



### Neck Flexion:

Lying completely supine. Allow neck to flex about 45°

Add resistance to the forehead



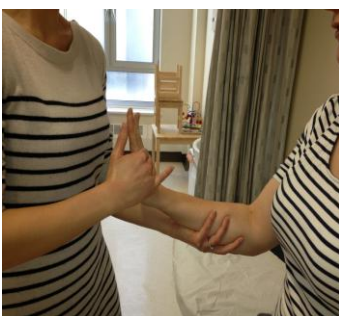
### Shoulder Abduction:

Abduct a straight arm to 90°. Add resistance to proximal to the elbow. Stabilise the body with the other hand.



### Elbow Flexion:

Support the arm at the elbow, keeping the arm close to the body. Flex the elbow to 45° and add resistance proximal to the wrist.



### Wrist Extension:

Support the forearm, keeping the arm close to the body. Extend the wrist to 60°. Add resistance to the back of the hand.



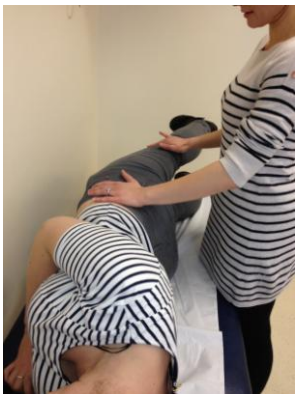
#### Knee Extension:

In a sitting position, extend the knee fully, and then allow 5' flexion (so the knee is not locked). Place the resistance proximal to the ankle. Keep the other hand on the knee to ensure the knee does not lock.



#### Hip Extension:

Lying prone, keep the pelvis flat. Flex the knee to 90' and then lift the upper leg and knee off the bed 15'. Place the resistance proximal to the knee, use the other hand to stabilise the pelvis.



#### Hip Abduction:

Lying on their side, with slight extension at the pelvis and forward tilt at the trunk. Abduct the hip, keeping the knee straight. Stabilise the pelvis with one hand and add resistance proximal to the knee.



#### Ankle Dorsi-flexion:

In lying supine; dorsi- flex the ankle to 5' keeping the knee straight. Add resistance to the dorsal aspect of the foot