Instructions for Recreating

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1 Instructions for assembly

To recreate this game you will need to collect the following items:

- 1-minute sand timer
- a game board (28cm x 21cm)
- 4 playing pieces
- 1 squeaker (or noise-maker)

The following items will need to be printed:

- the Rules (preferably in color, edit if necessary.
- the nonverbal word list (preferably on card stock, otherwise, laminate)
- at least 17 each of the verbal and nonverbal card templates (you may need extras in case of mistakes)
- the right and left halves of the game board

Additional production and assembly:

The 260 terms from the verbal and nonverbal word lists need to be printed (preferably handwritten) on the back of the verbal and nonverbal card templates along with their point values. The cards must then be cut, and should be laminated for durability.

Both halves of the game board must be printed in color on A3 adhesive. It will need to be trimmed and cut to fit on the game board. Good luck.
2 Game board *(Come again?!)*

You can find the board in a separate file.

Both halves of the game board must be printed in color on A3 adhesive. It will need to be trimmed and cut to fit on the game board.

The end result should look like this:
4 Word Lists

NON-VERBAL TASK WORD LIST

1. Acceptance (5)
2. Affection (3)
3. Agitation (3)
4. Alarm (2)
5. Ambition (3)
6. Amusement (2)
7. Anger (2)
8. Angst (2)
9. Animosity
10. Annoyance (2)
11. Anticipation (3)
12. Apprehension (5)
13. Approval (5)
14. Apathy (2)
15. Arrogance (3)
16. Aspiration (5)
17. Awe (3)
18. Anxiousness (2)
19. Bitterness (3)
20. Boredom (2)
21. Calmness (3)
22. Cautiousness (3)
23. Closeness (2)
24. Comfort (3)
25. Compassion (5)
26. Concern (3)
27. Contempt (2)
28. Contentment (5)
29. Confidence (3)
30. Confusion (2)
31. Courage (5)
32. Cruelty (2)
33. Defiance (5)
34. Depression (2)
35. Determination (5)
36. Disappointment (3)
37. Discontentment (5)
38. Disgust (2)
39. Displeasure (2)
40. Distress (3)
41. Distrust (3)
42. Disturbance (2)
43. Desire (3)
44. Delight (2)
45. Dread (5)
46. Euphoria (2)
47. Embarrassment (3)
48. Envy (2)
49. Ennui (3)
50. Ecstasy (3)
51. Exasperation (5)
52. Fear (2)
53. Frustration (2)
54. Fury (3)
55. Gladness (2)
56. Gratitude (5)
57. Grief (3)
58. Guilt (5)
59. Hate (2)
60. Happiness (2)
61. Hesitation (3)
62. Honor (5)
63. Hope (2)
64. Horror (2)
65. Hostility (3)
66. Humility (3)
67. Impatience (2)
68. Inadequacy (5)
69. Indifference (3)
70. Indignation (5)
71. Insecurity (2)
72. Interest (3)
73. Irritability (2)
74. Jealousy (3)
75. Joy (2)
76. Judgment (5)
77. Keenness (3)
78. Kindness (3)
79. Lamenting (5)
80. Loneliness (2)
81. Longing (3)
82. Love (2)
83. Lust (3)
84. Malice (5)
85. Modesty (5)
86. Nervousness (3)
87. Negativity (3)
88. Nostalgia (5)
89. Optimism (2)
90. Pain (2)
91. Panic (2)
92. Paranoia (3)
93. Patience (5)
94. Phobia (3)
95. Pity (5)
96. Pride (3)
97. Protest (2)
98. Rage (2)
<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>99.</td>
<td>Regret (5)</td>
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<td>100.</td>
<td>Rejection (3)</td>
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<td>101.</td>
<td>Remorse (5)</td>
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<td>102.</td>
<td>Remorse (5)</td>
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<td>103.</td>
<td>Remorse (5)</td>
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<td>104.</td>
<td>Sadness (2)</td>
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<td>105.</td>
<td>Self-pity (5)</td>
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<td>106.</td>
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<td>107.</td>
<td>Shame (3)</td>
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<td>108.</td>
<td>Sickness (3)</td>
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<td>109.</td>
<td>Sluggishness (3)</td>
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<td>110.</td>
<td>Sorrow (3)</td>
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<td>111.</td>
<td>Shock (2)</td>
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<td>112.</td>
<td>Suffering (3)</td>
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<td>113.</td>
<td>Sulkiness (3)</td>
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<td>114.</td>
<td>Supportiveness (5)</td>
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<td>115.</td>
<td>Surprise (2)</td>
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<td>116.</td>
<td>Suspense (3)</td>
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<td>117.</td>
<td>Suspicion (3)</td>
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<td>118.</td>
<td>Terror (2)</td>
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<td>119.</td>
<td>Thrill (3)</td>
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<td>120.</td>
<td>Torment (3)</td>
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<td>121.</td>
<td>Tolerance (5)</td>
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<tr>
<td>122.</td>
<td>Trepidation (5)</td>
</tr>
<tr>
<td>123.</td>
<td>Unease (3)</td>
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<td>124.</td>
<td>Unhappiness (2)</td>
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<td>125.</td>
<td>Vulnerability (2)</td>
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<td>126.</td>
<td>Worry (2)</td>
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<td>127.</td>
<td>Warmth (3)</td>
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<tr>
<td>128.</td>
<td>Zest (3)</td>
</tr>
<tr>
<td>129.</td>
<td>Wonder (2)</td>
</tr>
<tr>
<td>130.</td>
<td>Yearning (5)</td>
</tr>
</tbody>
</table>
NONVERBAL TASK WORD LIST

