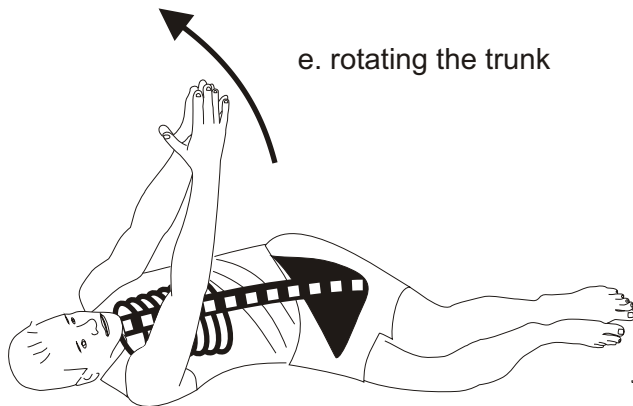
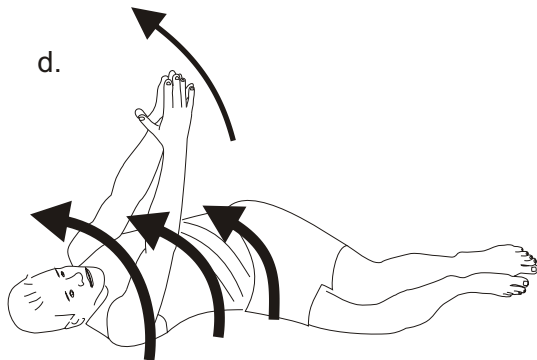
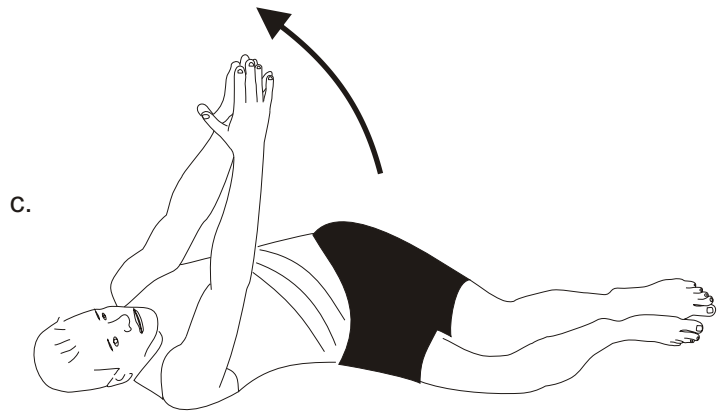
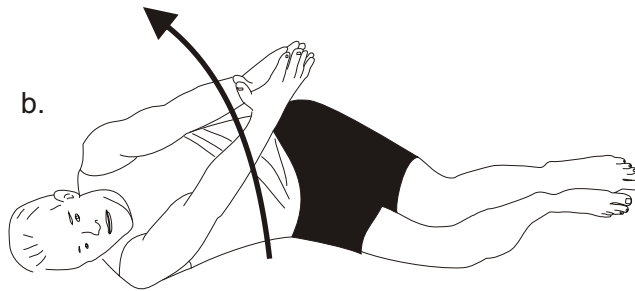
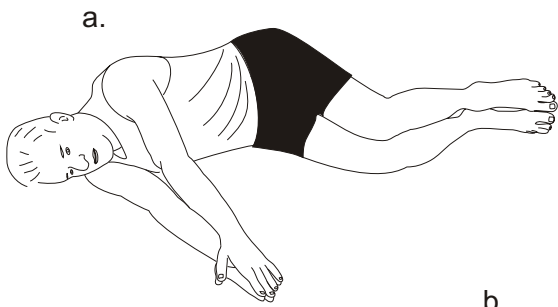
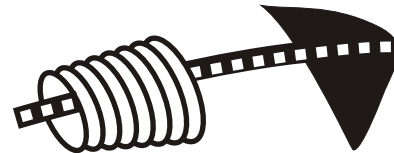


