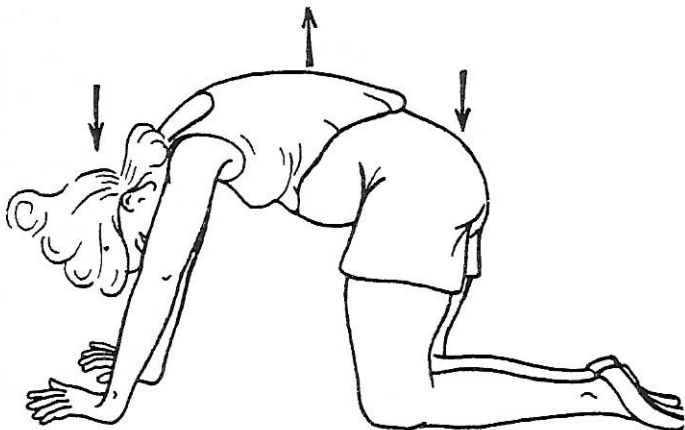
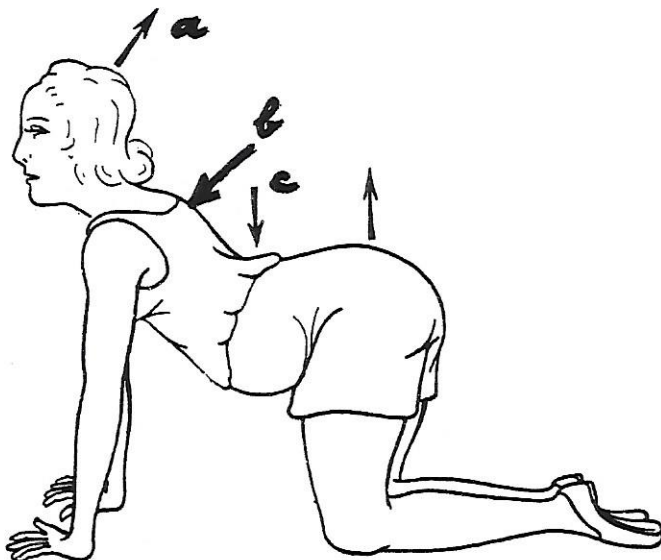


I - CAS NORMAL

Faire faire le "gros dos"
(mise en flexion du rachis)

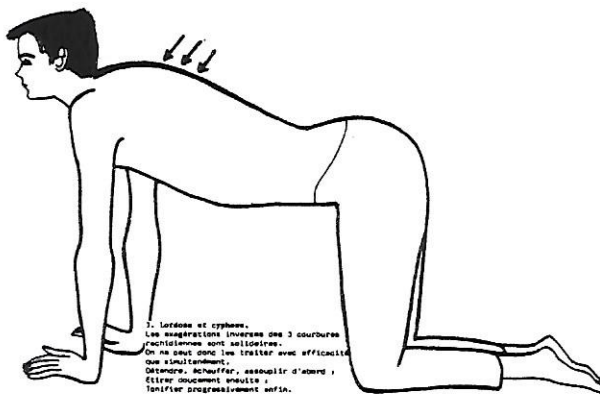
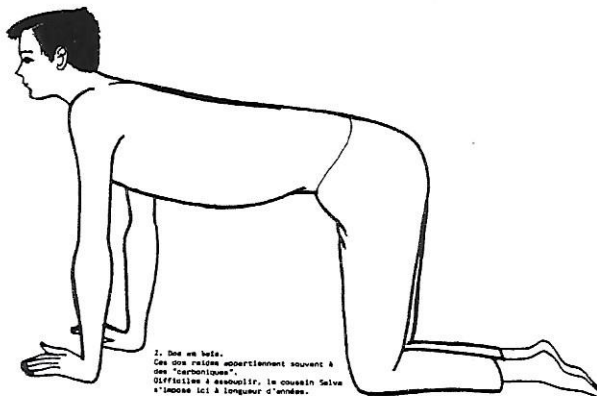
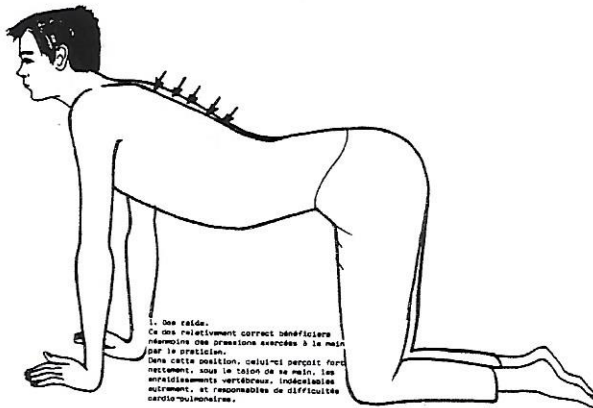


Faire creuser le dos
(mise en extension du rachis)

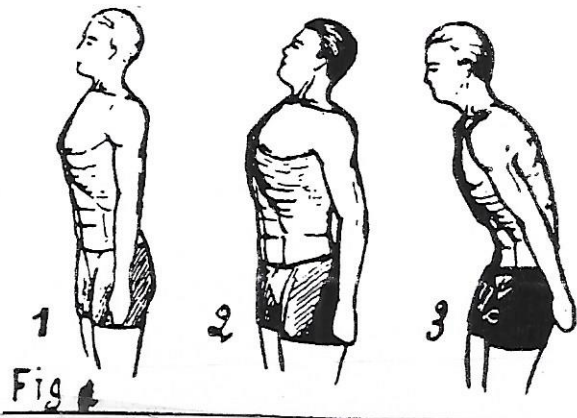


a) Faire relever la tête - b) Peser sur la tendance cyphotique - c) La mise en extension lombaire est physiologique.

II - CAS ANORMAUX



Exercice fondamental
du Dr Ruffier



Auto-ostéopathe
exercice n° 3