Acceptance
Affection
Agitation
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Amusement
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Remorse
Resentment
Respect
Sadness
Satisfaction
Self-pity
Shame
Shyness
Sluggishness
Sorrow
Shock
Suffering
Sulkiness
Supportiveness
Surprise
Suspense
Suspicion
Terror
Thrill
Torment
Tolerance
Trepidation
Unease
Unhappiness
Vulnerability
Worry
Warmth
Zest
Wonder
Yearning
VERBAL TASK WORD LIST

1. herniated disc (2)
   - nucleus
   - nerve root
   - annulus fibrosus
   - protrusion
   - sequestration

2. humero-scapular rhythm (3)
   - shoulder blade
   - ribs
   - elevation through abduction
   - acromioclavicular joint
   - coracoid process

3. spinal shock (5)
   - spinal cord injury
   - neuro-transmission
   - areflexia
   - temporary
   - overwhelm

4. radiculopathy (5)
   - nerve roots
   - unilateral symptoms
   - spondylosis
   - radiating symptoms
   - bulging disc

5. venous return (2)
   - muscle pump
   - blood circulation
   - heart
   - respiratory pump
   - deoxygenated

6. cross friction (3)
   - musculotendinous apparatus
   - massage technique
   - painful
   - scar tissue
   - adhesion
7. **ankylosing spondylitis (5)**
   - spine
   - morbus bechterew
   - bamboo
   - gymnastics
   - arthritis

8. **arthroscopy (2)**
   - surgery
   - camera
   - minor incisions
   - knee
   - shoulder

9. **morbus bechterew (5)**
   - bamboo spine
   - degenerative inflammatory disease
   - ankylosing spondylitis
   - arthritis
   - painful

10. **bursitis (3)**
    - inflammation
    - sac
    - rudimentary
    - cushion
    - painful arc

11. **tennis elbow (3)**
    - lateral epicondylitis
    - student elbow
    - golfers elbow
    - extensor carpi radialis brevis
    - tendonitis

12. **cauda equina (5)**
    - central nervous system
    - nerve roots
    - sacral
    - spinal cord
    - “horse’s tail”
13. **scoliosis** (2)
   - spinal curvature
   - structural-nonstructural
   - body-alignment
   - C-shape
   - S-shape

