
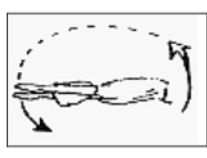







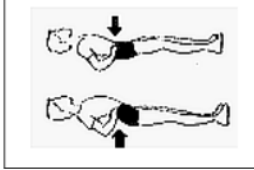


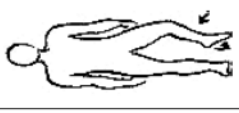


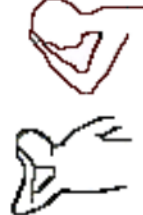
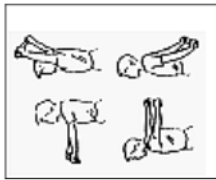

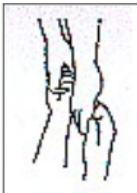
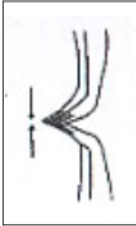


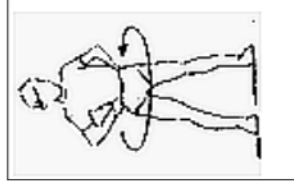


Joint Mobilization

The neck	The shoulders/ The elbows	The wrists	The fingers	The back	The basin	The knees	The ankles
 <p>Say yes and no with your head.</p>	 <p>Large arm circles.</p>  <p>Front and back crawl.</p>	 <p>Wrists rotation.</p>  <p>Push on the wall</p>	 <p>Cast a spell.</p>  <p>Do push ups on the fingers.</p>	 <p>Hollow, flat, round back.</p>  <p>Roll on the back.</p>	 <p>Put your basin successively in retroversion and anteversion position.</p>	 <p>Rotation.</p>  <p>Bend to put your buttocks close to the heels.</p>	 <p>Toes on the ground, turn to the left then to the right.</p>  <p>Ankles rotation.</p>
 <p>Move with head on the ground</p>  <p>Resist to the thrust of your hand</p>	 <p>Shoulder circumductions.</p>  <p>Elbows rotation.</p>	 <p>Hang your hands, pull and resist.</p>  <p>Face to face, push through your fingers</p>	 <p>Bring your knees behind your shoulders.</p>  <p>Do the bowl.</p>	 <p>Do large circles with your basin.</p>	<p>GOLDEN RULES</p> <p>1/ I look for a large amplitude in the movements. 2/ I go gently and slowly. I do not force. 3/ I follow a chronological order not to forget anything (from top to bottom or conversely). 4/ I move the joints in all directions, axis (if possible). 5/ I repeat 5 times the exercise.</p>		