Contents

Ι	Introduction Manual Man	I		Patterns of Eccentric Contraction	4
	Development of the Movement System	251		Biomechanical Element Impairments	4
	Balance Concept	Med		Statics: Effects of Gravitational Forces	4
	First Era: Focus on Dysfunction	1		Dynamics: The Relationship Between Motion	4
	of the Peripheral Neuromuscular	Fe		and the Forces Producing Motion	1307
	and Musculoskeletal Systems			Kinematics and Impairments of Joint	4
	Second Era: Focus on Central Nervous	2		Function	9 3
	System Dysfunction	9763		Kinesiopathologic Model Applied to	4
	Third Era: Focus on Joint Dysfunction	2		Patellofemoral Joint Dysfunction	7 35
	Current Era: Focus on the Movement System	2		Multiple Impairments of the Components	4
	Underlying Premise of Movement	3		of Movement	9 3
	as a Cause of Pain Syndromes	H		Case Presentation	4
	Overview	4		Support Element Impairments	4
	Concepts and Principles	4		Summary	4
	Movement Impairment Syndromes	5		et Assert Trunk Mesens Aresiden en e	A
	Definition Synthesis Synthesis	5			
	Prevalence	5	2	Movement Impairment Syndromes	5
	Diagnosis and Management	5	,	of the Lumbar Spine	3
	Structures Affected	6		Introduction	5
	Treatment Approaches Based on Intervention	6		Normal Alignment of the Lumbar Spine	52
	Cause Identification Versus Symptom Reduction	7		Standing Standing	
	Need for Classification	7		Sitting	5
	Marine Rending Cashball and Mathematical To enolso	1869		Motions of the Lumbar Spine	5'
				Path of the Instant Center of Rotation	5'
,	Concepts and Principles of Movement	0		Flexion: Forward Bending	58
0	Kinesiologic Model	9		Return from Flexion	60
	Composition of the Model	9		Extension	60
	Clinical Relevance of the Model	10		Rotation	6
	Pathokinesiologic Model	10		Lateral Flexion or Side Bending	66
	Composition of the Model	10		Translation Motion	66
	Clinical Relevance of the Model	11		Compression	66
	Kinesiopathologic Model	12		Summary	64
	Rationale for the Model	12		Muscular Actions of the Lumbar Spine	68
	Clinical Relevance of the Model	14		Back Muscles	68
	Base Element Impairments of the	16		Abdominal Muscles	69
	Muscular System	10		Summary	78
	Muscle Strength	16		Movement Impairment Syndromes of the	74
	Muscle Length	19		Low Back	3 800
	Case Presentation 1	20		Lumbar Rotation-Extension Syndrome	74
	Case Presentation 2	21		With or Without Radiating	, 33
	Case Presentation 3	24		Symptoms	
	Case Presentation 4			Case Presentation 1	
	Base Element Impairments of the Skeletal	34			87
	System: Structural Variations in Joint	377		Lumbar Extension Syndrome	The state of the state of
	Alignment			Case Presentation	91
	Hip Antetorsion	34		Lumbar Rotation Syndrome	93
	Case Presentation	34		Case Presentation	
	Hip Retrotorsion	34		Lumbar Rotation-Flexion Syndrome	98
	Modular Element Impairments of the	35		Case Presentation	100
	Nervous System	00		Lumbar Flexion Syndrome	108
	Altered Recruitment Patterns	35		Case Presentation	
	Altered Dominance in Recruitment Patterns	35		Sacroiliac Dysfunction	100
	of Synergistic Muscles			Compression	108
	Recruitment and Relative Flexibility	39		Additional Considerations	108
					100

C	hapter 3 Appendix: Grid for Low Back Impairment Syndromes	110	C	Syndromes	176
	Lumbar Flexion Syndrome	110		Femoral Anterior Glide Syndrome	176
	Lumbar Extension Syndrome	112		Femoral Anterior Glide With Medial	178
	Lumbar Rotation Syndrome	114		Rotation Syndrome	
	Lumbar Rotation With Flexion Syndrome Lumbar Rotation With Extension Syndrome	116 118		Femoral Anterior Glide With Lateral Rotation Syndrome	180
	Rangement of Expendence Commercial			Hip Adduction Syndrome Without Medial	180
	anechuided Element Impairments			Rotation managed and the managed are	100
4	Movement Impairment Syndromes of the Hip	121		Hip Adduction Syndrome With Medial	182
1	Introduction	121		Rotation	184
	Normal Alignment of the Hip	122		Femoral Lateral Glide Syndrome	184
	Pelvis and the atmentisque but ablighted a	122		Hip Extension With Knee Extension Hip Extension With Medial Rotation	186
	Hip Joint	124		Femoral Hypomobility Syndrome With	186
	Knee Joint	129		Superior Glide	100
	Foot	134		Femoral Accessory Hypermobility	188
	Motions of the Hip	134		Syndrome	
	Pelvic Girdle Motions	134		Hip Lateral Rotation Syndrome	190
	Hip Joint Motions	134		Inp Lateral Rotation Syndrome	
	Hip Joint Accessory Motions	135			
	Muscular Actions of the Hip	135	-	Movement Impairment Syndromes of the	193
	Anterior Trunk Muscles Affecting the Pelvis	135 136	,	Shoulder Girdle	,,
	Posterior Muscles Affecting the Pelvis	136		Introduction	193
	Anterior Muscles Affecting the Hip Joint	137		Normal Alignment of the Shoulder Girdle	194
	Posterior Muscles Affecting the Hip Medial Muscles Affecting the Hip	138		Shoulders	194
	Anterior Muscles Affecting the Hip and Knee	138		Scapula	195
	Posterior Muscles Affecting the Hip and Knee	139		Humerus	198
	Posterior Leg Muscles Affecting the Knee	140		Thoracic Spine	199
	and Ankle			Motions of the Shoulder Girdle	199
	Anterior Leg Muscles Affecting the Ankle	140		Glossary of Scapular Motions	199