14. **skiers thumb** (5)
    - ulnar collateral ligament
    - surgical repair
    - instability
    - first metacarpophalangeal joint
    - forced extension

15. **vertebral disc** (2)
    - cushion
    - annulus fibrosus
    - flexible spine
    - herniation
    - bulging

16. **disc protrusion** (2)
    - herniation
    - annulus rupture
    - bulging
    - radicular symptoms
    - symptom provocation with flexion

17. **disc sequestration** (2)
    - herniation
    - perforation
    - disc proper
    - surgery
    - radicular symptoms

18. **myotome** (3)
    - dermatome
    - sclerotome
    - innervation
    - spinal levels
    - muscles
19. **dermatome** (3)
   - myotome
   - skin area
   - spinal levels
   - segmentation
   - sclerotome

20. **muscle contraction** (3)
   - voluntary-involuntary
   - twitch
   - concentric
   - isometric
   - eccentric

21. **FOOSH injury** (2)
   - glenohumeral joint
   - Bankart/labrum lesion
   - instability
   - anterior dislocation
   - traumatic

22. **funnel chest deformity** (5)
   - pectus excarvatum
   - pectus recurvatum
   - sternum
   - rib overgrowth
   - breathing

23. **scheuermann’s disease** (5)
   - structural-nonstructural
   - body-alignment
   - increased kyphosis
   - male
   - juvenile onset

24. **hallux valgus** (2)
   - first metatarsal
   - medial deviation
   - metatarsal phalangeal angle
   - surgical correction
   - foot deformation
25. **frozen shoulder (2)**
   - capsule
   - adhesion
   - range of motion
   - painful
   - glenohumeral joint

26. **meniscus (3)**
   - knee joint
   - cushioning
   - congruency
   - popping
   - cartilage

27. **neurotmesis (5)**
   - separated axon
   - Wallerian degeneration
   - surgical repair
   - nerve damage
   - injury

28. **neuropathy (5)**
   - damaged cell body
   - sensory or motor nerves
   - motor neuron disease
   - diabetic
   - alcoholic

29. **neurapraxia (5)**
   - absence of pain
   - transient
   - rapid recovery
   - motor paralysis
   - sensory or autonomic dysfunction

30. **synapse (2)**
   - nervous transmission
   - inhibiting-transmitting
   - chemical transmitters
   - dendrite
   - axon terminal
31. metabolism (2)
   - chemical process
   - anabolism
   - catabolism
   - homeostasis
   - enzyme

32. nervous transmission (5)
   - chemical-electrical
   - pathway signaling
   - functional
   - sensory
   - motor

33. cerebrospinal fluid (5)
   - mechanical protection
   - brain
   - hydrocephalus
   - subarachnoid
   - craniosacral pulse

34. Dorsal horn (3)
   - sensory information
   - laminae
   - posterior horn
   - medial horn
   - lateral horn

35. Thoracic Outlet Syndrome (5)
   - neurological and vascular signs
   - diagnosis through elimination
   - reproduction of symptoms
   - brachial plexus
   - scalene muscles

36. headache (2)
   - hypertension
   - stress
   - migraine
   - hangover
   - dehydration
37. **knee joint (2)**
   - femur and tibia
   - cruciate ligaments
   - menisci
   - collateral ligaments
   - biggest joint of human body

38. **shoulder joint (5)**
   - upper limb
   - ball and socket
   - dislocation
   - glenohumeral
   - FOOSH injury

39. **sternoclavicular joint (3)**
   - shoulder girdle
   - clavícula and manubrium sternum
   - strength depending on ligaments
   - acromioclavicular joint
   - glenohumeral joint

40. **vertebrae (2)**
   - spine
   - facet joints
   - anterior longitudinal ligament
   - disc
   - transverse processes

41. **line of Appelton (3)**
   - body-alignment
   - kyphosis-lordosis
   - wall
   - assessment tool
   - posture

