



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

1. Left Stance in Right AF IR Position from the Right AIC Pattern
(Integration – Standing #9)



2. PRI Wall Supported Squat with Respiratory Right Apical Expansion
(Integration – Standing #24)



3. Standing Supported Passive Left AF IR with Right Trunk Rotation
(Integration – Standing #39)



4. Standing Supported Right AF ER with Right Trunk Rotation
(Integration – Standing #40)



5. Standing Wall Supported Right Knee Flexion with Left Glute Med and Right Trunk Rotation
(Integration – Standing #45)



6. Standing Wall Supported Left AF IR with Knee Flexion and Right Trunk Rotation
(Integration – Standing #46)



7. Standing Left Lift with Right Trunk Rotation
(Integration – Standing #49)



8. Standing Resisted Trunk Around with Left AF IR, Right Trunk Rotation and Balloon
(Integration – Standing #52)



9. Standing Resisted Trunk Around with Left AF IR and Right Trunk Rotation
(Integration – Standing #53)



10. Standing Supported Left Knee Flexion with Right Psoas and Iliacus and Right Trunk Rotation
(Integration – Standing #64)

