

or flex knees.

#. on reaching up - on toes -
body and elevated -
arms stretched.

2. hacking - meat or
spinach ~~etc~~, tree etc;
for a little object, just flexion
of wrist, elbow,
if bigger, the arm, and
body flexion are used.

3. Climbing strairs, ~~we~~

I discussed this before
3 articulations flex -
hip, knee, ankle.

#15. relaxing, lay on
back, foot hangs down
toes sideways - toes down
shoulders on ground,
jaw hangs down, mouth
not tightly closed,
if arms or legs are
moved, they must
fall down limply,
May not be rigid.

Shoveling and sweeping
Wringing or twisting movements