

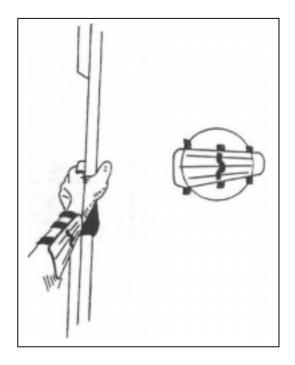
Contratcing the top of shoulder



Stretching top shoulder - Cow Head



Stretching top shoulder by elbow



String Clearance test



Chest clearance from back



Tape on Chestguard