



The Basic Principles Checklist/Grid

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| | WHAT IS IT? | WHY DO WE DO IT? | WHEN DO WE DO IT? | EXERCISES TO DEMONSTRATE. |
|---|-------------|------------------|-------------------|---------------------------|
| PRINCIPLE | | | | |
| BREATHING | | | | |
| PELVIC PLACEMENT | | | | |
| RIB CAGE PLACEMENT | | | | |
| SCAPULA MOVEMENT AND STABILIZATION | | | | |
| HEAD AND C/SP PLACEMENT | | | | |