

## Top Ten Integrative Activities for Left AF IR with Right Trunk Rotation

1. PRI Wall Squat with Right Apical Expansion



6. Standing Supported Left Squat with Right Hip Flexion and Right Trunk Rotation



2. Standing Resisted Trunk Around with L AF IR, Right Trunk Rotation and Balloon



7. Standing Supported Left AF IR Squat with Right Trunk Rotation



3. Standing Resisted Trunk Around with L AF IR and Right Trunk Rotation



8. Standing Unsupported Left Lift with Right Trunk Rotation



4. PRI Right AIC Single Leg Vertical Balance



9. Standing Unsupported Left Squat with Right AIC Progression



5. Decline Retro Walking



10. Standing Unsupported Left Squat in Right Abducted Position

