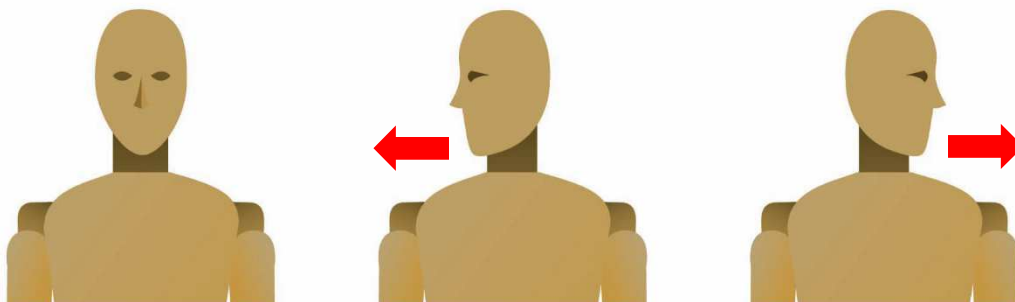
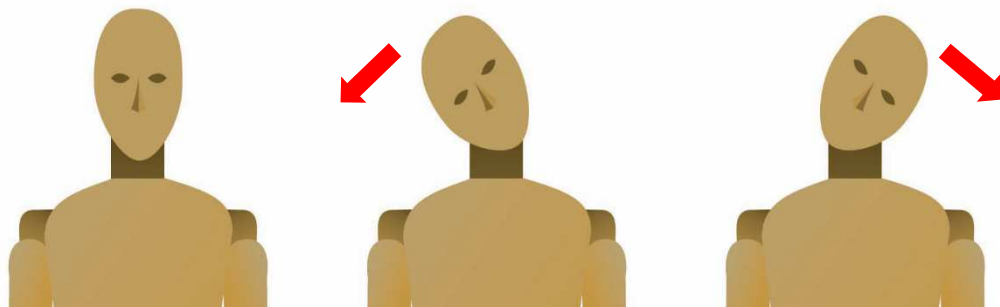


