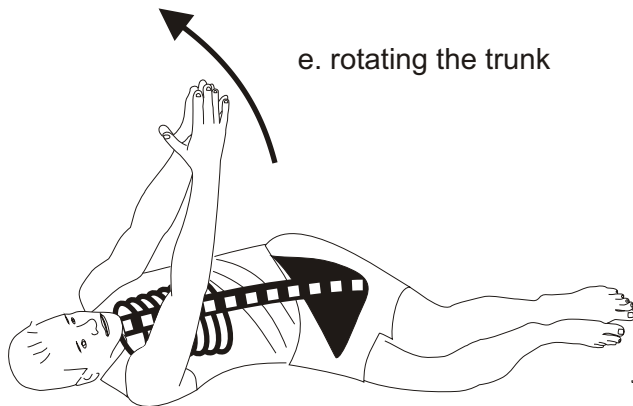
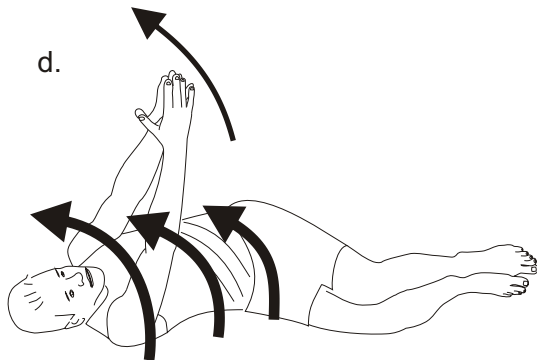
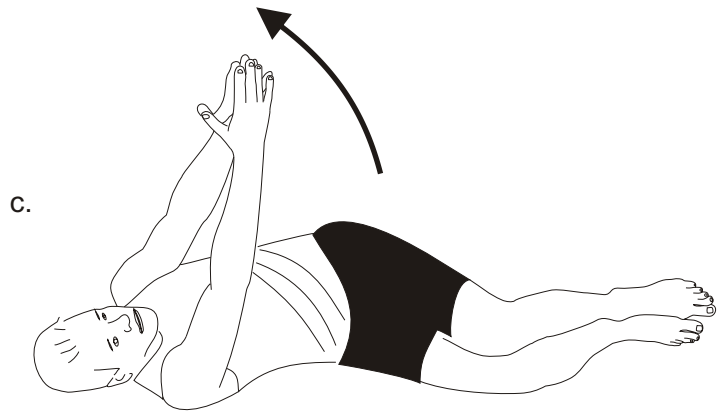
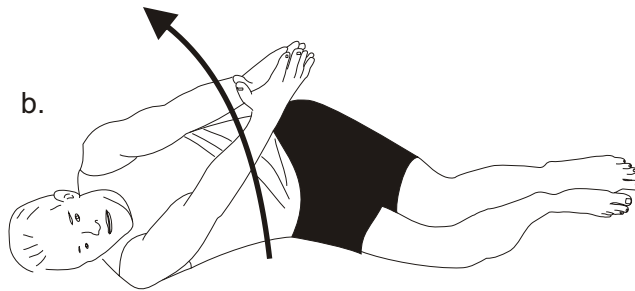
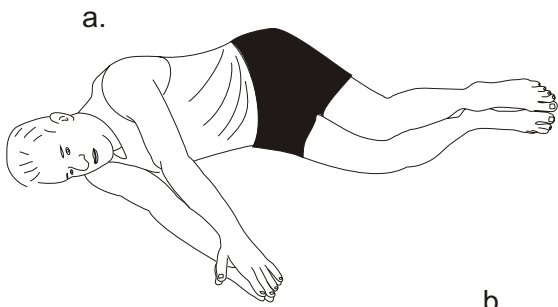
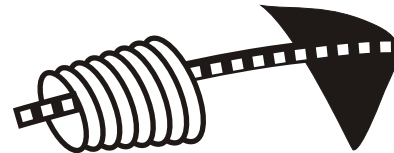


