

Top Ten Upright Progressive PRI Techniques To Facilitate Left AF IR Position

1. Standing Supported Left AF IR Bilateral Squat



2. Standing Passive Left AF IR with Right Trunk Rotation



3. Standing Unsupported Left AF IR Bilateral Squat



4. Standing Unsupported Right AF ER



5. Standing Posterior Capsule Stretch (Left)



6. Step Over



7. Step Through



8. Standing Step Around



9. Standing Right Step Around with Right QL Stretch and Right Apical Expansion



10. Standing Un-Resisted Wall Ischial Femoral Ligamentous Stretch

