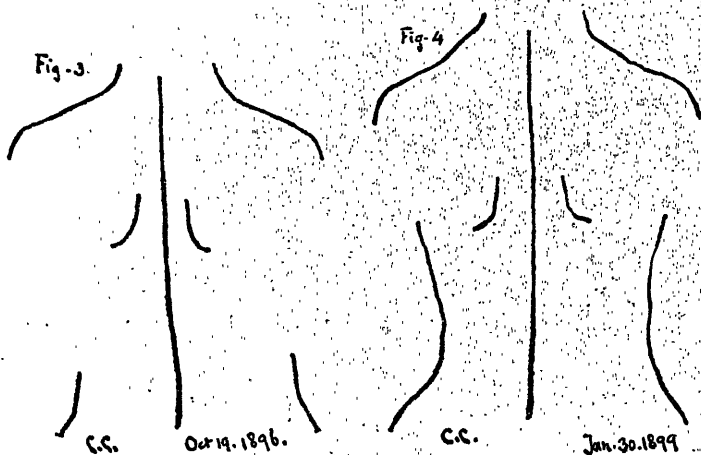


(Fig. 1). (See note 2). Her general health was not very good and two sisters had been treated for spinal curvature.

The indications here would be to work the erector spinæ, the extensors of the neck, to expand the chest, develop the abdominal muscles and raise the right shoulder; but in addition to this the curves must be reversed by such an exercise as this (1) Trunk extension, left foot fixed, right arm raised, left arm out.

Here the left erector spinæ and deeper muscles in the lumbar region act, while the raising of the right arm untwists the rotation and straightens the curve in the dorsal region. In this exercise, (2) Body supine, raise right leg, surgeon resisting, the psoas is put strongly into action and the bodies of the lumbar vertebræ are pulled around the articular facets, their axes thus reversing the rotation.

I have already illustrated the kind of movement used in raising the shoulder, but here the neck must be extended unevenly putting more



work on the right side. As would be done in this movement, (3) Extend neck, right arm up, left arm down.

After daily treatment, lasting a little over two months, in which about fifteen movements were given, each repeated from twenty to thirty times, the second tracing was obtained (Fig. 2). She then reported twice a week for two months taking a modified daily prescription at home on off days. She then left the city for the summer and in the following October the third tracing was taken (Fig. 3), showing that the improvement was so far permanent, and on Jan. 30th, 1899, or over three years later, the fourth and last tracing (Fig. 4) shows that the corrected position has been maintained. It will be noticed that the patient has developed from the child of 13 to the young woman of 16.