


## Диагностические тесты:

[Тест Патрика \(FABER\)](#)

## Упражнения

1		Наматывание шёлка (суст гимнастика ТБС) 1 / 10
2	 A person in a yellow shirt is performing a floor exercise in a gym. They are in a quadrupedal position with their right knee pulled up towards their chest and their right hand resting on their right knee. The background shows gym equipment and a window.	Декомпрессия ТБС 1 / 10