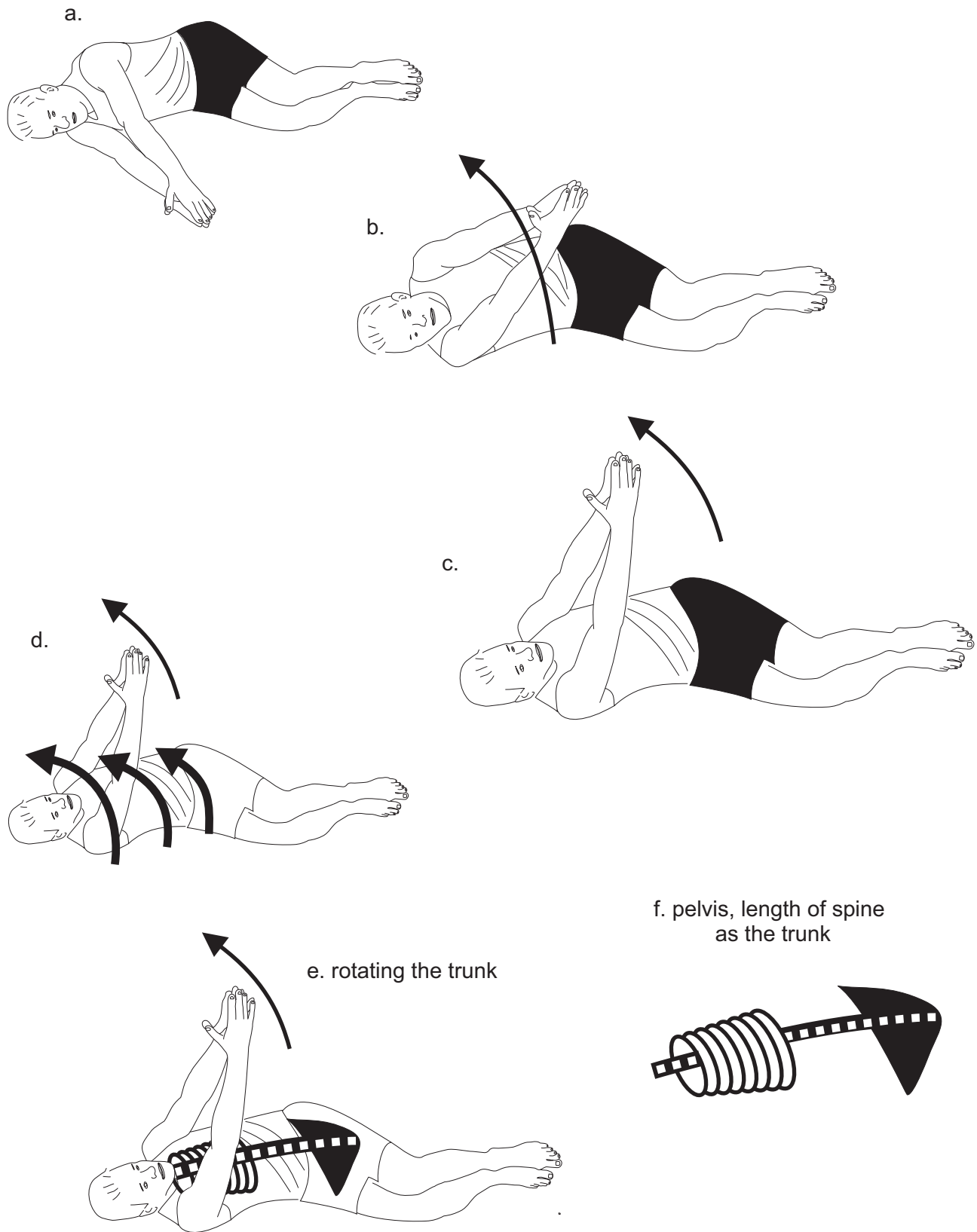


trunk rotation1- double arm raise

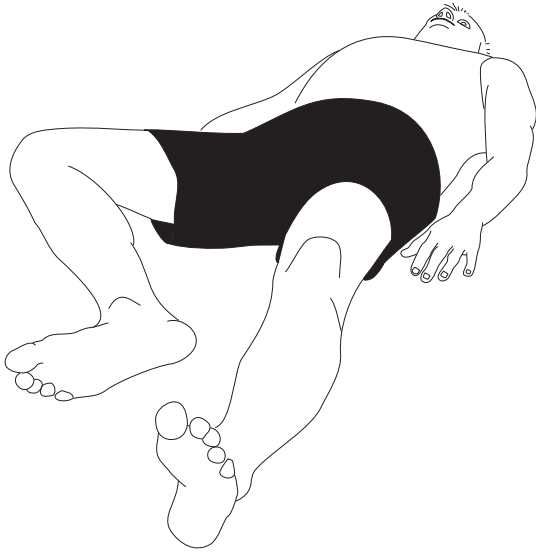


trunk side bending in supine2- 'the Rib Cage as a Spring'