	Lateral Leg Muscles Affecting the Foot	142		Shoulder Girdle Movement Patterns	201
	Posterior Leg Muscles Affecting the Foot	142		Muscular Actions of the Shoulder Girdle	206
	Muscles Attached to the Foot	143		Thoracoscapular Muscles	206
	Muscle and Movement Impairments	143		Thoracohumeral Muscles	211
	Movement Impairment Syndromes	144		Scapulohumeral Muscles	212
	of the Hip			Movement Impairment Syndromes of the	216
	Femoral Anterior Glide Syndrome	144		Scapula (Spanish and In activated and Institution)	
	Case Presentation 1	148		Relationship Between Alignment	216
	Case Presentation 2	150		and Movement	
	Femoral Anterior Glide Syndrome With Lateral	151		Criteria for the Diagnosis of a Scapular	217
	Rotation as Joan M. Israhmobda			Syndrome Syn	211
	Case Presentation	153		Scapular Syndromes in Observed Frequency	217
	Hip Adduction Syndrome	154		of Occurrence	000
	Case Presentation 1			Case Presentation 1	00
	Case Presentation 2			Case Presentation 2	
	Case Presentation 3	159		Case Presentation 3	00/
	Hip Extension With Knee Extension Syndrome	161		Case Presentation 4	231
	Case Presentation	162		Movement Impairment Syndromes	20.
	Hip Lateral Rotation Syndrome			of the Humerus	23:
	Case Presentation			Relationships Between Alignment	
	Femoral Accessory Motion Hypermobility	166		and Movement	23
	Case Presentation	167		Criteria for a Diagnosis of a Humeral Syndrome Order of Observed Frequency of Humeral	23
	Femoral Hypomobility With Superior Glide	168		C duamage	
	Case Presentation			Syndromes Cage Presentation 1	00
	Femoral Lateral Glide Syndrome With	171		Case Presentation 1 Case Presentation 2	00
	Short-Axis Distraction	170	*	Case Presentation 2 Case Presentation 3	24
	Case Presentation	174		Case Presentation 4	24
	Conclusion moderntay it on lives	174		Summary	24
				Summary granting orders the second	COCO S

Scapular Depression Syndrome Scapular Municion Syndrome Scapular Winging and Tiling Syndrome Humeral Anterior Gilde Syndrome Shoulder Medial Rotation Syndrome Glenohumeral Hypomobility Syndrome Glenohumeral Hypomobility Syndrome Glenohumeral Hypomobility Syndrome Glenohumeral Hypomobility Syndrome Introduction Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Introduction Standing Exercises Froward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) With Trunk Erect (Small Squat) Supine Exercises Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip Flexion From Hip and Knee Extension From Hip and Knee Plexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension From Hip Adduction	C	hapter 5 Appendix: Grid for Shoulder Girdle Impairment Syndromes	246		Shoulder Abduction Shoulder Abduction in Lateral Rotation With	380 380
Seapular Abduction Syndrome 250 Seapular Minging and Tilting Syndrome 254 Humeral Anterior Glide Syndrome 254 Humeral Anterior Glide Syndrome 256 Shouled Medial Rotation Syndrome 258 Glenohumeral Hypomobility Syndrome 258 Glenohumeral Hypomobility Syndrome 260 Sinde-Lying Exercises (Upper Extremity) 384 Stockler Plexion, Lateral Rotation, and 384 Seapular Adduction for Strengthening 384 Stockler Plexion, Lateral Rotation 385 Shoulder Plexion, Lateral Rotation 385 Seapular Adduction and Upward Rotation 386 Seapular Adduction 386 Seapular Addu		Scapular Downward Rotation Syndrome	246		Elbows Flexed	
Scapular Winging and Tilting Syndrome Humeral Anterior Glide Syndrome 254 Humeral Superior Glide Syndrome 256 Shoulder Medial Rotation Syndrome 258 Glenohumeral Hypomobility Syndrome 260 Lower and Upper Quarter Movement 261 Impairment Examinations Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Introduction Movement Impairments: Upper Quarter Examination Introduction Movement Impairments: Upper Quarter Examination 6 Corrective Exercises: Purposes and Special Considerations Introduction Introduction Standing Exercises Forward Bending (Hip Flexion With Flat Jumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Single-Lee Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Extension Hip Padduction Stereth (Hip and Knee Extension Hip Padduction and Upward Rotation Scapular Adduction and Upward Rotation Scapular Adduction Scapular Adduc		Scapular Depression Syndrome	248			
Humeral Anterior Glide Syndrome Humeral Superior Glide Syndrome Shoulder Medial Rotation Syndrome Glenohumeral Hypomobility Syndrome Lower and Upper Quarter Movement Lower And Upper Quarter Examination Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination 367 Conrective Exercises: Purposes and Special Control Of Poward Bending (Spinal and Hip Flexion) Stangle-Leg Standing (Unilateral Hip and Spine) Curled Forward Bending (Spinal and Hip Flexion) Stangle-Leg Standing (Unilateral Hip and Spine) Limited Range of Hip and Knee Extension With Trunk Erect (Small Squat) Supine Exercises 371 Hip Flexor Stretch (Hip and Knee Extension From Hip and Knee Pexion) Hip and Knee Pexion (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Pexion (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Pexion (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Pexion (Hip and Knee Flexion From Hip and Knee Extension) Hip Adduction (Flexion Hip		Scapular Abduction Syndrome	250			
