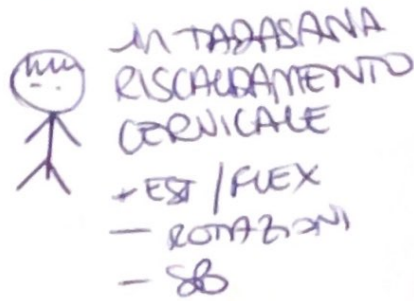
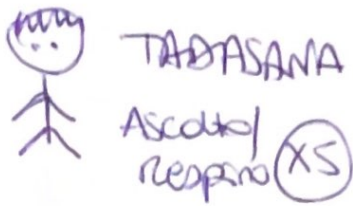
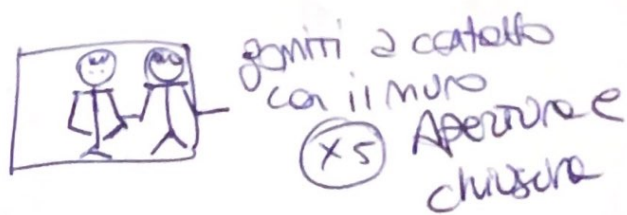
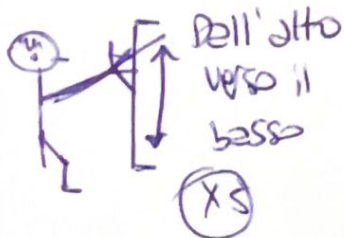


PRATICA SPAUe



RISCALDAMENTO SPAUe in TADASANA

Al muro



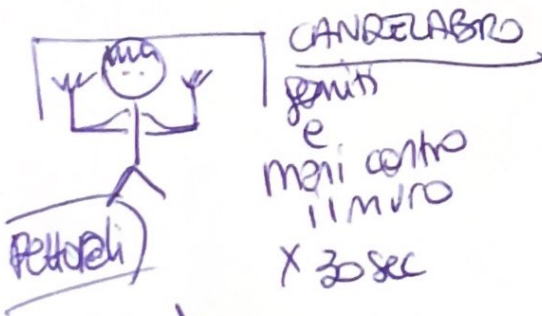
SCAROLA



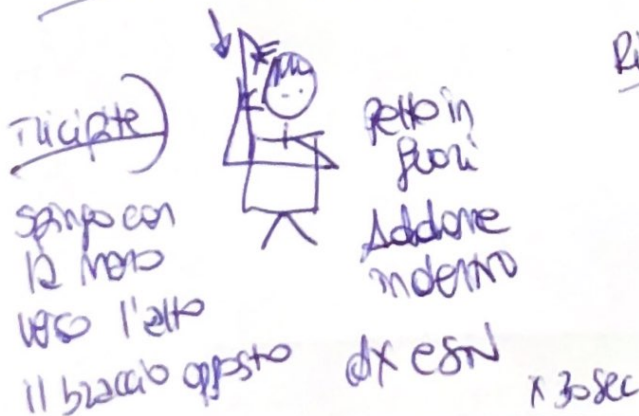
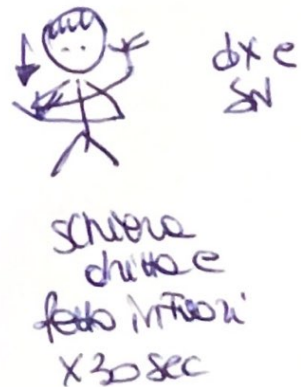
Rotazione
Spalle
Sens. orario
e antiorario
(XS) (XS)



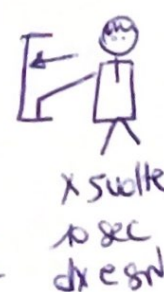
mani alle
spalle
creo 5 cerchi
in senso orario
e antiorario



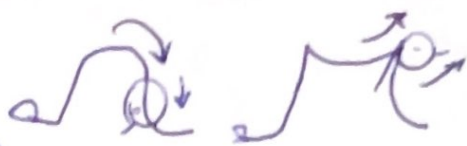
Cuffia (rotatori)
spingere
con la mano
che tiene
il gomito



Rinforzo



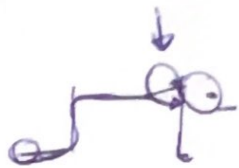
Grotta
Mucca
Completo



Bi focus
Spalle - Dorsale

In quadrupedia
Mobilizzazione
Spalle

ISOLARE



Rotatori
orarie XS
e
antiorarie XS

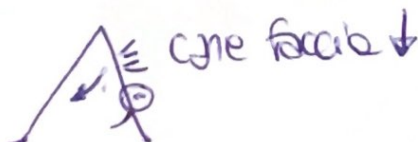
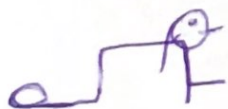
BRUCCO



Variazioni
al muro



ADHOMUCHA VIRASANA
BAMBINO (con materassino)

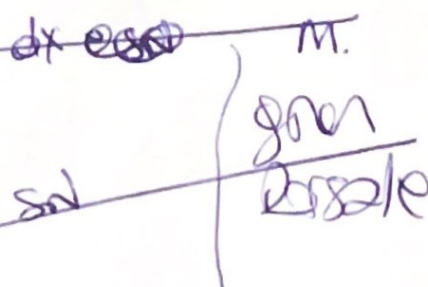


Cine focale ↓



Cine focale ↑

ultrasuono



UTILITA
PARVAKONASANA
I

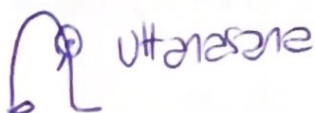
UTTHITA PARSWAKONASANA I BEGINNER



DANDASANA



PASCHIMOTTANASANA



CHATURANGA DANDASANA



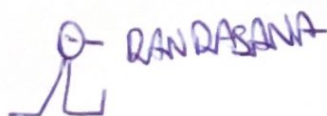
Time x 5 sec - 10 sec



URDHVA
MUKHA
SVANASANA
x 5 sec



DHANURASANA



DANDASANA



PASHCHIMOTTANASANA

SHAVASANA