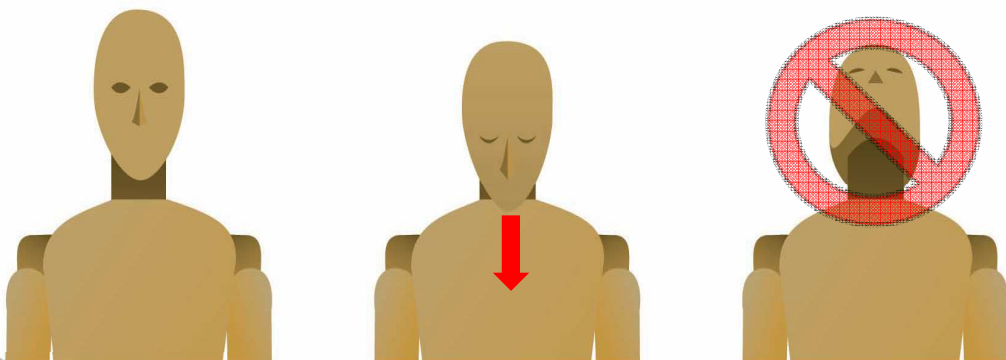
# Exercicis columna cervical



**Rotació**

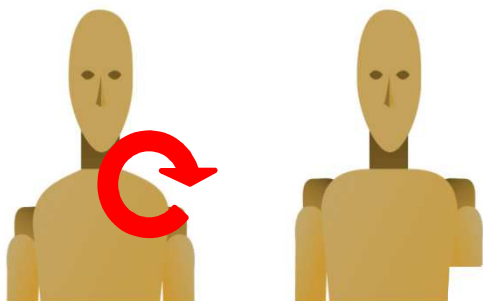


**Inclinació**



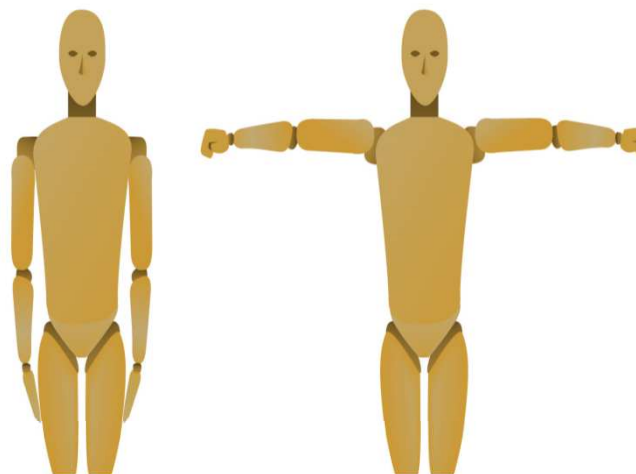
**Flexió**

# Exercicis espatlla



**Flexió**

**Abducció**



**Estirament**

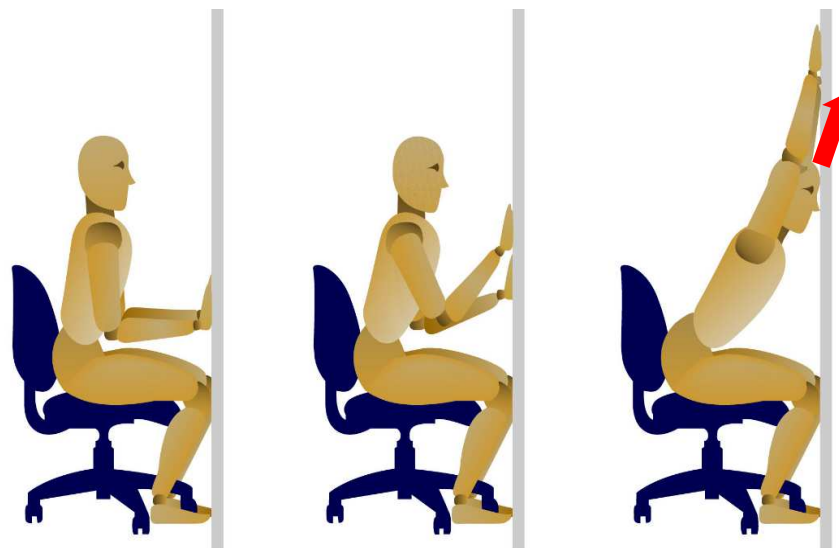


# Exercicis columna dorsal

## Flexo-extensió

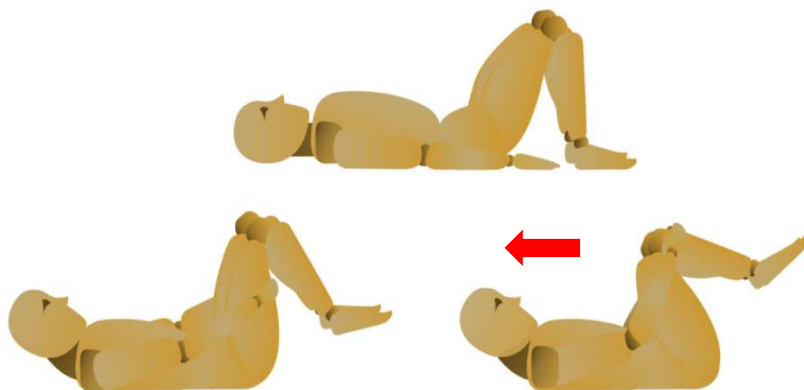


## “Reptar”



# Exercicis dorso-lumbar

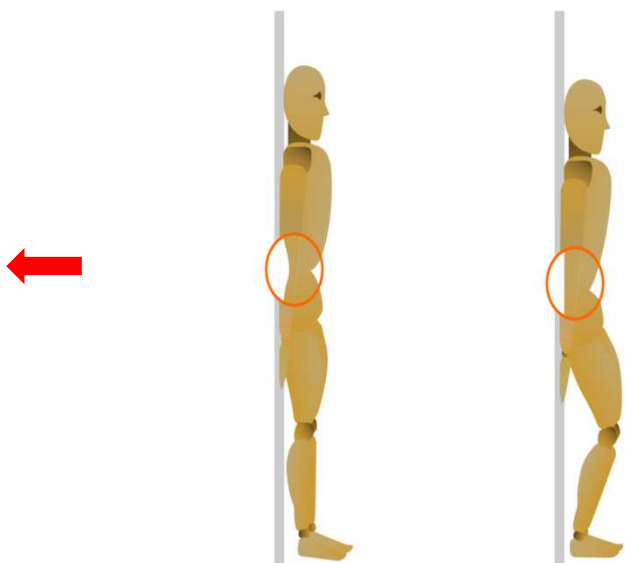
**Estirament**



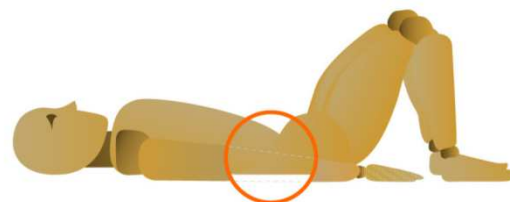
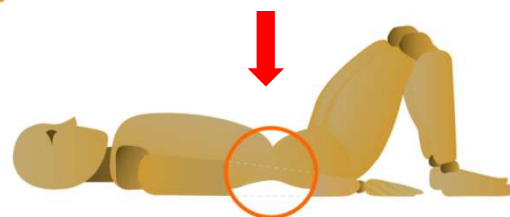
**El “gat”**



