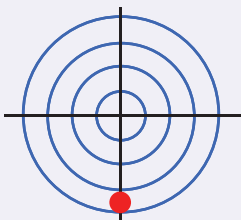
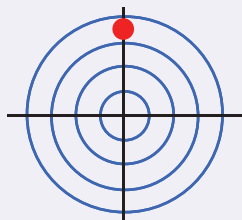


BASIC MOVEMENTS

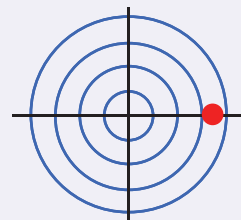
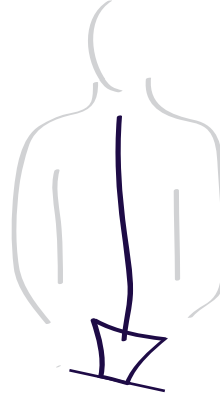
RETROFLEXION hip



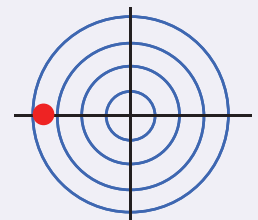
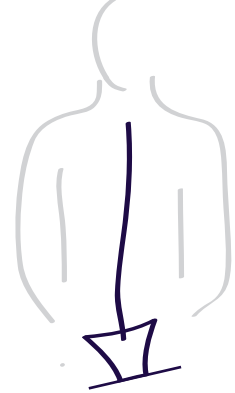
ANTEFLEXION hip



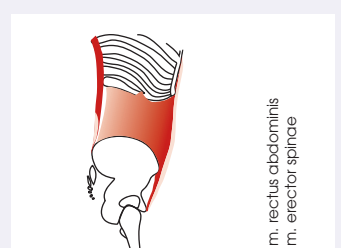
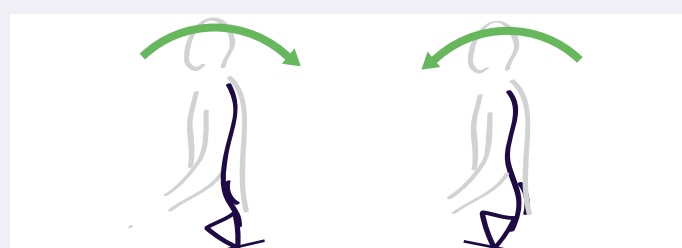
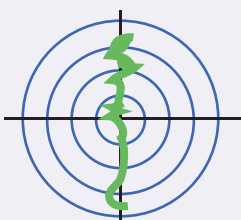
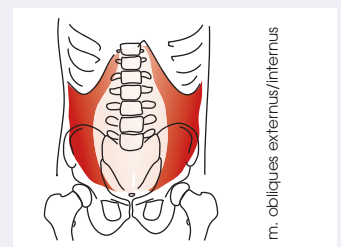
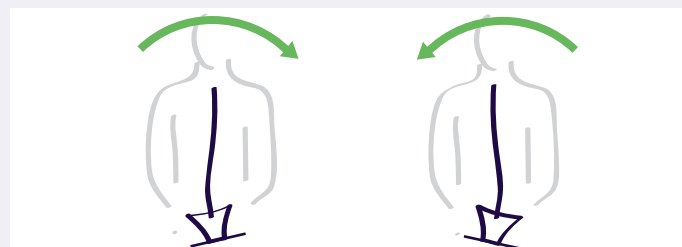
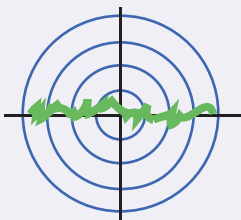
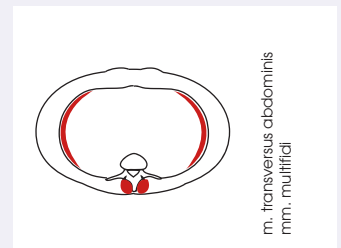
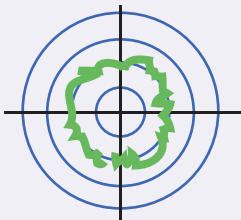
LATEROFLEXION right