# trunk rotation1- double arm raise



f. pelvis, length of spine  
as the trunk

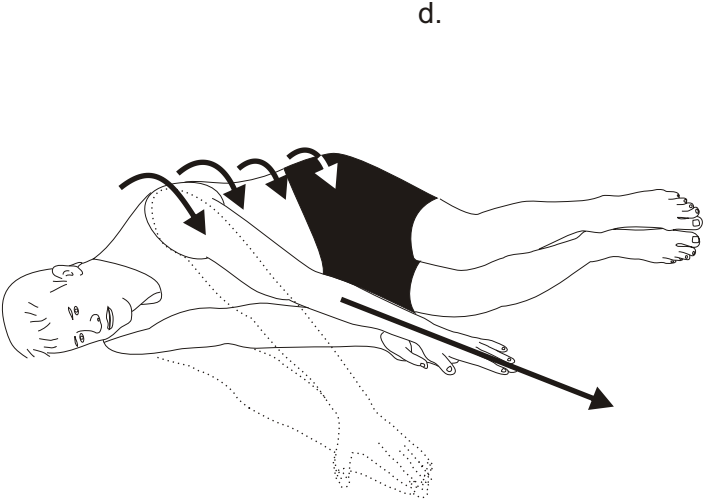
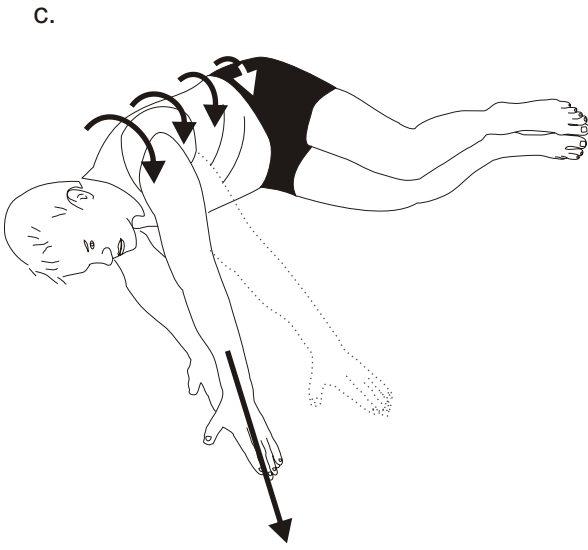
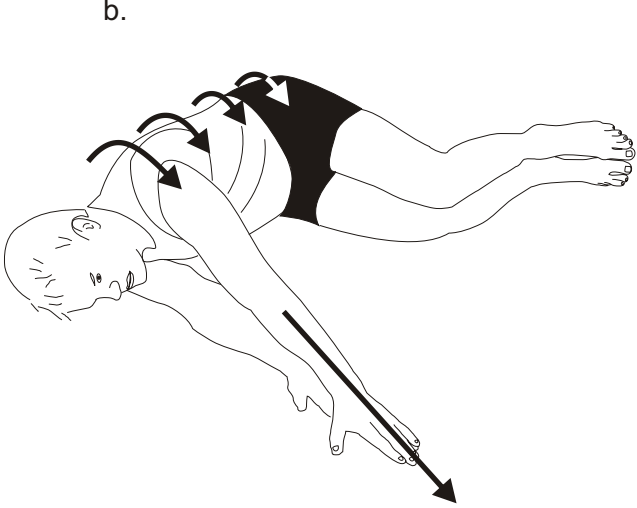
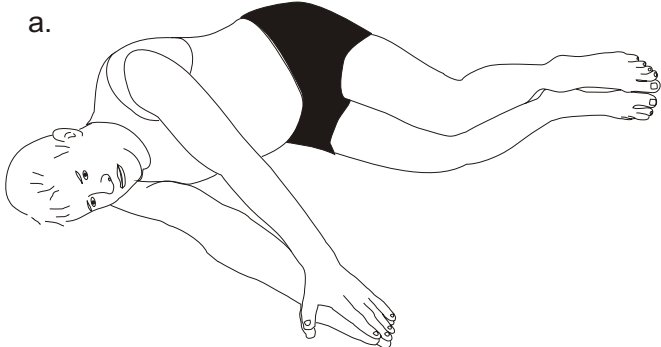


# trunk side bending in supine2- 'the Rib Cage as a Spring'

a.



# arm-trunk coordination1 - arm reach in side lying



# “dead bird”