Humeral Superior Gilde Syndrome Shoulder Medial Rotation Syndrome Glenohumeral Hypomobility Syndrome 6 Lower and Upper Quarter Movement 1 Impairment Examinations Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter 328 Hip Rotation 338 Hip Extension With Knee Extended Hip Extension With Knee Extended Hip Extension With Knee Extension Exercises: 367 Frone Exercises (Upper Extremity) 388 Beack Elexension With Knee Extension Extended Hip Extension With Knee Extension Gluteus Maximus Stretch (Hip and Knee Extension (Heel Sildes) Lower Abdominal Muscle Exercise Progression Hip and Knee Fexion, Silding Heel From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Extension Hip and Knee Extension Hip Abduction/Lateral Rotation From Hip and Knee Extension Flexion From Hip and Knee Extension Hip Abduction/Lateral Rotation From Hip and Knee Extension Flexion From Hip and Knee Extension Flexion From Hip and Knee Extension Hip and Knee Flexion, Silding Heel From Hip and Knee Extension Flexion From Hip and Knee Extension Hip Adduction (Hel Sildes) Lower Abduction (Hel Sildes) Lower Abdominal Muscle Exercise Progressi		Scapular Winging and Tilting Syndrome	252			
Shoulder Medial Rotation Syndrome Glenohumeral Hypomobility Syndrome 260 Glenohumeral Hypomobility Syndrome 260 Lower and Upper Quarter Movement 261 Impairment Examination Introduction 262 Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination 360 Movement Impairments: Upper Quarter Examination 361 Movement Impairments: Upper Quarter Examination 362 Gourdel Orevard Bending (High Flexion) Side Light Adduction on Scapular Adduction 363 High Extension With Knee Extension 364 Hip Extension With Knee Extension 365 Hip Cation 367 Adducted and Knee Extension With Knee Extension With Maximus Contraction 368 Back Extensor Activation (Shoulder Flexion 368 Froward Bending (High Exion) 369 Froward Bending (High Exion) 360 Standing (Lateral Spinal Flexion) 360 Single-Leg Standing (Unilateral Hip and 360 Knee Flexion) 40 Cervical Flexion 361 Cervical Flexion and Extension 362 Quadruped Exercises 363 Noulder Adduction (Back Against Wall) 364 Cervical Rotation 365 Standing Exercises 366 Standing (Lateral Spinal Flexion) 369 Abouted Adduction 40 Cervical Flexion (Back Against Wall)		Humeral Anterior Glide Syndrome	254			
Glenohumeral Hypomobility Syndrome 6 Lower and Upper Quarter Movement Impairment Examinations Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination 368 Hip Extension With Knee Extended Hip Extension With Knee Extension Abducted and Knees (Upper Extermity) 385 Frome Exercises (Upper Extermity) 386 Back Extensor Activation (Shoulder Flexion Sake Extension Activation (Shoulder Flexion 388 Trapezius Muscle Exercise Progression 480 Cervical Rotation 389 Trapezius Muscle Extension Gulder Hexion Hip Adduction Hip Flexion Mine Flexion 380 Guadruped Rocking 481 Freef Extended Hip Extension Mith Knee Extension Hip Flexion From Hip and Knee Extension Hip Flexion Flow Hip Adduction Hip Adduction (Hip Adduction Hip Adduction (Hip Adduction Hip Adduction		Humeral Superior Glide Syndrome	256		Hip Abduction With and Without Lateral	383
Glenohumeral Hypomobility Syndrome 6 Lower and Upper Quarter Movement Impairment Examinations Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination 6 Corrective Exercises: Purposes and Special Considerations Introduction Scapular Adduction and Upward Rotation Hip Rotation Hip Extension With Knee Extended Hip Extension With Knee Flexed Hip Daduction Isometric Gluteus Maximus Contraction Saminater Gluteus Maximus Contraction Same Exercises Forward Bending (Hip Flexion With Flat Saminater Spine) Curled Forward Bending (Spinal and Hip Side Bending (Lateral Spinal Flexion) Sade Bending (Lateral Spinal Flexion) Side Bending (Lateral Spinal Fl		Shoulder Medial Rotation Syndrome	258			
Side-Lying Exercises (Upper Extremity) 384 Shoulder Plexion, Lateral Rotation, and 384 Scapular Adduction and Upward Rotation 335 Introduction Movement Impairments: Lower Quarter 264 Examination Movement Impairments: Upper Quarter 284 Examination Movement Impairments: Upper Quarter 284 Examination Movement Impairments: Upper Quarter 284 Examination Movement Impairments: Upper Quarter 388 Examination Movement Impairments: Upper Quarter 388 Examination Movement Impairments: Upper Quarter 388 Examination Movement Impairments: Upper Quarter 498 Examination Movement Impairments: Upper Quarter 398 Examination Movement Impairments: Lower Quarter 398 Extension With Knee Extended 396 Hip Extension With Knee Flexed 397 Hip Adduction 398 Hip Flexion With Flat 368 Forward Bending (Hip Flexion With Flat 368 Forward Bending (Spinal and Hip 369 Standing Exercises (Upper Extremity) 388 Back Extensor Activation (Shoulder Flexion 388 Frapezius Muscle Exercise Progression 399 Single-Leg Standing (Unilateral Hip and Knee Flexion 399 Limited Range of Hip and Knee Flexion 399 Limited Range of Hip and Knee Extension 499 With Trunk Erect (Small Squat) Supine Exercises 399 With Maximal Flexion of Contralateral 419 Hip Flexor Stretch (Hip and Knee 590 Flexion From Hip and Knee Extension) Hip and Knee Flexion, Silding Heel From Hip 370 And Knee Flexion, Silding Heel From Hip 371 Motion (Hip and Knee Extension) Hip and Knee Extension Hip Silding Exercises 399 Flexion From Hip and Knee Extension) Hip and Knee Flexion (Back Against Wall) Shoulder Plexion (260			384
