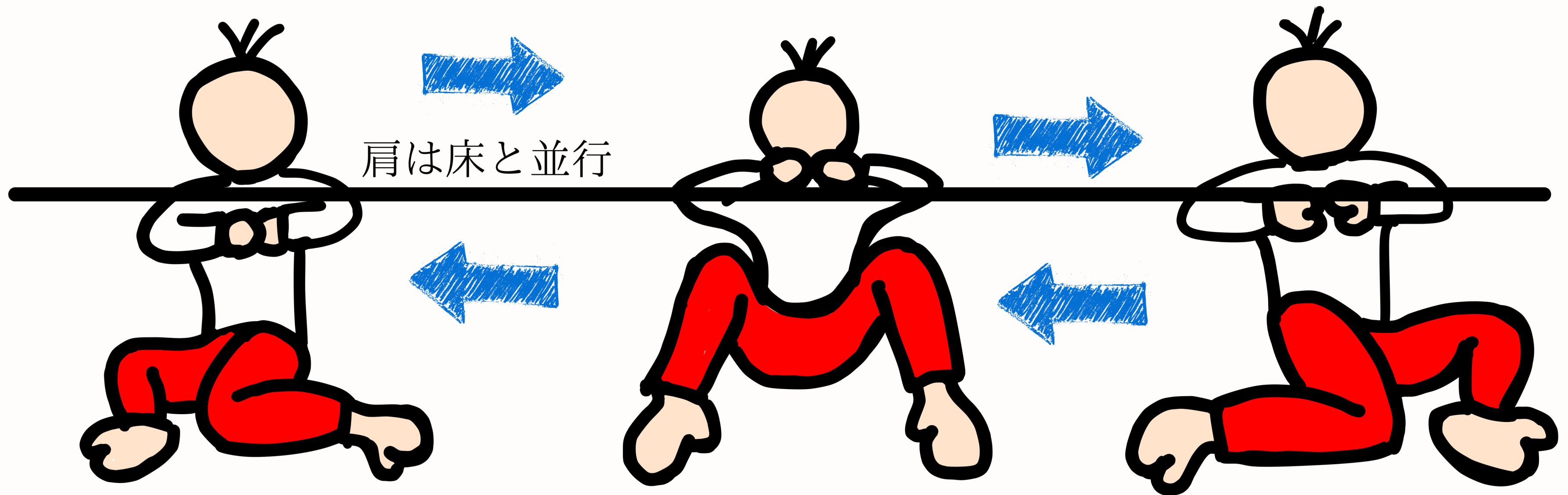


Shin box switch

両股関節の内外旋の運動。両肩は床と並行を保持して行う。

骨盤と脊椎の連動、股関節の可動域改善を目指す



Shin box switch

Hip Internal and External Rotation Exercise: Maintaining Parallel Shoulders for Pelvis and Spine Coordination and Improved Range of Motion

