

in transverse plane. This exercise is also excellent for round shoulders. It is also facilitated by an extension of the thoracic spine; and, by directly encouraging an erect position is good for kyphosis.

X.

pp. 323-327, Chap. XVIII

1. Stair climbing
2. Reaching
3. Wringing or twisting movements
4. Hammering and chopping
5. Shoveling and sweeping.