6 Lower and Upper Quarter Movement Impairments Examinations Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination 368 Hip Extension With Knee Extended Hip Extension With Knee Flexed Hip Daduction 389 Moducted and Knees Flexed Isometric Gluteus Maximus Contraction 380 Back Extensor Activation (Shoulder Plexion) 380 Back Extensor Activation (Shoulder Plexion) 381 Back Extensor Activation (Shoulder Plexion) 388 Back Extensor Activation (Shoulder Plexion) 389 Back Extensor Activation (Shoulder Plexion) 389 Back Extensor Activation (Shoulder Plexion) 380 Back Extensor Activation (Should						384
Impairment Examinationa Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Stephine Exercises: Purposes and Special Considerations Introduction Standing Exercises Side Bending (Idip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee Stension (Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Extension (Heel Sides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip and Knee Extension (Heel Sides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Hip and Knee Extended) Hip Flexor Stretch (Hip and Knee Extended) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Space Control of Hip and Knee Extended) Hip Space Control of Hip and Knee Extended) Hip Space Control of Hip and Knee Extended) Hip Space					Shoulder Flexion, Lateral Rotation, and	384
Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Standing Exercises: Purposes and Special Considerations Introduction Standing Exercises Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Flexion From Hip and Knee Extension of Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion (Heel Sildes) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip and Knee Extension (Heel Sildes) Lower Abdominal Muscle Exercise Progression Strating Exercises Shoulder Flexion (Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius Exercises) Walking Exercises Secpulses (Hip Eattremity) Abducted and Knee Flexed Isometric Hip Lateral Rotation With Knee Extension With Knee Extension With Knee Extension With Knee Extension With Hips 368 Shoulder Relaxion Cervical Rotation Strading Exercise	6	Lower and Upper Quarter Movement	263		Scapular Adduction	
Introduction Movement Impairments: Lower Quarter Examination Movement Impairments: Upper Quarter Examination Movement Impairments: Upper Quarter Examination Standing Exercises: Purposes and Special Considerations Introduction Standing Exercises Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Side Bending (Lateral Spinal Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Flexion From Hip and Knee Extension Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension Flexion Flox Hip and Knee Extension Hip Abduction Lateral Rotation From Hip and Knee Extension Hip Abduction Hip and Knee Knee Hip Adduction Hip Addu					Scapular Abduction and Upward Rotation	385
Movement Impairments: Lower Quarter Examination Section Sect			263		Prone Exercises (Lower Extremity)	385
Examination Sase Hip Extension With Knee Extended 386 Hip Extension With Knee Extended 386 Hip Extension With Knee Flexed 387 Hip Abduction 387 Sometric Hip Lateral Rotation With Hips 387 Abducted and Knees Flexed 388 Hip Extension With Knee Flexed 387 Hip Abduction 388 Abducted and Knees Flexed 388 Abducted and Knees Extension 389 Adduction 388 Abducted and Knees Extension 389 Adduction 388 Abducted and Knees Extension 389 Adduction 380 Adduction 388 Adduc			STATE OF THE SECOND		Knee Flexion	385
Movement Impairments: Upper Quarter Examination 328 Hip Extension With Knee Extended 386 Rip Extension With Knee Flexed 387 Rip Abduction 387 Abducted and Knees Flexed 387 Abducted and Knees Flexed 387 Abducted and Knees Flexed 388 Sometric Buttens Maximus Contraction 388 Forward Bending (Hip Flexion With Flat Lumbar Spine) 368 Lumbar Spine) 369 Flexion) 369 Side Bending (Lateral Spinal Flexion) 369 Single-Leg Standing (Unilateral Hip and Knee Flexion) 369 Single-Leg Standing (Unilateral Hip and Knee Flexion) 400 Limited Range of Hip and Knee Flexion 371 With Trunk Erect (Small Squat) 371 Motion (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee Extension Gluteus Maximus Stretch (Hip and Knee 371 Motion (Hip and Knee Extension Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension 373 Abduction (Back Against Wall) 365 Shoulder Flexion (Back Against Wall) Shoulder Adduction (Back Against Wall) 365 Shoulder Flexion (Back Against Wall) Shoulder Adduction (Back Against Wa			201		Hip Rotation	386
