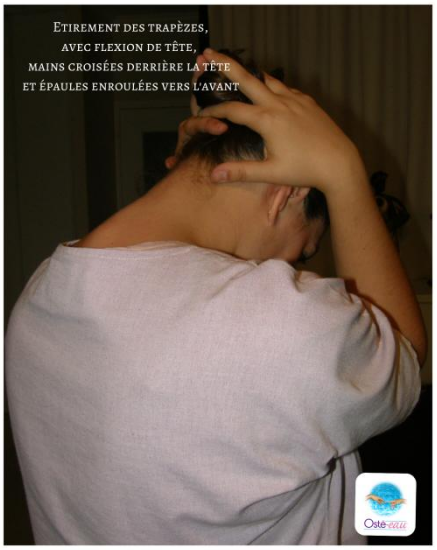
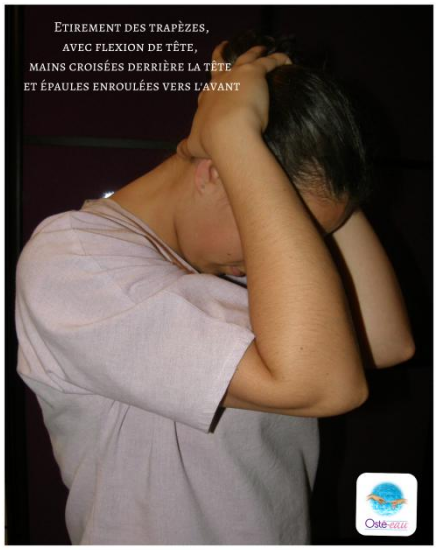
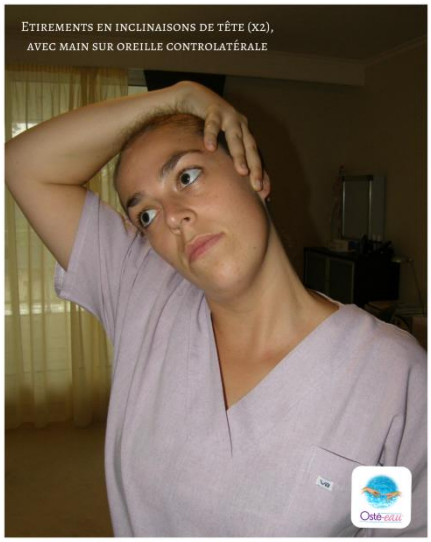
Etirements – cou et épaules

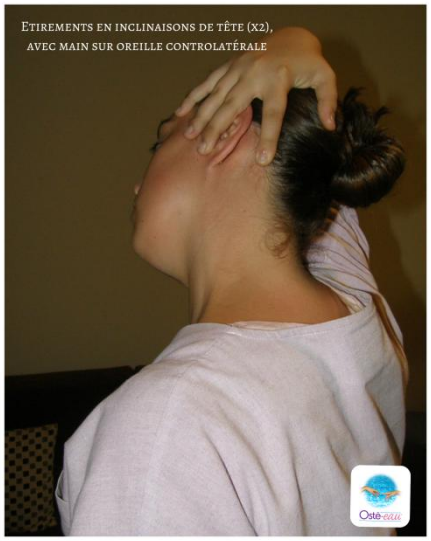




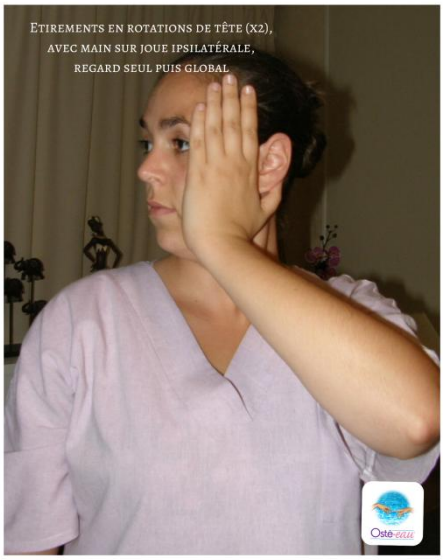


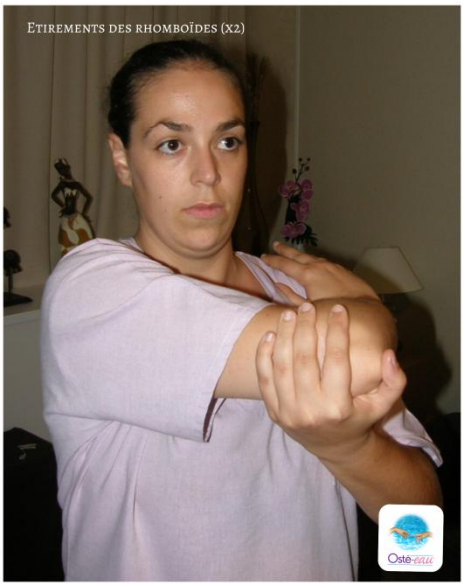


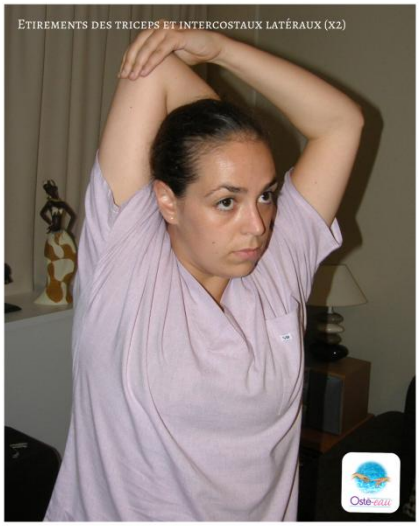


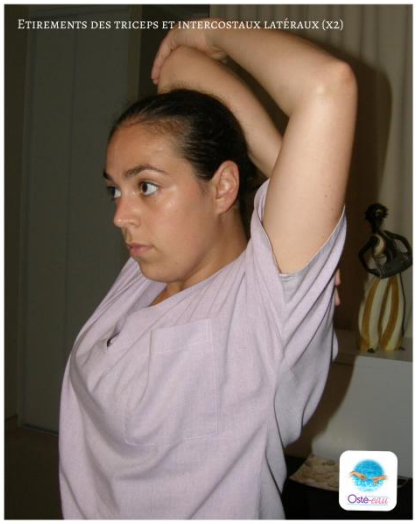


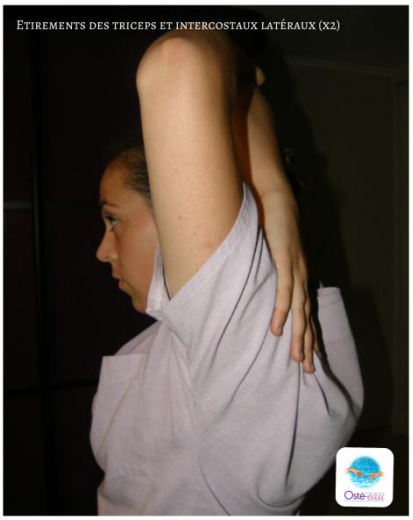
Etirements en rotations de tête (x2),
avec main sur joue ipsilatérale,
regard seul puis global


Etirements en rotations de tête (x2),
avec main sur joue ipsilatérale,
regard seul puis global


Etirements des rhomboïdes (x2)


Etirements des triceps et intercostaux latéraux (x2)


Etirements des triceps et intercostaux latéraux (x2)


Etirements des triceps et intercostaux latéraux (x2)