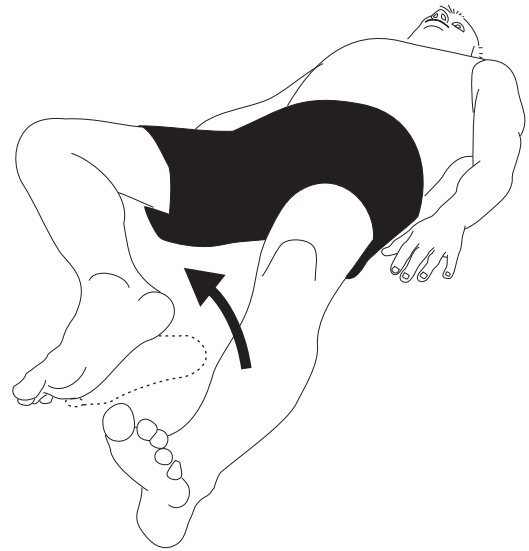


foot & leg rotations2

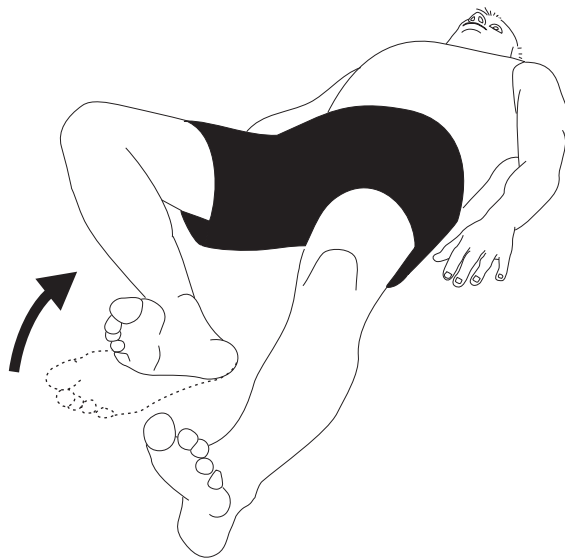
a.



b.



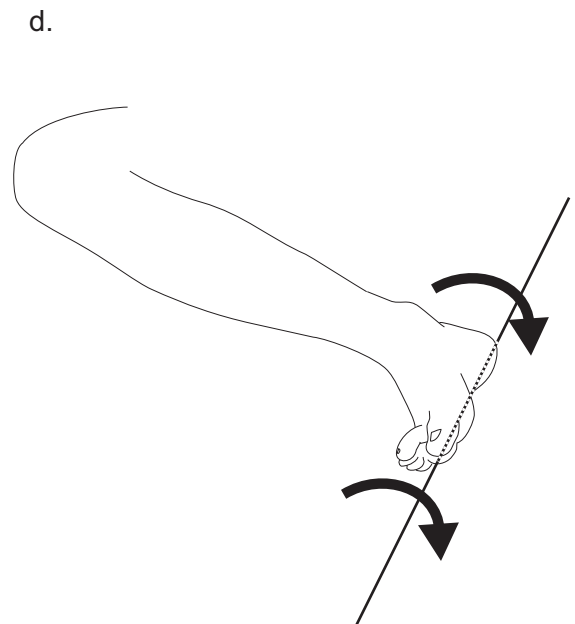
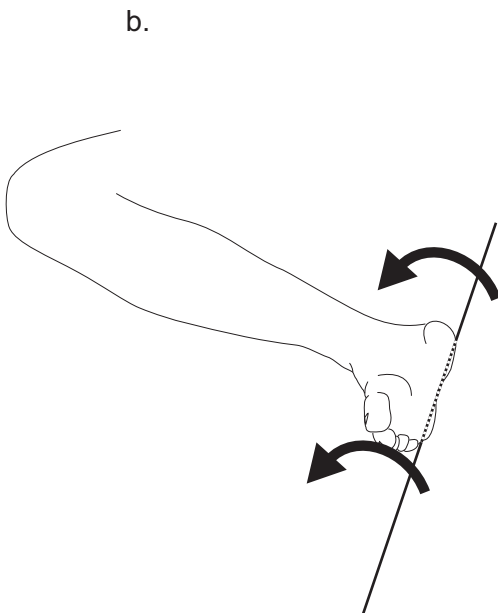
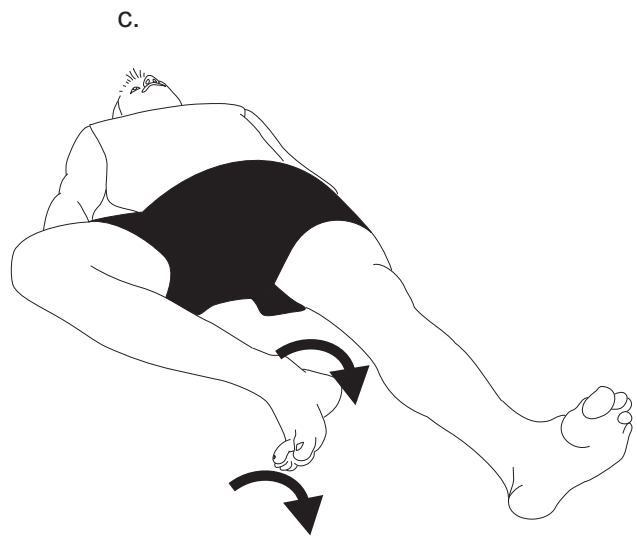
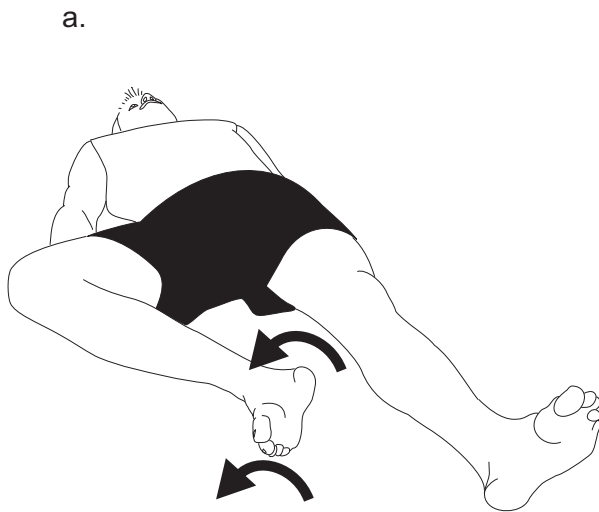
c.