Examination Examination Examination Examination Exercises Purposes and Special 367 Considerations Introduction 367 Standing Exercises 368 Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) 369 Side Bending (Lateral Spinal Flexion) 369 Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion 369 With Trunk Erect (Small Squat) Supine Exercises 371 With Maximal Flexion of Contralaeral Hip and Knee Extension With Lower-Extremity 371 Motion (Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension) Hip and Knee Flexion (Hip and Knee Extension) Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension) Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Hip Athoricinor Lateral Rotation From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Hip Athoricinor From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extension) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Stretch (Shoulder Flexion) With Knee Extended) Stretch (Shoulder Flexion) With Knee Extended Stretch (Shoul			328		Hip Extension With Knee Extended	386
Hip Abduction Sar Isometric Hip Lateral Rotation With Hips Sar Sar Standing Exercises 368 Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Single-Leg Standing (Unilateral Hip and Single-Leg Standing (Unilateral Hip and Single-Leg Standing (Unilateral Hip and Supine) Curled Range of Hip and Knee Flexion Supine Exercises 370 Curled Range of Hip and Knee Extension With Trunk Erect (Small Squat) Supine Exercises 371 Mith Trunk Erect (Small Squat) Supine Exercises 371 Motion (Hip and Knee Extension Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee 371 Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee 372 And Knee Extension (Heel Slides) Control of Pelvis With Lower-Extremity 371 And Knee Extension (Heel Slides) Control of Pelvis With Lower-Extension 372 And Knee Extension (Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee 372 And Knee Extension (Hip and Knee Extension) Hip and Knee (Hip and Knee 373 And Knee Extension (Heel Slides) And Knee Extension (Heel Slides) And Knee Extension (Hip and Knee Extension) Hip and Knee (Hip and Knee Extension) Hip Abduction/Lateral Rotation From Hip and Knee (Hip And Knee Extension) Hip Abduction/Lateral Rotation From Hip Abduction/Lateral Rotati			920		[20] B.	387
Isometric Hip Lateral Rotation With Hips 387		Examination				387
7 Corrective Exercises: Purposes and Special Considerations Introduction Standing Exercises Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Extension) With Maximal Flexion of Contralateral Hip and Knee Extension From Hip and Knee Extension From Hip and Knee Extension From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion) Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion) Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion) Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Flox-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Fl						387
Isometric Gluteus Maximus Contraction 388	7	Correctizes Exercises: Purnoses and Special	267			
Introduction Standing Exercises Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Stread Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Stretch (Shoulder Flexion With Knee Extended) Hip Flexor Stretch (Hip and Knee Strending Exercises 388 Back Extensor Activation (Shoulder Flexion Shoulder Flexion Trapezius Muscle Exercise Progression 370 Trapezius Muscle Exercises 390 Quadruped Exercises 390 Quadruped Exercises 390 Cervical Flexion and Extension 391 Exercises Sitting Exercises Noulder Flexion 392 Lexis Hup Flexion and Extension 393 Knee Extension and Ankle Dorsiflexion 393 Knee Extension and Ankle Dorsiflexion 394 Shoulder Flexion (Back Against Wall) 395 Shoulder Flexion (Back Against Wall) 396 Standing Exercises 398 Knee Extension (Back Against Wall) 395 Shoulder Flexion (Back Against Wall) 396 Standing Exercises 398 Knee Extension (Back Against Wall) 396 Shoulder Flexion (Back Against Wall) 397 Shoulder Flexion (Flexion (Back Against Wall) 398 Standing Exercises 398 Knee Extension (Back Against Wall) 398 Shoulder Flexion (Flexion (Back Against Wall) 399 Shoulder Flexion (Flexion (Back Against Wall) 390 Shoulder Flexion (Flexion (Flexion (Back Against Wall) 390 Shoulder Flexion (Flexion (Back	/		30/			388
Standing Exercises Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion, Sliding Heel From Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Adduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor			907			
Forward Bending (Hip Flexion With Flat Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Side Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises 371 Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Extension (Hip Exercises) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Adduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Stretch (Shoulder Flexion With Knee Stretch (Shoulder Flexion) Stretch (Shoulder Flexion) Sas Shoulder Rotation Shoulder Flexion (Back Against Wall) Shoulder Flexion (Other Than Back Against Wall)						
