

backward move of the thigh has been referred to as flexion, the speaker having in mind the flexor muscle, the biceps probably. Then the hamstrings are true flexors of the knee joint, and accessory extensors of the hip. The glutei are the true extensors of the hip. If lying on the back and you desire to bend the waist to rise to a sitting position, or if you rise with a straight back, you will feel the contraction of the recti abdominals under your fingers by placing the hand lightly on these muscles. To flex the thighs on the abdomen (hip flexion, which extends to a waist flexion, that is "bent spine") the recti and the extensors on the front of the thigh are felt to tense.

*Finger flexions*, or flexions of the phalangeal and metacarpal joints, is known to everyone without explanation. It may be pointed out that we sometimes hear of dorsum flexions, the extreme *extension of the wrist*, which brings the back of the hand in closest proximity to the forearm. The flexion of the wrist brings the finger tips and palm of hand towards the forearm by contraction of the flexors of the forearm.

*The elbow joint* is flexed by the biceps, brachialis anticus, principally, extended by the triceps. It is not intended to deal with the muscles employed except for the purpose of pointing out which is flexion of the joint or extension.

*The shoulder joint* is different to the others and offers some difficulty to the beginner to determine which is flexion and extension. In ordinary conversation, if you ask a man to extend his arm he carries it straight outward, probably towards you.