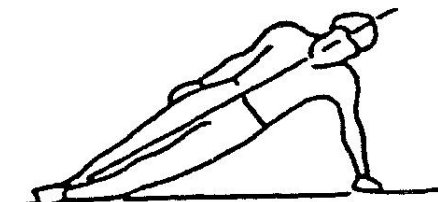
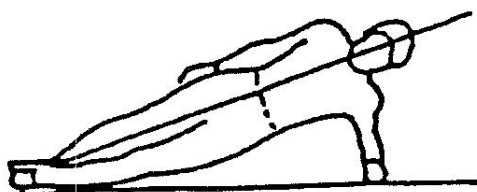
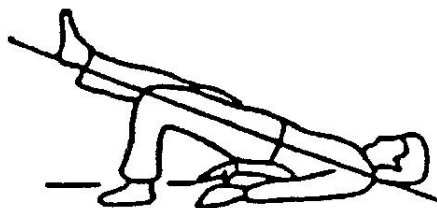
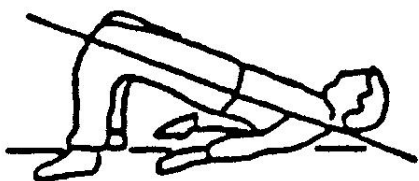
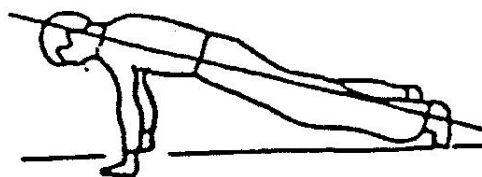
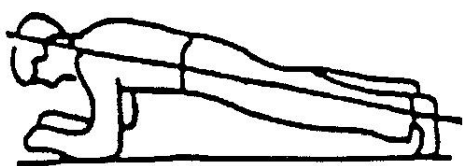
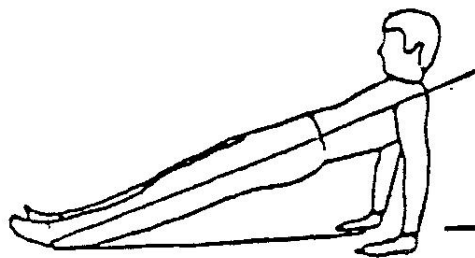
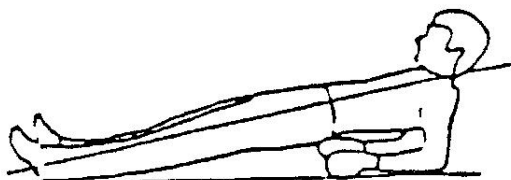


Stabilization Exercises

commencer avec 1 min par exercice, 5 exercices continu de haut en bas (chaque colonne) augmenter graduellement de 30 sec

Afin de rendre les exercices plus difficile, vous pouvez lever un pied pendant un instant(15-30 sec) et alterner de jambe.



soulever le bras et la jambe, statique ou dynamique (soulever et redescendre)

