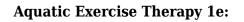


13

AXIAL EXTENSION & NEUTRAL POSTURE	CHECK SHOULDERS NEUTRAL POSTURE	NEUTRAL PELVIS	CHECK HIP ALIGNMENT
		1	To the second se
TRANSITIONAL DEPTH	SIDE WALK -FWD/BWD Slice hands	SHOULDER ROLLS With walking	SUPINE
	Sample	e	
SHOULDER ADDUCTION start shoulder height & pull down	SHOULDER ABSOLICTION start arms at sides & pull up	SHOULDER EXTENSION pull down & back	EXTERNAL SHOULDER ROTATION
4	-1		
SHOULDER INTERNAL ROTATION	HORIZONTAL ADDUCTION	SHOULDER ALPHABETS	SHOULDER PENDULUMS
	firing arms across the body	3	

# **Aquatic Exercise Therapy 1e**

Rolando T. Lazaro, Sandra G. Reina-Guerra, Myla Quiben



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