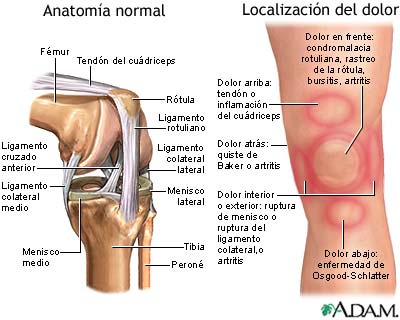
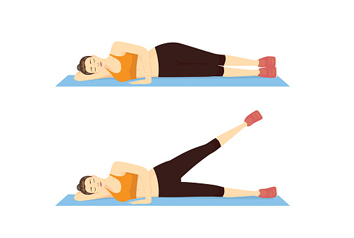
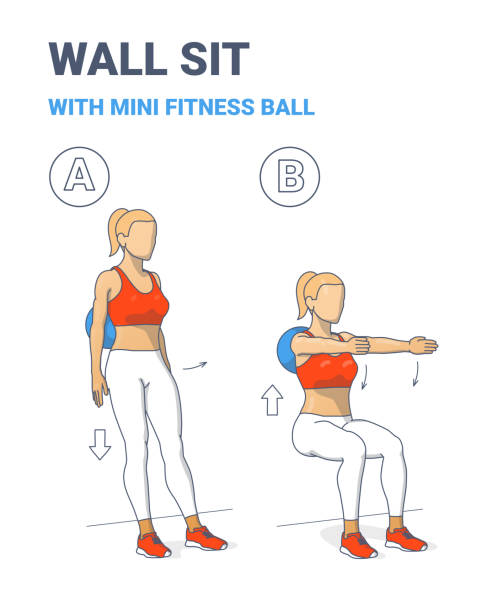
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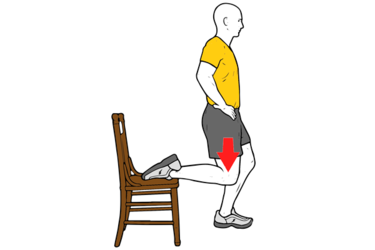
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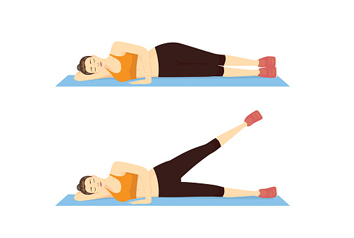
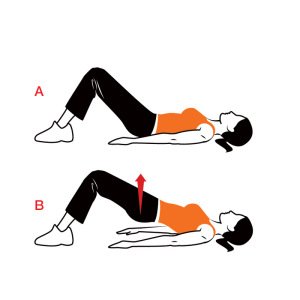
Cadera: <https://www.cun.es/enfermedades-tratamientos/enfermedades/artrosis-cadera>

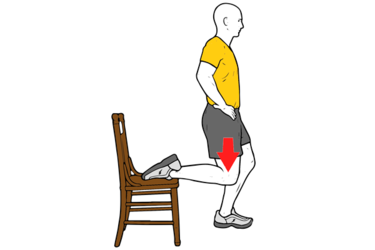


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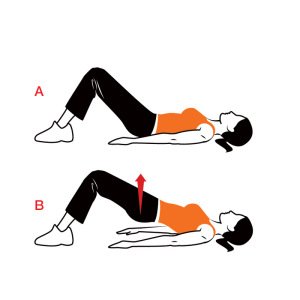
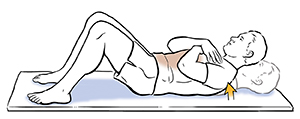