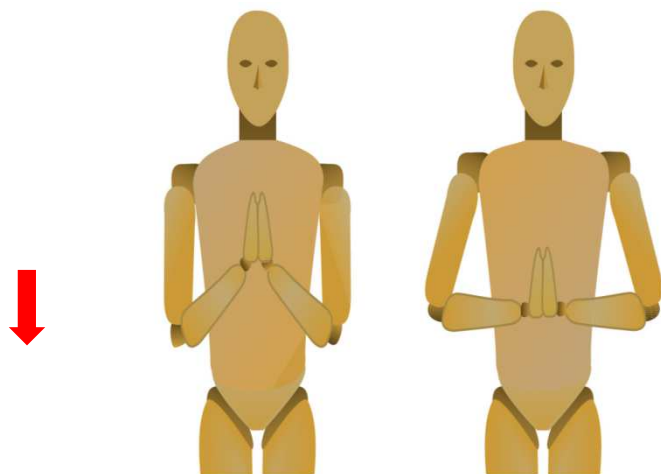
# Exercicis lumbar



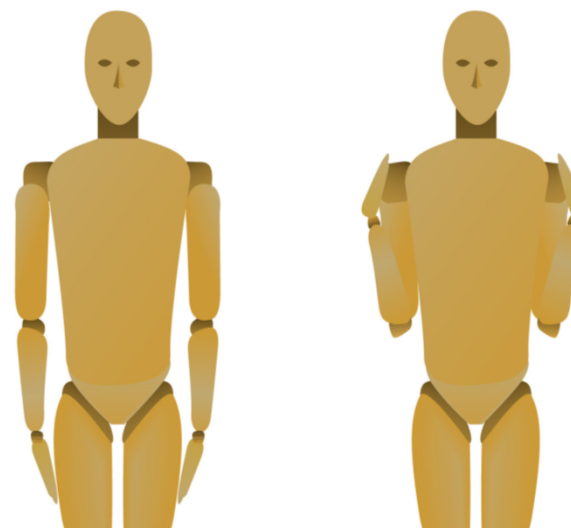
**Bàscula pèlvica**



# Exercicis d'ES

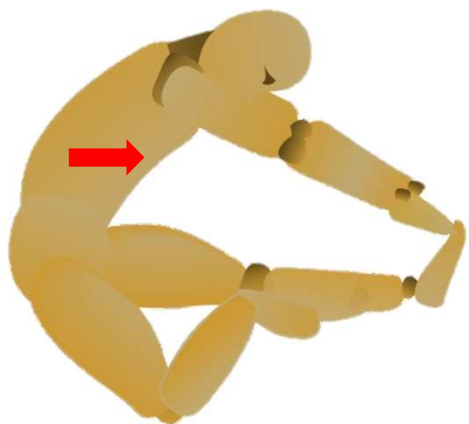


## Estirament flexors



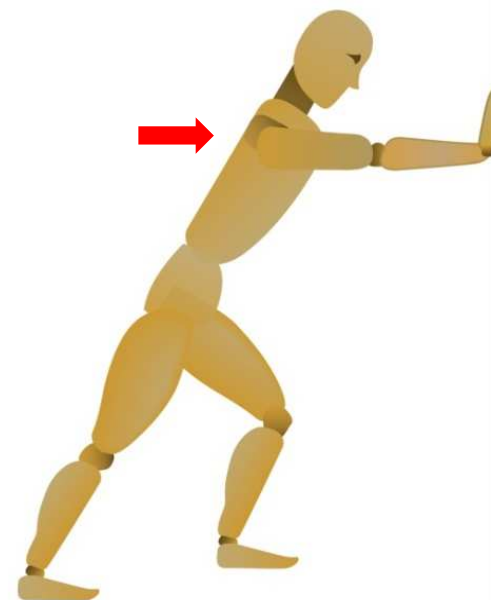
## Estirament extensors

## Exercicis per l'extremitat inferior



**Estirament isquiotibials**

**Estirament de bessons**



# Exercicis d'ES



**Estirament de quàdriceps**