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a little, (weight on hip forms straight line ~~to~~ over ankle) instead of bending both hip and knees too much, in this case the weight on hip goes past the ankle - then there is less base of support. The greater the base - the more stability.

IX a) Specific function of the spine.

- ✓ 1. Support of the body, head and ~~high~~ upper parts.
 - ✓ 2. Attachment of the muscles.
 - 41/2 ✓ 3. protects the spinal cord and nerves.
 4. absorption of jolts and jars.
- It must be strong and flexible.

b) → For a l. Thoraco-collis - deformation of the head, when one Sternocleidomastoidien is shorter, we give an exercise to lengthen that muscle and shorten the antagonist; flexion of the head to the opposite side of the