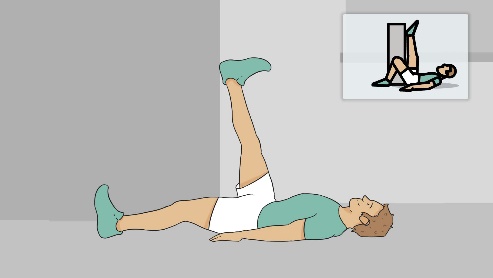
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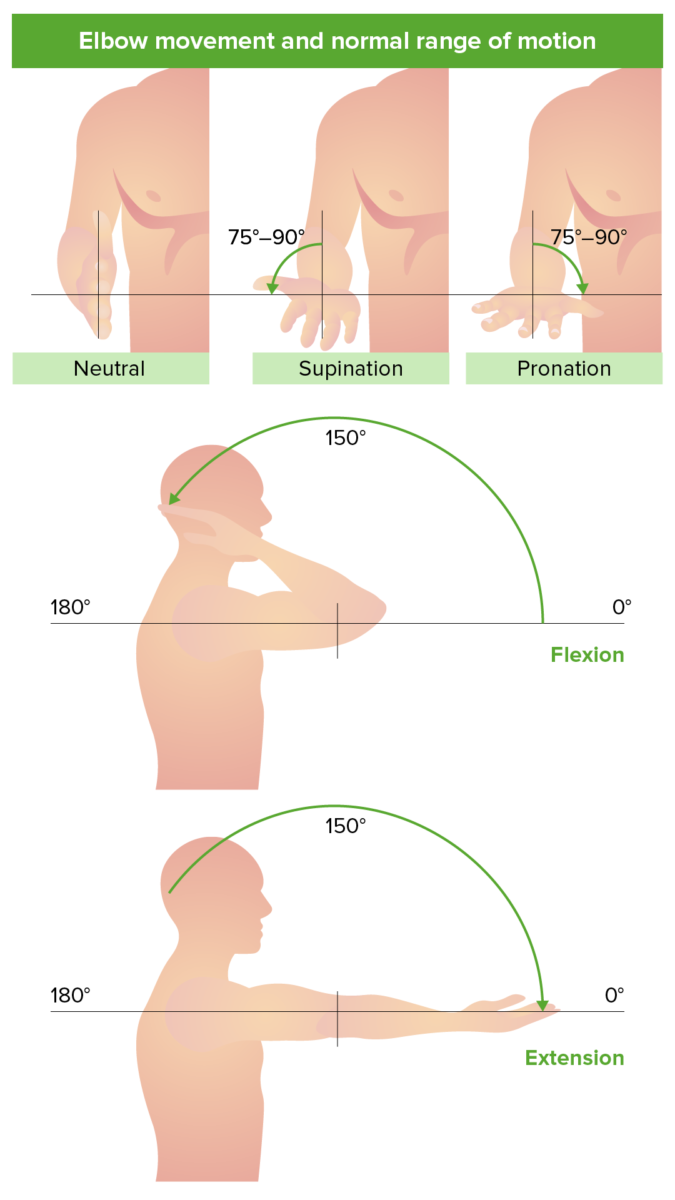
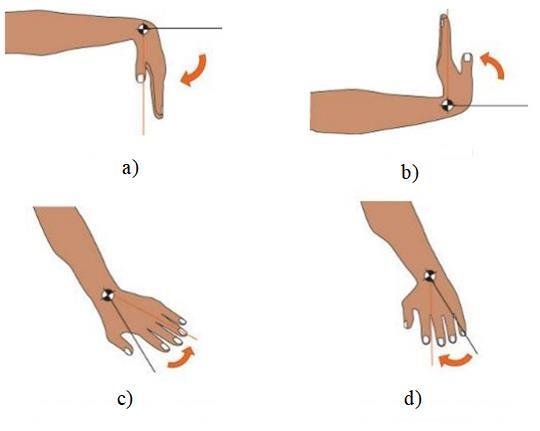
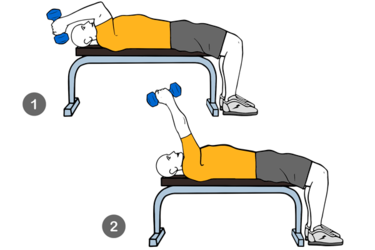
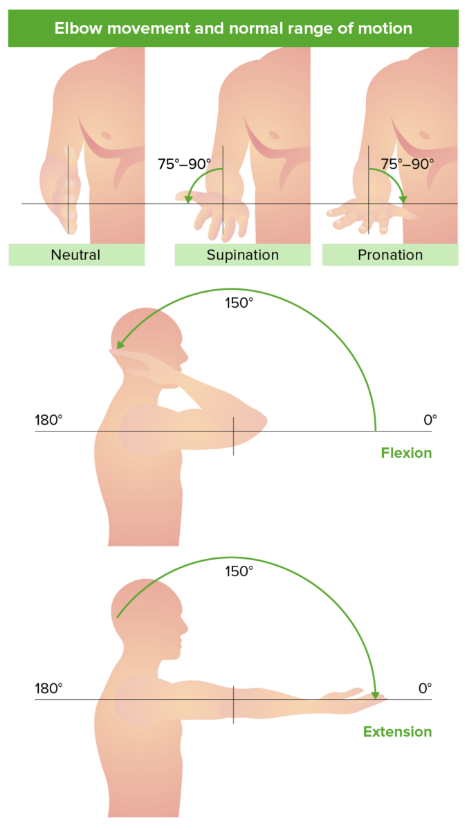




