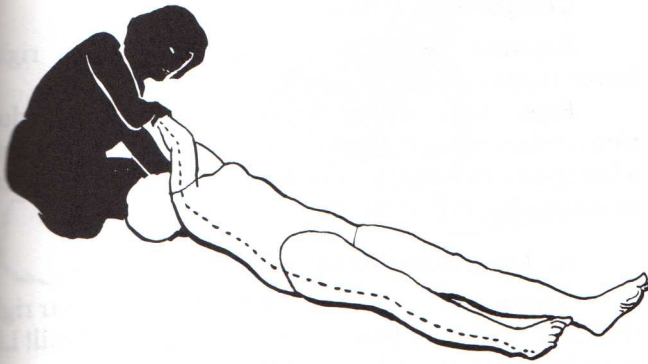


Mat Activity

Rolling: Supine Toward Prone



A



B



C

FIG. 1-153. Head and neck: flexion with rotation, bilateral asymmetrical upper extremities.

Component Patterns

Resisted. Head and neck, flexion with rotation to right; upper extremities, asymmetrical extension (chopping) to right.

Free. Left lower extremity, flexion-adduction-external rotation; right lower extremity adjusts in extension and adduction.

A. Lengthened Range

Commands. "Pull your arms down toward your right hip, lift your head, and roll over! Pull your left foot up and over! Roll!"

Suggested Techniques. Traction to upper extremities, stretch and resistance.

B. Approaching Middle Range

Commands. "Pull your arms down! Roll! Pull your knee on over! Roll!"

Suggested Techniques. Repeated stretch, repeated contractions.

C. Approaching Shortened Range

Commands. "Hold! Don't let me pull you back!"

Suggested Techniques. Slow reversal followed by repeated contractions, rhythmic stabilization.

Antagonistic Pattern

Rolling from prone toward supine: head and neck extension with rotation to left. Bilateral asymmetrical flexion of upper extremities (lifting) to left (Fig. 1-159). Left lower extremity moves in antagonistic pattern.

NOTE: Intermediate joints (elbows and knees) of moving extremities may flex, extend, or remain straight.