


deviation, starting from the middle.

2. For a Cyphose (round back) ~~Kyphose~~ we can shake the back; Grand Rond, trapèze, rhomboïde, Angulaire and Deltoïde, work by swinging the elbows backwards.

3.  For a Scoliose (left, right or in S form) we can hang the patient by the head for a few seconds when in a sitting or standing position; this straightens the spine-vertebrae.

4. For X legs we can let the patient walk on the outside of feet, spreads knees from each other.

5. This can also be done for flat feet with tadding the flexion of and contraction of toes, this shorten the muscle on the under sides of feet, which are flat. Then the feet can lose their flatness.

X. The home or occupational activities are;
1. reaching - down-bent body