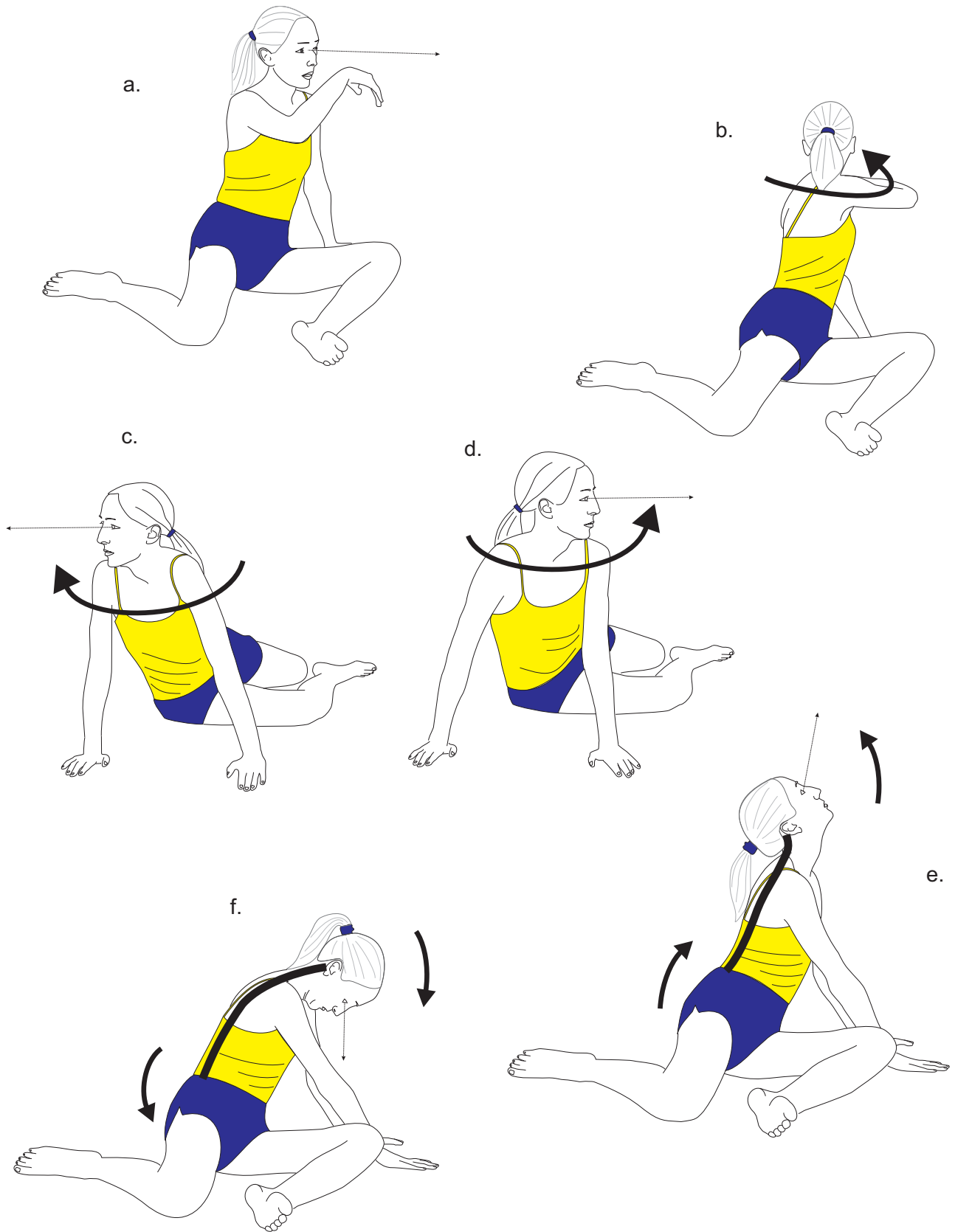
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foot & leg rotations3



“dead bird”



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