42. **sympathetic division (5)**
   - parasympathetic division
   - autonomic nervous system
   - thoracic level
   - lumbar level
   - “fight and flight”
43. **hip joint (2)**
   - weight bearing
   - ball and socket
   - arthrosis-arthritis
   - acetabulum
   - femur

44. **scar formation (3)**
   - skin
   - loss of function
   - adhesion
   - cosmetics
   - healing process

45. **action potential (2)**
   - all or nothing
   - threshold
   - nervous transmission
   - axon
   - neuron

46. **acromioclavicular joint (3)**
   - shoudergirdle
   - glenohumeral joint
   - plane synovial joint
   - sternoclavicular joint
   - scapula

47. **spina bifida (5)**
   - fetal development
   - posterior spinous processes
   - spinal cord
   - neural tube
   - split spine

48. **Babinski sign (3)**
   - sign of pathology
   - upper motor neuron lesion
   - sole of foot
   - primitive reflex
   - plantar reflex
49. **patellar reflex** (3)
   - knee jerk
   - tapping
   - quadriceps
   - tendon
   - monosynaptic reflex arc

50. **aphasia** (5)
    - stroke
    - impaired understanding
    - inability of expressing oneself
    - language
    - cerebrovascular accident

51. **flaccidity** (2)
    - paralysis
    - hypotonicity
    - weakness
    - erectile dysfunction
    - viagra

52. **neglect** (3)
    - stroke
    - unilateral
    - unawareness
    - drawing test
    - spacial

53. **painful arc** (2)
    - impingement
    - shoulder
    - abduction
    - subacromial space
    - glenohumeral

54. **gate control theory** (5)
    - nervous system
    - sensory input
    - descending pathway
    - pain modulation
    - dorsal horn
55. mallet finger (3)
   - tendon rupture
   - distal phalanx
   - flexed position
   - surgical repair
   - extensor digitorum

56. Fick-angle (3)
   - patella
   - tibial torsion
   - foot rotation
   - postural alignment
   - toeing out

57. q-angle (5)
   - body alignment
   - patella tendon
   - quadriceps muscles
   - 15 degrees
   - genu valgus

58. lumbosacral angle (5)
   - neutral pelvis
   - balanced musculature
   - posture
   - 14 degrees
   - sacroiliac joint

59. pelvic crossed syndrome (3)
   - Janda
   - hypertone-hypotone
   - muscular imbalance
   - spinal curvatures
   - posture

60. supination trauma (3)
   - inversion trauma
   - ankle sprain
   - ligamentous damage
   - eversion trauma
   - anterior talofibular ligament
61. enzyme (2)
   - catalysator
   - metabolism
   - lock and key model
   - chemical reaction
   - induced fit model

62. muscle spindel (3)
   - feedback
   - receptor
   - muscle contraction
   - proprioception
   - stretching

63. endocrine system (2)
   - hormone
   - hyperthyrodism
   - hypothyrodism
   - hypothalamus
   - pituitary gland

64. transmembrane protein (5)
   - cell membrane
   - sodium potassium pump
   - cellular homeostasis
   - enzyme
   - channel

65. central nervous system (3)
   - peripheral nervous system
   - brain
   - spinal cord
   - signal transmission
   - meninges

66. peripheral nervous system (3)
   - central nervous system
   - extremities
   - innervation
   - somatic
   - autonomic
67. **frontal lobe (5)**
   - cerebral hemisphere
   - parietal lobes
   - central sulcus
   - mammals
   - schizophrenia

68. **sarcoplasmic reticulum (5)**
   - t-tubule
   - endoplasmic reticulum
   - calcium pumps
   - muscle fiber
   - action potential

69. **muscle fatigue (3)**
   - exertion
   - ATP
   - glycogen
   - central
   - peripheral

70. **erythrocytes (2)**
   - oxygen delivery
   - red blood cells
   - haematocrite
   - white blood cells
   - CO2 delivery