trunk rotation1- double arm raise



f. pelvis, length of spine
as the trunk

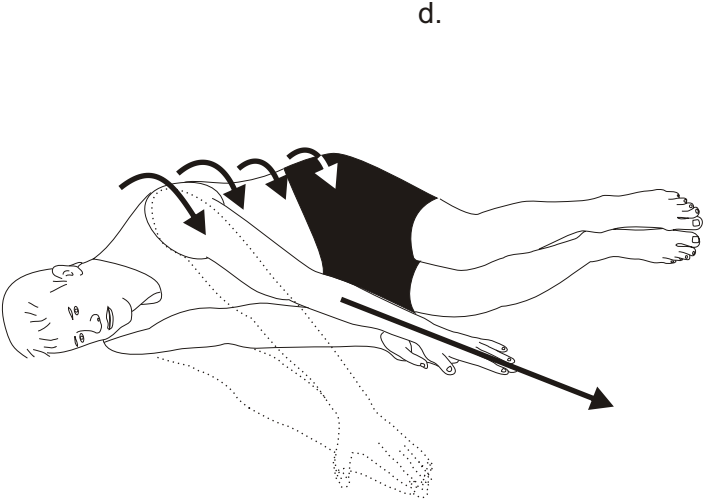
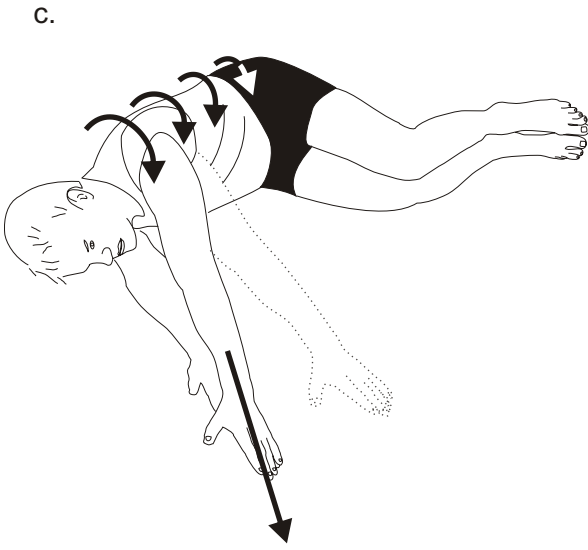
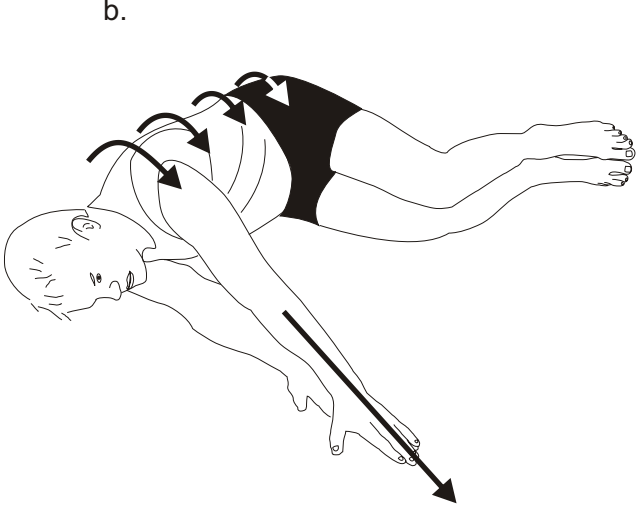
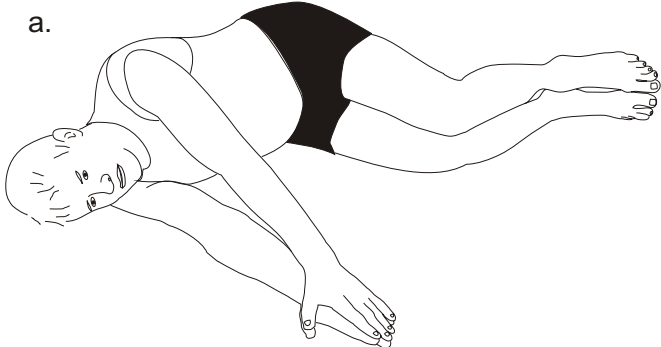


trunk side bending in supine2- 'the Rib Cage as a Spring'

a.



arm-trunk coordination1 - arm reach in side lying



“dead bird”

