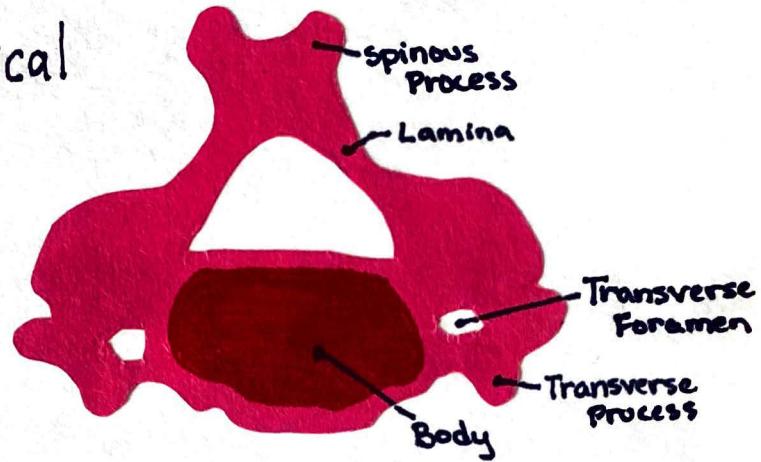
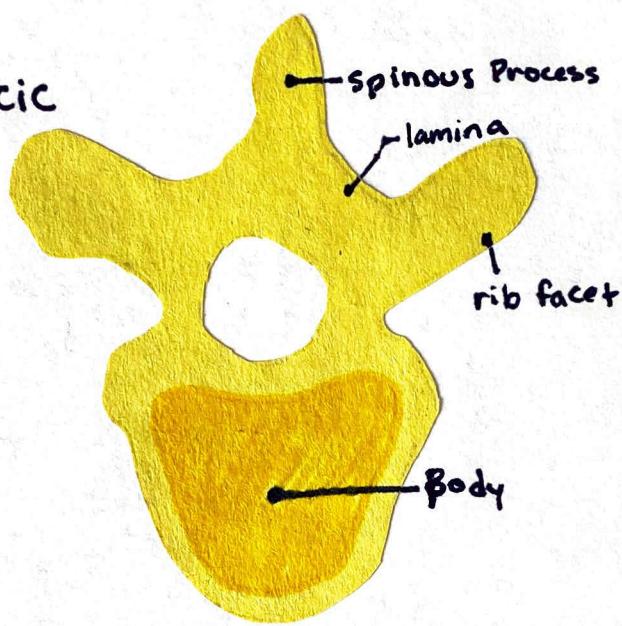