LATEROFLEXION left



EXERCISE level 1



Increase difficulty

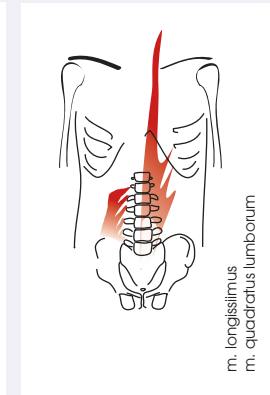
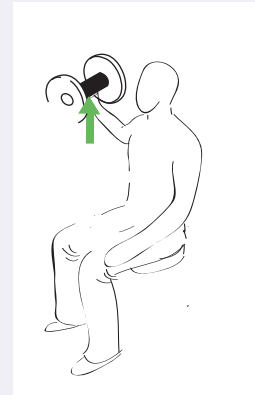
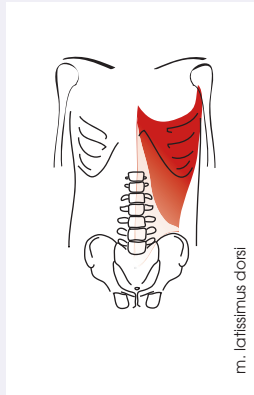
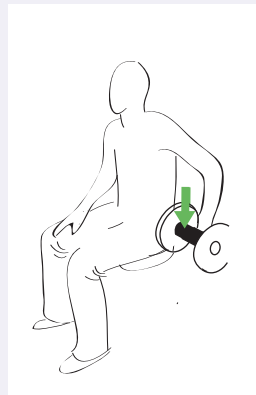
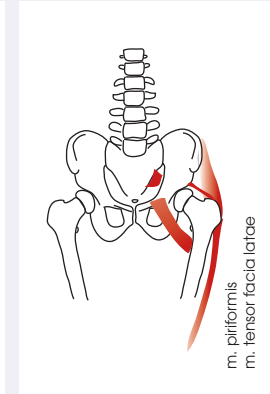
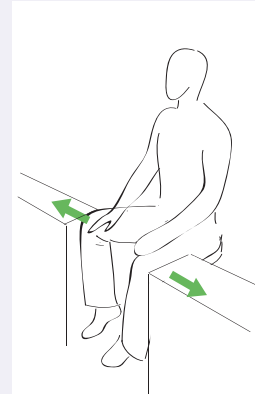
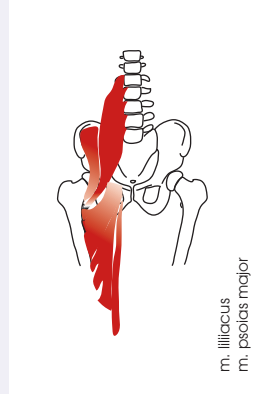
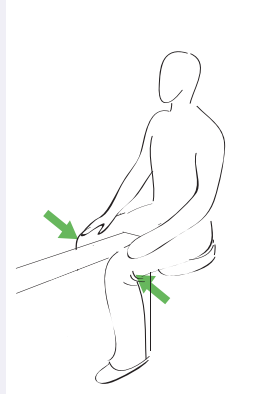
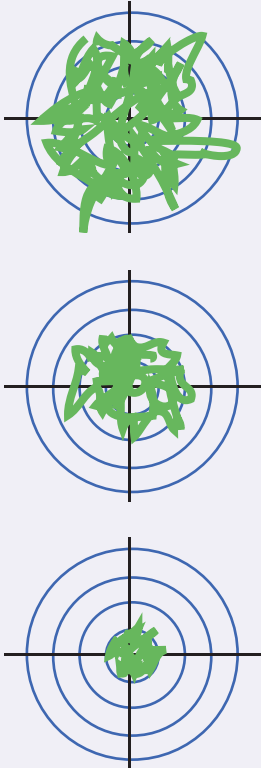
Movements

Sensbalance software

- decrease support plane: take one or two feet off the ground
- hide visual feedback: close eyes
- Increase sensitivity of system: decrease range settings

EXERCISE level 2

HIGH Core Stability LOW



Increase difficulty
Movements

Sensbalance software

- increase level of resistance to obtain higher muscle activity
- vary level of resistance to obtain different muscle activity
- allow a smaller area of movements by adjusting the black ring
- increase sensitivity of system: decrease range settings



sensamove
Quality of free movement

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