71. **Duchennes syndrome (3)**
   - muscular dystrophy
   - genetic mutation
   - dystrophin protein
   - fibrosis
   - muscle wasting

72. **whiplash (3)**
   - motor vehicle accident
   - shaken baby syndrome
   - rear end collision
   - insurance claim
   - malingering
73. genu recurvatum (2)
- knee hyperextension
- quadriceps weakness
- plantar flexion contracture
- paralysis
- backward curvature

74. spasticity (3)
- rigidity
- reflex inhibition
- flaccidity
- contracture
- stroke

75. base of support (2)
- standing area
- general center of mass (GCM)
- kinesiology
- balance
- posture analysis

76. knee flexors (2)
- biceps femoris
- semitendinosus
- semimembranosus
- hamstrings
- gastrocnemius

77. hip flexors (2)
- psoas
- iliopsoas
- iliacus
- rectus femoris
- SIAS

78. Achilles tendon rupture (3)
- acceleration injury
- triceps surae
- gastrocnemius
- jumping
- Simmonds test
79. afferent fibers (3)
   - sensory
   - stimulus
   - efferent fibers
   - nervous system
   - receptors

80. aspecific arousal (5)
   - cortisol
   - lateral horn
   - sympathetic nervous system
   - emotion
   - healing interference

81. ankle plantar flexion (2)
   - triceps surae
   - gastrocnemius
   - dorsiflexion
   - distal
   - tiptoeing

82. reciprocal arm swing (3)
   - gait
   - opposite
   - balance
   - Parkinson’s disease
   - dynamic movement

83. spondylolisthesis (3)
   - displacement
   - instability
   - vertebrae
   - disc
   - spine

84. cerebellum (3)
   - balance
   - coordination
   - cerebral cortex
   - evolution
   - “little brain”
85. **TENS (transcutaneous electrical nerve stimulation)** (3)
   - electrophysical modality
   - electrotherapy
   - bi-phasic
   - pain modulation
   - portable devices

86. **reflex arc** (2)
   - neural pathway
   - afferent/efferent neurons
   - Babinski sign
   - patellar reflex
   - muscle spindle

87. **passive range of motion (PROM)** (2)
   - extremity
   - measurement
   - plane of motion
   - joint
   - assessment

88. **dementia** (2)
   - vascular
   - Alzheimer’s
   - memory loss
   - forgetting
   - cognitive function

89. **Broca’s area** (3)
   - aphasia
   - language processing
   - Wernicke’s area
   - speech production
   - comprehension

90. **Wernicke’s area** (3)
   - Broca’s area
   - receptive aphasia
   - auditory cortex
   - language comprehension
   - speech rhythm
91. **edema (2)**
- swelling
- accumulation of fluids
- heart failure
- lymph drainage
- mastectomy

92. **agraphia (3)**
- writing
- neurological trauma
- fine motor tasks
- dysgraphia
- drawing

93. **muscle tone (2)**
- rigidity
- spasticity
- flaccidity
- strength
- weakness

94. **functional electrical stimulation (FES) (3)**
- paralysis
- neurological disorder/injury
- restoration of function
- electrophysical modalities
- activation of nervous tissue

95. **timed get up and go test (3)**
- Parkinson’s
- mobility
- fall prevention
- stroke
- assessment tool

96. **primitive reflexes (3)**
- grasp
- infant/newborn
- Babinski’s sign
- stimuli
- neurological development
97. **hyperreflexia** (3)
   - upper motor neuron
   - spastic
   - overactive/overresponsive
   - spinal cord injury
   - hyporeflexia

98. **gravity** (2)
   - Isaac Newton
   - mass
   - object
   - force
   - falling down

99. **motor cortex** (5)
   - sensory cortex
   - cerebrum/cerebral
   - voluntary
   - brain
   - muscle

100. **Guillane-Barré** (5)
    - lumbar puncture
    - autoimmune
    - acute
    - syndrome
    - polyradiculoneuropathy