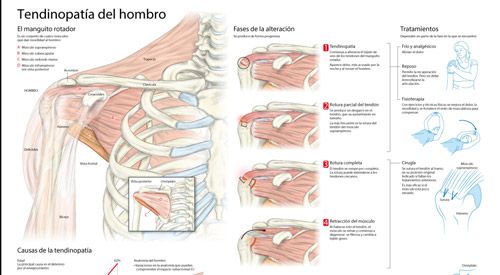
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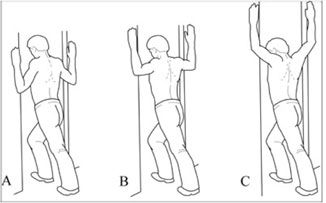
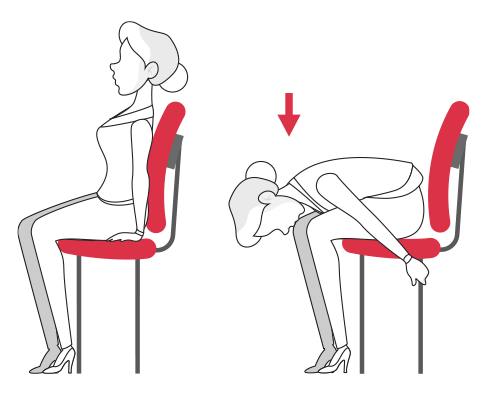
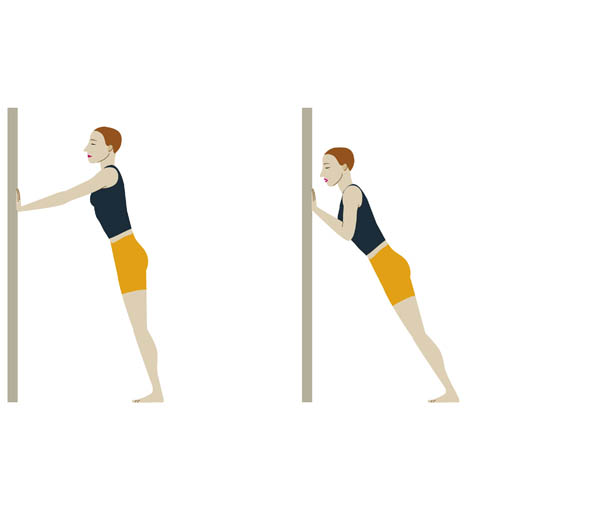
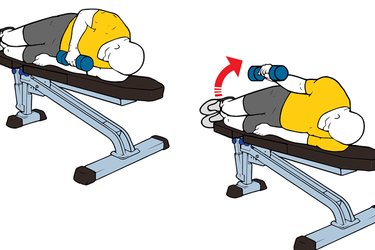


Hombros: <https://medlineplus.gov/spanish/shoulderinjuriesanddisorders.html>



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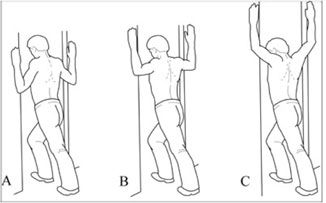
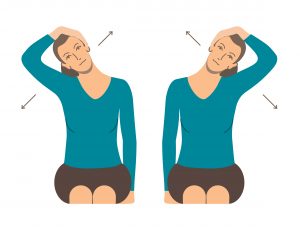
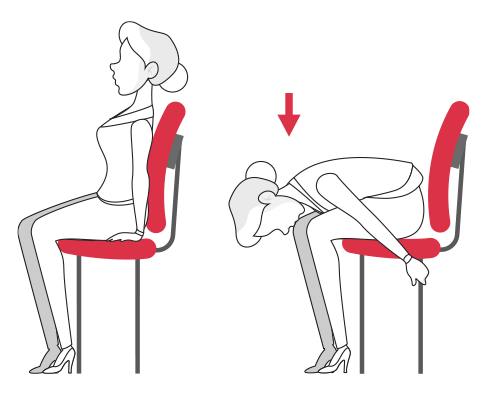
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ejercicios de muñeca 🡪 <https://espanol.kaiserpermanente.org/es/health-wellness/health-encyclopedia/he.tendinitis-en-la-mu%C3%B1eca-ejercicios.bo1652>

<https://uihc.org/search-results/instant?uihc_prod%5Bquery%5D=Ejercicios%20para%20dolor%20de%20>