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

1. PRI Wall Squat with Right Apical Expansion

2. Standing Resisted Trunk Around with L AF IR, Right Trunk Rotation and Balloon

3. Standing Resisted Trunk Around with L AF IR and Right Trunk Rotation

4. PRI Right AIC Single Leg Vertical Balance

5. Decline Retro Walking

6. Standing Supported Left Squat with Right Hip Flexion and Right Trunk Rotation

7. Standing Supported Left AF IR Squat with Right Trunk Rotation

8. Standing Unsupported Left Lift with Right Trunk Rotation

9. Standing Unsupported Left Squat with Right AIC Progression

10. Standing Unsupported Left Squat in Right Abducted Position