Lumbar Spine) Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion Supine Exercises Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Extension) Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Stension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Hip and Knee Extended) Hip Flexor Stretch (Hip and Knee Ex						000
Curled Forward Bending (Spinal and Hip Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and Sep Exercises) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Siphine Exercises Siphine Exercises Siphine Exercises Siphine Exercises Siphine Exercises Siphine Exercises Sitting Exercises Sitting Exercises Sitting Exercises Sitting Exercises Siphine Exercise		Lumbar Spine) Curled Forward Bending (Spinal and Hip	368			388
Flexion) Side Bending (Lateral Spinal Flexion) Side Bending (Lateral Spinal Flexion) Single-Leg Standing (Unilateral Hip and See KereFlexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee Extension Straing Hip and Knee Extension From Hip and Knee Extension From Hip and Knee Extension Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Strension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Straight-Leg Raises (Hip Flexion With Knee Extension) Hip Abductoron/Lateral Rotation From Hip Extended) Hip Flexor Stretch (Two-Joint) Limited Range of Hip Adduction Shoulder Rotation Sayudromee Shoulder Rotation Quadruped Exercises 390 Cervical Rotation 392 Stitting Exercises Shoulder Flexion and Ankle Dorsiflexion 393 Shoulder Flexion (Back Against Wall) 395 Shoulder Flexion (Other Than Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius 398 Control of Hip and Knee Medial Rotation 399 Trunk-Curl Sit-Up (Upper Abdominal 376 Ankle Plantar Flexion 399 Trunk-Curl Sit-Up (Upper Abdominal 376 Flexed Flexed Position Streatch (Hip Adduction 399 Trunk-Curl Sit-Up (Upper Abdominal 376 Flexed Flexed Flexed Position 390 Freventing Knee Rotation 399 Trunk-Curl Sit-Up (Upper Abdominal 376 Flexed Flexed Flexed Flexion With 401 Flexer Streatch (Hip Adduction 399 Freventing Knee Rotation 399 Ankle Plantar Flexion 390 Freventi			369			
Side Bending (Lateral Spinal Flexion) 369 Single-Leg Standing (Unilateral Hip and Knee Flexion) Limited Range of Hip and Knee Flexion 370 With Trunk Erect (Small Squat) Supine Exercises 371 Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity 371 Motion (Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Mip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Stension) Gluteus Maximus Stretch (Hip and Knee Stension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension) Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Stretch (Shoulder Flexion) With Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion) With						
Single-Leg Standing (Unilateral Hip and Sies) Knee Flexion) Limited Range of Hip and Knee Flexion 370 With Trunk Erect (Small Squat) Supine Exercises 371 Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee Flexis With Lower-Extremity 371 Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Stetension) Gluteus Maximus Stretch (Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Stetension) Gluteus Maximus Stretch (Hip and Knee Stetension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Abduction/Lateral Rotation From Hip Extended) Hip Flexor Stretch (Two-Joint) Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Limited Range of Hip and Knee Extension and Limit Movement in the Quadruped Rocking Limb Movement in the Quadruped Position 392 Cervical Rotation and Extension and Ankle Dorsiflexion and Sex Extension and Ankle Dorsiflexion and Extension and Sex Extension and Ankle Dorsiflexion and Sex Extension and Ankle Dorsiflexion and Extension and Sex Extension and Ankle Dorsiflexion and Extension and Sex Extension and Shoulder Flexion and Extension and Ankle Dorsiflexion and Extension and Ankle Dorsiflexion and Extension and Shoulder Flexion (Dack Against Wall) and Shoulder Flexion (Back Against Wall) and Shoulder Flexion (Dack Against Wall) and Shoulder Flexion (Dack Against Wall) and Shoulder Flexion (Dack Against Wall) and Exercises Shoulder Flexion (Dack Against Wall) and Exercises Walling Exercises Shoulder Flexion (Dack Against Wall) and Exercise Shoulder Flexion (Dack			220			
Knee Flexion) Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises 371 Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Adduction/Lateral Rotation From Hip Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Streight-Leg Raises (Hip Flexion With Knee Extended) Limited Range of Hip and Knee Flexion and Extension and Standian Exercises Sitting Exercises Sitting Exercises Sitting Exercises Sitting Exercises Shoulder Flexion and Ankle Dorsiflexion and Standian Extension and Standian Extension and Ankle Dorsiflexion and Standian Extension and Standian Extension and Ankle Dorsiflexion (Back Against Wall) and Shoulder Flexion (Back Against Wall) and Shoulder Flexion (Other Than Back Against Wall) and Shoulder Flexion (Other Than Back Against Wall) and Exercises Wall and Knee Flexion, Shoulder Abduction (Facing Wall and Trapezius and Exercises) Walking Exercises Control of Hip and Knee Medial Rotation and Ankle Dorsiflexion (Back Against Wall) and Exercises Shoulder Flexion (Other Than Back Against Wall) and Exercises Control of Hip and Knee Medial Rotation and Extension and Ankle						