101. **substantia nigra** (3)
    - “black substance”
    - midbrain
    - Parkinson’s disease
    - dopamine production
    - basal ganglia

102. **pelvic obliquity** (3)
    - plane
    - gait assessment
    - leg length discrepancy
    - lower back pain
    - asymmetry
103. **homunculus (5)**
   - “little man”
   - somatosensory cortex
   - representation
   - animation
   - motor

104. **proprioceptive neuromuscular facilitation (PNF) (5)**
   - movement patterns
   - flexion/extension, internal/external rotation, abduction/adduction
   - coordination
   - exercise therapy
   - rehabilitation

105. **functional remapping (5)**
   - adjacent cortical areas
   - sensorimotor cortex
   - adaptation
   - rehabilitation
   - compensation

106. **spinal cord injury (3)**
   - traumatic
   - lesion
   - paralysis
   - motor function
   - central nervous system

107. **gait (2)**
   - pattern
   - phases
   - walking
   - legs
   - stance/swing

108. **transient ischemic attack (TIA) (5)**
   - mini stroke
   - embolus (clot or plaque)
   - obstruction
   - temporary
   - blood supply
109. Krebs Cycle (5)
   - energy metabolism
   - mitochondria
   - oxidative phosphorylation
   - glycolysis
   - ATP

110. visual cueing (3)
   - Parkinson’s disease
   - freezing
   - internal regulation
   - gait
   - stripes on floor

111. upper motor neuron (3)
   - cerebral cortex
   - brain stem
   - lower motor neuron
   - voluntary motor control
   - spasticity

112. pneumothorax (5)
   - collapsed lung
   - pleural cavity
   - stab wound to the chest
   - puncture
   - rib

113. vasoconstriction (3)
   - narrowing blood vessels
   - increase (elevate) blood pressure
   - vasodilation
   - negative feedback loop
   - homeostasis

114. Huntington’s chorea (5)
   - genetic disorder
   - dancing
   - neural degeneration
   - coordination
   - abnormal movement
115. cerebral palsy (5)
   - spasticity
   - neurological
   - dyskinesia
   - Little’s disease
   - birth defect

116. epiphyseal plate (3)
   - growth plate
   - cartilage
   - ossification
   - age 17
   - long bone

117. (angry) cat stretch (2)
   - flexion
   - arch
   - spine
   - low back pain
   - extension

118. sarcomere (3)
   - contractile unit
   - filament
   - actin
   - myosin
   - bridging

119. skiers squat (2)
   - vastus lateralis
   - eccentric
   - concentric
   - contralateral
   - wall squat

120. wobble board training (3)
   - balance
   - reflexes
   - stability
   - ankle
   - exercise
121. **gluteus maximus training (2)**
   - hip extension
   - external rotation
   - donkey kick
   - single leg balance
   - buttocks

122. **biceps training (2)**
   - elbow flexion
   - triceps training
   - forearm curls
   - bending the arm
   - bicipital groove

123. **triceps training (2)**
   - elbow extension
   - dips
   - upper extremity
   - biceps training
   - yoga

124. **vastus lateralis training (2)**
   - knee extension
   - external rotation
   - stability
   - quadriceps
   - vastus medialis/intermedius

125. **rhomboid training (2)**
   - scapular retraction
   - shoulder blade
   - spine
   - winging scapulae
   - ribcage

126. **quadriceps training (2)**
   - knee extension
   - anterior thigh muscle
   - squat
   - hamstring training
   - hip flexion
127. lower trapezius training (2)
   - rowing
   - scapular retraction
   - shoulder blade
   - posture
   - shoulder depression

128. tranversus abdominus training (2)
   - pilates
   - stability
   - isometric
   - pregnancy
   - rotational movements

129. piriformis stretch (2)
   - hip flexion
   - figure four
   - external rotator
   - lunging
   - sciatica

130. sternocleidomastoid stretch (2)
   - sternum
   - clavicle
   - rotation
   - contralateral
   - thoracic outlet syndrome