


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 one leg bent and the foot flat on the floor, leaning forward. The background shows gym equipment and a window.	Декомпрессия ТБС 1 / 10