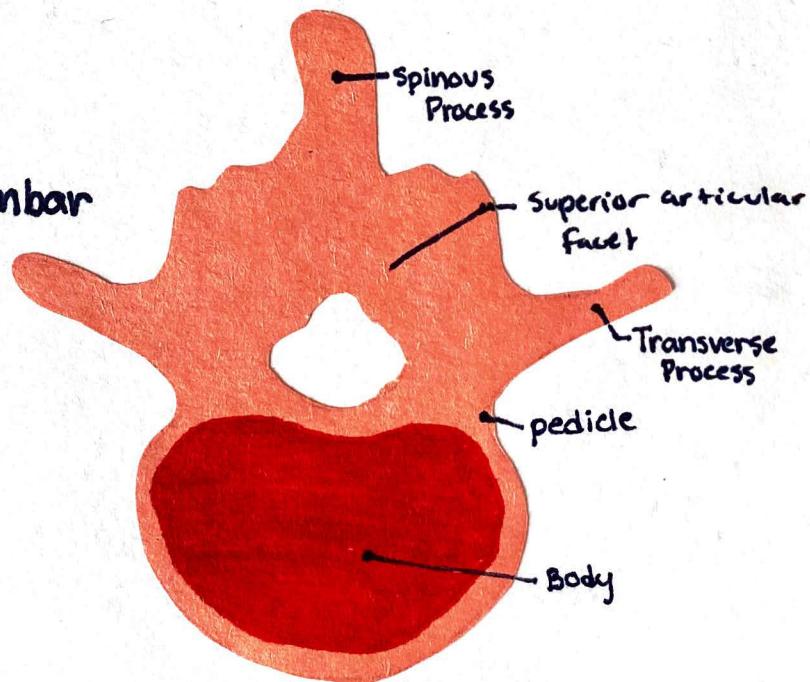
Cervical



Thoracic



Lumbar



Extension &
Lateral Flexion

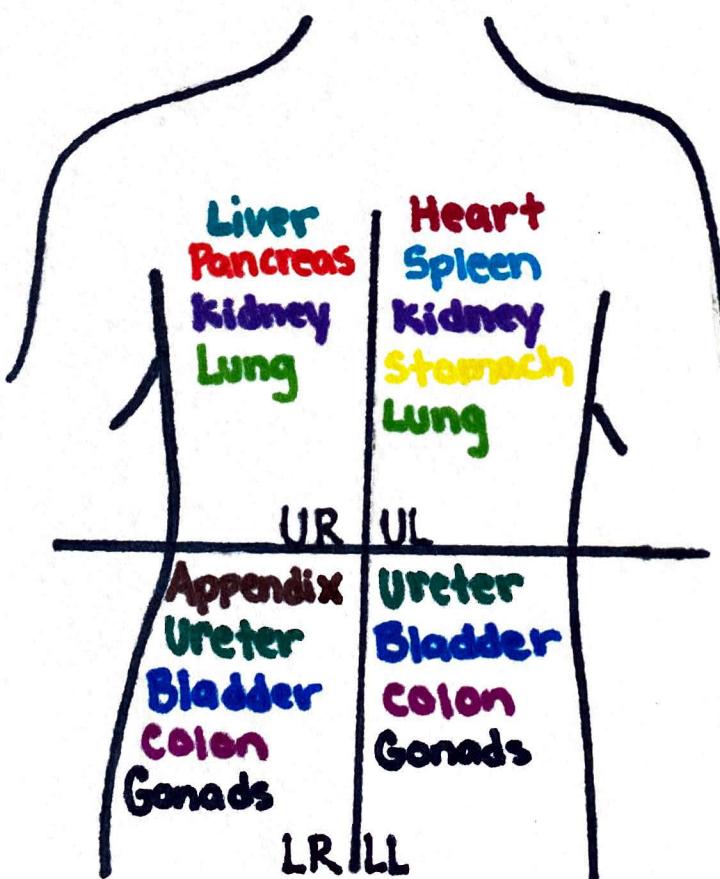
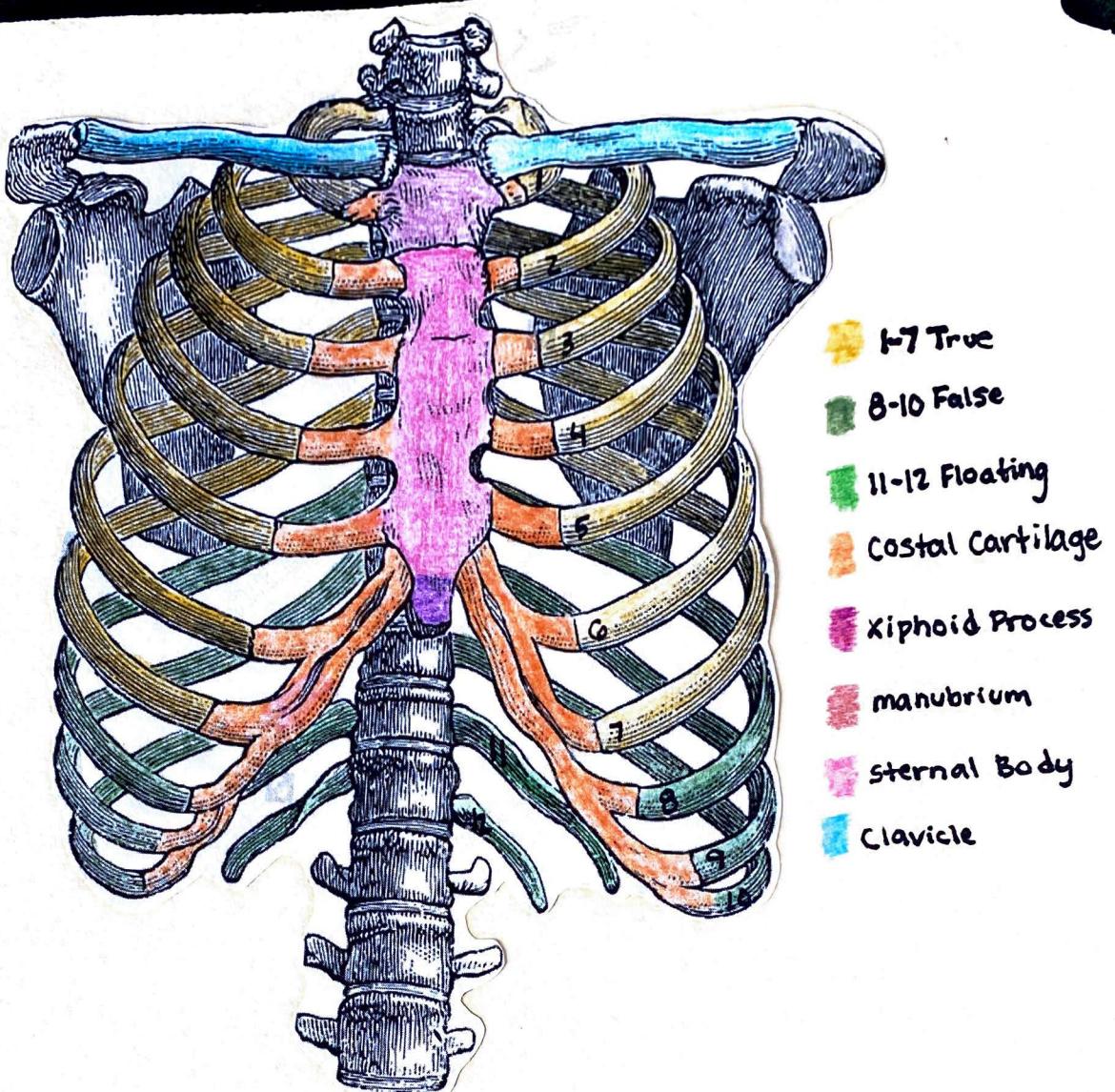
Rotation &
Lateral Flexion

Extension &
Rotation

Flexion

Lateral Flexion

Compression



Inspiration
(inhale)

rotation &
Lateral Flexion

Expiration
(exhale)

Compression

Expands the
Rib Cage

Flexion