Limited Range of Hip and Knee Flexion With Trunk Erect (Small Squat) Supine Exercises 371 Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Flexion, Gleas Rajanst Wall) Shoulder Abduction (Back Against Wall) Shoulder Flexion (Other Than Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius Sexercises) Walking Exercises Walking Exercises Control of Hip and Knee Medial Rotation Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Limiting Knee Rotation Straight-Leg Raises (Hip Flexion With Knee Extended) Struck (Two-Joint) Stretch (Shoulder Flexion/Elevation With			369			
With Trunk Erect (Small Squat) Supine Exercises Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Maximus Maximus Stretch (Hip and Knee Stxtension) Hip Adduction (Facing Wall and Trapezius Spass Maximus Exercises) Walking Exercises Walking Exercises Walking Exercises Walking Exercises Shoulder Flexion (Other Than Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius Spass Exercises) Walking Exercises Walking Exercises Walking Exercises Shoulder Flexion (Other Than Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius Spass Exercises) Walking Exercises Walking Exercises Walking Exercises Control of Hip and Knee Hexion (Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius Spass Exercises) Walking Exercises Control of Hip and Knee Hexion (Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius Spass Exercises) Walking Exercises 8 8 Exercises Stretch (Shoulder Flexion (Back Against Wall) Shou						
Supine Exercises Hip Flexor Stretch (Hip and Knee Extension 371 With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity 371 Motion (Hip and Knee Extension From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee and Knee Extension) Gluteus Maximus Stretch (Hip and Knee and Knee Extension) Gluteus Maximus Stretch (Hip and Knee and Knee Extension) Gluteus Maximus Stretch (Hip and Knee and Knee and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension) Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With			370			
Hip Flexor Stretch (Hip and Knee Extension With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity 371 Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Maximus Stretch (Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression 7runk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Stretch (Shoulder Flexion/Elevation With						
With Maximal Flexion of Contralateral Hip and Knee) Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Progression) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexion Standing Exercises Shoulder Flexion (Back Against Wall) Shoulder Flexion (Other Than Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius 398 Exercises) Walking Exercises Control of Hip and Knee Medial Rotation 399 Limiting Knee Hyperextension Ankle Plantar Flexion 399 Limiting Knee Rotation 399 Exercises to Correct Movement Impairment Syndromes Exercises to Correct Movement Impairment Syndromes Standing Exercises Shoulder Flexion (Back Against Wall) 395 Shoulder Flexion (Other Than Back Against Wall) Shoulder Flexion (Other Than Back Against Wall) Shoulder Flexion (Facing Wall and Trapezius 398 Exercises) Walking Exercises Control of Hip and Knee Medial Rotation 399 Limiting Knee Rotation 399 Limiting Knee Rotation 399 Ankle Plantar Flexion 399 Exercises to Correct Movement Impairment 401 Syndromes						
Hip and Knee) Control of Pelvis With Lower-Extremity 371 Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee 371 Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension) Lower Abdominal Muscle Exercise Progression 373 Trunk-Curl Sit-Up (Upper Abdominal 976 Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle 379 Stretch (Shoulder Flexion/Elevation With			371			
Control of Pelvis With Lower-Extremity Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion With Shoulder Flexion (Back Against Wall) Shoulder Flexion (Other Than Back Against Wall) Shoulder Abduction (Facing Wall and Trapezius Sexercises) Walking Exercises Control of Hip and Knee Medial Rotation Jerventing Knee Hyperextension Limiting Knee Rotation Jerventing Knee Rotation Ankle Plantar Flexion Jerventing Knee Rotation Jerventing Knee Hyperextension Jerventing Knee Rotation Jerventing						
