trunk rotation1- double arm raise

a. 

b. 

c. 

d. 

e. rotating the trunk

f. pelvis, length of spine as the trunk

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trunk side bending in supine2- ‘the Rib Cage as a Spring’
foot & leg rotations2

a.

b.

c.
foot & leg rotations

a.

b.

c.

d.
“dead bird”

a.

b.

c.

d.

e.

f.


