VITAL TRANSFORMATIONAL ZONES
Motions of Primary Joint Complexes

RIGHT

Cervical EXTENSION
Shoulder FLEXION
Thoracic EXTENSION
Lumbar EXTENSION
Hip EXTENSION
Knee EXTENSION
Subtalar/Ankle DORSIFLEXION

LEFT

MOBILITY

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# VITAL TRANSFORMATIONAL ZONES

Motions of Primary Joint Complexes

<table>
<thead>
<tr>
<th><strong>RIGHT</strong></th>
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<tbody>
<tr>
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<td>Subtalar/Ankle PLANTAR FLEXION</td>
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</tbody>
</table>

**POSTERIOR CHAIN REACTION®**

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VITAL TRANSFORMATIONAL ZONES
Motions of Primary Joint Complexes

**RIGHT**
- Cervical: Lateral Flexion - Opposite
- Shoulder: Adduction - Opposite, Abduction - Same
- Thoracic: Lateral Flexion - Opposite
- Lumbar: Lateral Flexion - Opposite
- Hip: Abduction
- Knee: Abduction
- Subtalar/Ankle: Eversion

**LEFT**

SAME SIDE LATERAL CHAIN REACTION®

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# VITAL TRANSFORMATIONAL ZONES
Motions of Primary Joint Complexes

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<tr>
<td><strong>Shoulder</strong></td>
<td>ABDUCTION - OPPOSITE  ADDUCTION - SAME</td>
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<td>LATERAL FLEXION - SAME</td>
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<td><strong>Hip</strong></td>
<td>ADDUCTION</td>
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<td><strong>Knee</strong></td>
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<td><strong>Subtalar/Ankle</strong></td>
<td>INVERSION</td>
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**OPPOSITE SIDE LATERAL CHAIN REACTION®**

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VITAL TRANSFORMATIONAL ZONES
Motions of Primary Joint Complexes

SAME SIDE ROTATIONAL CHAIN REACTION®
VITAL TRANSFORMATIONAL ZONES
Motions of Primary Joint Complexes

RIGHT

Cervical
ROTATION - OPPOSITE

Shoulder
HORIZONTAL ADDUCTION - SAME
HORIZONTAL ABDUCTION - OPPOSITE

Thoracic
ROTATION - OPPOSITE

Lumbar
ROTATION - OPPOSITE

Hip
INTERNAL ROTATION

Knee
INTERNAL ROTATION

Subtalar/Ankle
ADDUCTION

LEFT

OPPOSITE SIDE ROTATIONAL
CHAIN REACTION®