Motion (Hip and Knee Extension From Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With Shoulder Abduction (Back Against Wall) Shoulder Flexion (Other Than Back Against 396 Wall) Shoulder Abduction (Facing Wall and Trapezius 398 Exercises) Walking Exercises Control of Hip and Knee Medial Rotation 399 Limiting Knee Hyperextension 399 Limiting Knee Rotation 399 Ankle Plantar Flexion 399 Ankle Plantar Flexion Correct Movement Impairment 401 Syndromes						
Hip and Knee Flexion) Gluteus Maximus Stretch (Hip and Knee		Control of Pelvis With Lower-Extremity	371			
Gluteus Maximus Stretch (Hip and Knee Stension) Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression 373 Trunk-Curl Sit-Up (Upper Abdominal 376 Progression) Hip Abduction/Lateral Rotation From Hip 577 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With S72 Wall) Shoulder Abduction (Facing Wall and Trapezius 398 Exercises) Walking Exercises Control of Hip and Knee Medial Rotation 399 Limiting Hip Adduction 399 Limiting Knee Hyperextension 399 Limiting Knee Rotation 399 Ankle Plantar Flexion 399 8 Exercises to Correct Movement Impairment 590 Syndromes		Motion (Hip and Knee Extension From				
Flexion From Hip and Knee Extension) Gluteus Maximus Stretch (Hip and Knee 372 Flexion From Hip and Knee Extension) Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip 372 and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression 373 Trunk-Curl Sit-Up (Upper Abdominal 776 Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With		Hip and Knee Flexion)				396
Gluteus Maximus Stretch (Hip and Knee Steension) Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Adduction/Lateral Rotation From Hip Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With		Gluteus Maximus Stretch (Hip and Knee	371			-
Flexion From Hip and Knee Extension) Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With		Flexion From Hip and Knee Extension)				398
Hip and Knee Flexion, Sliding Heel From Hip and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression 373 Trunk-Curl Sit-Up (Upper Abdominal Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Limiting Hip Adduction 399 Limiting Knee Hyperextension 399 Limiting Knee Rotation 399 Limiting Knee Rotation 399 Ankle Plantar Flexion 399 8 Exercises to Correct Movement Impairment Syndromes 8 Exercises to Correct Movement Impairment Syndromes 8 Syndromes		Gluteus Maximus Stretch (Hip and Knee	372			
and Knee Extension (Heel Slides) Lower Abdominal Muscle Exercise Progression 373 Trunk-Curl Sit-Up (Upper Abdominal 376 Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee 278 Extended) Hip Flexor Stretch (Two-Joint) 378 Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With		Flexion From Hip and Knee Extension)				
Lower Abdominal Muscle Exercise Progression 373 Trunk-Curl Sit-Up (Upper Abdominal 376 Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee 278 Extended) Hip Flexor Stretch (Two-Joint) 378 Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With		Hip and Knee Flexion, Sliding Heel From Hip	372			A COLOR
Trunk-Curl Sit-Up (Upper Abdominal 376 Limiting Knee Rotation 399 Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee 578 Extended) Hip Flexor Stretch (Two-Joint) 378 Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With S79 Stretch (Shoulder Flexion/Elevation With S79 Stretch (Shoulder Flexion/Elevation With S79 Limiting Knee Rotation 399 Ankle Plantar Flexion 599 Exercises to Correct Movement Impairment 590 Syndromes		and Knee Extension (Heel Slides)				
Trunk-Curl Sit-Up (Upper Abdominal 376 Limiting Knee Rotation 399 Progression) Hip Abduction/Lateral Rotation From Hip 377 Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee 578 Extended) Hip Flexor Stretch (Two-Joint) 378 Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With		Lower Abdominal Muscle Exercise Progression	373			
Progression) Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With Ankle Plantar Flexion 8 Exercises to Correct Movement Impairment Syndromes 8 Exercises to Correct Movement Impairment Syndromes						
Hip Abduction/Lateral Rotation From Hip Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With 8 Exercises to Correct Movement Impairment Syndromes 8 Exercises to Correct Movement Impairment Syndromes 8 Exercises to Correct Movement Impairment Syndromes					Ankle Plantar Flexion	399
Flexed Flexed Position Straight-Leg Raises (Hip Flexion With Knee 278 Extended) Hip Flexor Stretch (Two-Joint) 378 Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With 379			377			
Straight-Leg Raises (Hip Flexion With Knee Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With			mes la			
Extended) Hip Flexor Stretch (Two-Joint) Latissimus Dorsi and Scapulohumeral Muscle Stretch (Shoulder Flexion/Elevation With			378	8	Exercises to Correct Movement Impairment	401
Hip Flexor Stretch (Two-Joint) 378 Latissimus Dorsi and Scapulohumeral Muscle 379 Stretch (Shoulder Flexion/Elevation With			010			
Latissimus Dorsi and Scapulohumeral Muscle 379 Stretch (Shoulder Flexion/Elevation With			378		ALEGERAL SCHOOL OF THE STATE OF	
Stretch (Shoulder Flexion/Elevation With						
			010			
		Elbow Extended)				