

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# "LET YOUR HEALTH SHINE"

I D R U T Q X K V V N R J L A C I R T E M M Y S  
D I N T E R N A L R O T A T I O N S J Z L K Q P  
Y N O I T A L U M I T S R A L U B I T S E V V B  
V J Q V C O N T R A C T U R E Q P F O W R D A X  
C W U F N O I T A T O R L A N R E T X E O B E N  
S P A S T I C I T Y U C D S B B T V Q Y C J D E  
T L Y U P A W P T V Y J J W N O I T C U D D A S  
U A J Q S J W I U X T M L V I N U Q R Y H U W C  
N L R L K C M Y N A I A D W G T Q W Z Y K Z Z V  
I U I V N R T P U A L X I U P T U G P I G L Z F  
L T N U O B Q A V B I J V L N F D E G T S Z T W  
A U K F V Q M R Z D B S F R U M R G E G U R F P  
T L E E Q E N E H U A S H C X M L N S C P L Q H  
E D C Z Z B T H F C T N Z K O F A M B G I G A I  
R H T I D R D T O T S P G B V Q X N D I N Z S L  
A P W C O I V L Z I N S I T S A Q W D X E G J A  
L T D M S H Z A H O I L B A H Y G X R J V D Z R  
X D T T G B T U K N I M Z E X T E N S I O N R E  
D P A F X S E N D T O P C C I C A R O H T Z A T  
C L A T F R Y A Y N Y I C D H W V B A I L B B A  
A Z F O R X Q M S G O F X S P M C W J T P V M L  
E X E R C I S E E R A N G E O F M O T I O N U I  
K P M O T O R C O N T R O L L E P R O N E K L B  
T W J O Q T R H M C T K D F U F Y L F P A F L U

VESTIBULAR STIMULATION  
RANGE OF MOTION  
MOTOR CONTROL  
SYMMETRICAL  
ABDUCTION  
DEFORMITY  
THORACIC  
LUMBAR  
PRONE

EXTERNAL ROTATION  
MANUAL THERAPY  
CONTRACTURE  
SPASTICITY  
ADDUCTION  
EXTENSION  
FLEXION  
SUPINE

INTERNAL ROTATION  
HYPERMOBILITY  
INSTABILITY  
UNILATERAL  
BILATERAL  
EXERCISE  
DISTAL  
CORE