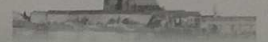




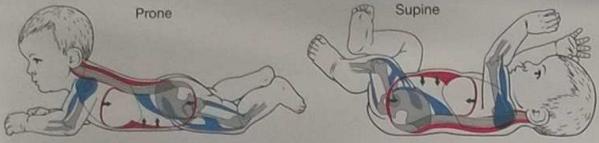
DYNAMIC NEUROMUSCULAR STABILIZATION EXERCISES IN DEVELOPMENTAL POSITIONS



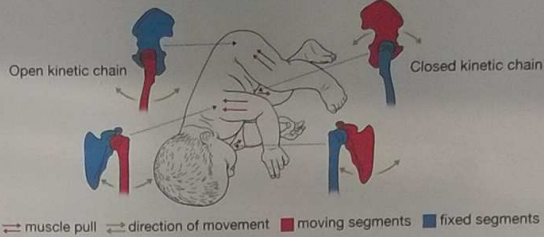
Basic model of trunk stabilization

Prone

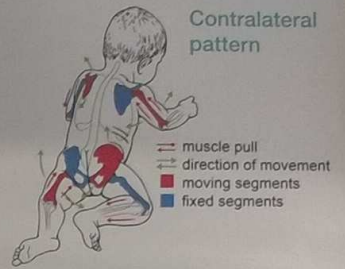
Supine



Ipsilateral pattern



Contralateral pattern



PART II: 7-13 MONTH PATTERNS

7 months

SIDE-SITTING, FOREARM SUPPORT



8 months

SIDE-SITTING, HAND SUPPORT



9 months

CRAWLING



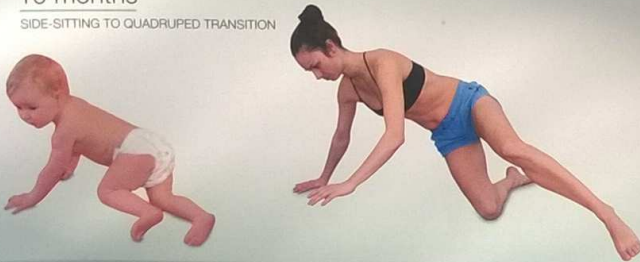
10 months

SITTING



10 months

SIDE-SITTING TO QUADRUPED TRANSITION



11 months

TRIPOD



11 months

HIGH KNEELING



12 months

BEAR



12 months

SQUAT



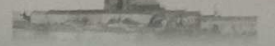
13 months

TRANSITION TO STANDING

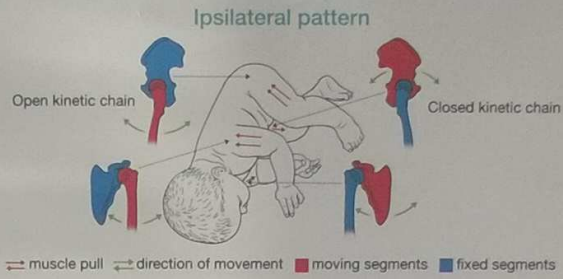




DYNAMIC NEUROMUSCULAR STABILIZATION EXERCISES IN DEVELOPMENTAL POSITIONS



Basic model of trunk stabilization



PART I: 3-7 MONTH PATTERNS

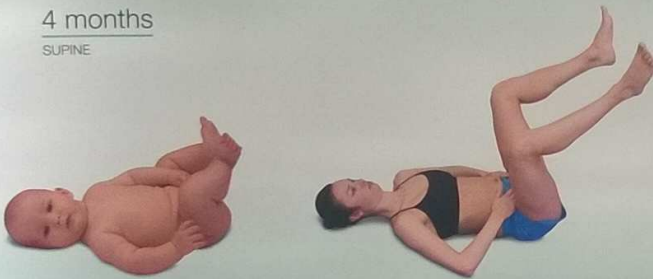
3 months PRONE



3 months SUPINE



4 months SUPINE



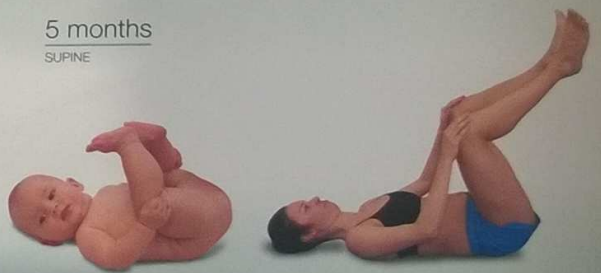
4.5 months PRONE



5 months SIDE-LYING



5 months SUPINE



6 months PRONE



6 months SUPINE



7 months PRONE



7 months QUADRUPED

