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Diaphragmatic Breathing (Lying)

Diaphragmatic Breathing (Sitting)

Diaphragmatic Breathing (Standing)







Baby Rock

Rolling

Side Lying







Oblique Sit

Tripod

Kneeling

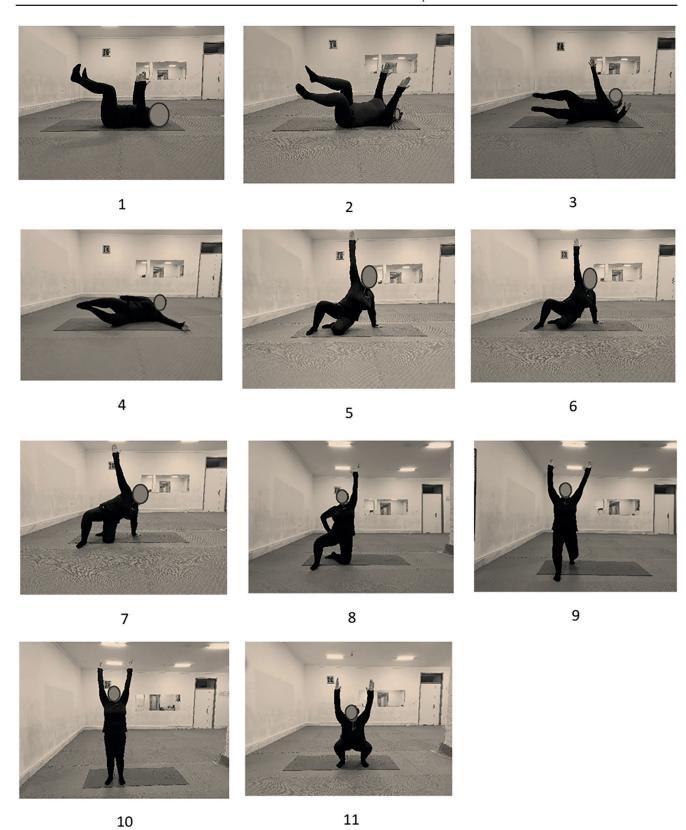




Squat

Prone

Appendix A: Starting positions of dynamic neuromuscular training (DNS) protocol.



Appendix B: Eleven phases of Czech Get Up Movement