

Coordination

Sitting up								
Balance								
Arm swing								
Hip extension								
Eye muscle coordination								

Mobility

Chin tuck mobility								
Thoracic extension mobility								
Back muscle flexibility								
Shoulder mobility								
Finger flexor flexibility								
Arm nerve mobility								
Rotational mobility								
Lifting technique								
Hip flexion mobility								
Buttock muscle flexibility								
Leg, back, and cranial nerve mobility								
Posterior thigh flexibility								
Calf flexibility								
Inner thigh flexibility								
Hip extension mobility								
Anterior thigh flexibility								

Strength

Abdominal and anterior neck muscle strength								
Back muscle strength								
Shoulder blade and posterior arm muscle strength								

Endurance: minutes per week:

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Manual therapie & other type of treatment
