

# Swedish Drill Revisited IV

p.30

## Arm and leg reaches in "all fours."

**Attention!**

by  
Dawn Duran, PT, MHS  
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Card 1 of 3

# Swedish Drill Revisited IV

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## Arm and leg reaches in "all fours."

Arm and leg reaches on all fours.  
Right half kneel – place.  
Tall kneel – place.

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## Arm and leg reaches in "all fours."

All fours – place. 1, 2.  
Right arm – reach. Return.  
Left arm – reach. Return.  
Tall kneel – place.  
Left leg – reach. Return. [perform 3-5 each]

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## Side bend in tall kneel.

Tall kneel – place.  
Side Bend in tall kneel.  
Right half kneel – place.  
Left arm – raise.  
Trunk to the right – bend.  
Trunk upward – stretch.

[Repeat 3-8 times on the right side, then...]

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Card 1 of 2

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## Side bend in tall kneel.

Right arm – lower. Tall kneel – place.  
Left half kneel – place.  
Right arm – raise.  
Trunk to the left – bend.  
Trunk upward – stretch.  
[Repeat 3-8 times on the right side, then...]  
Right arm – lower.

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Card 2 of 2

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## Arm reaching out in "all fours."

Arm reaching out in all fours.  
Tall kneel – place.  
All fours – place. 1, 2.  
Right arm reach – out.  
Lower.

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