

but is not good for round shoulders; but in active hanging, the muscles contract to hold the weight and thus transform an activity which is poor for round shoulders into one which is beneficial.

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→ (3.) Standing with feet together, lift inner border of each foot but keep heels and toes on the floor, weight on outer borders of the feet.

The main value of this exercise is in strengthening these muscles which support the arch along its medial border.

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(4.) Prone lying, arms extended sideward, palms down — raising of head, shoulders, and arms from floor.

This exercise when done properly is localized hyperextension of the thoracic region, with a little hyperextension of the cervical region. Care must be taken to localize the action in the thoracic regions, with no extreme tension in the lumbar region.