
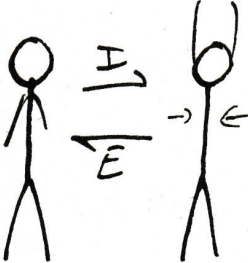
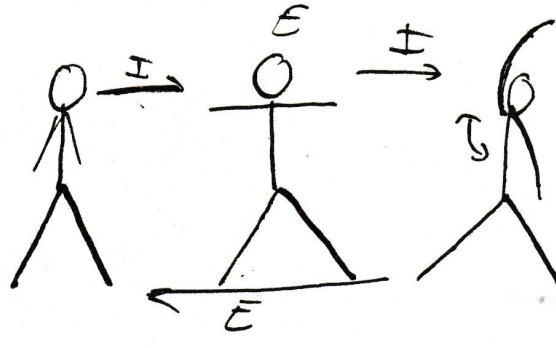
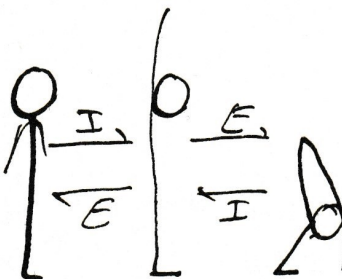


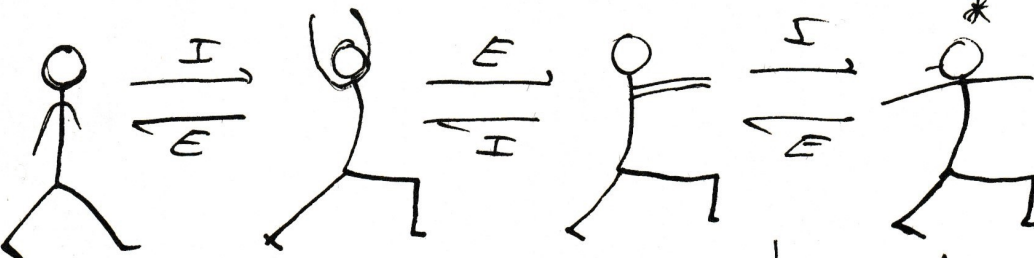
①  , mains sur thorax
 . R°

ouvrir les côtes.

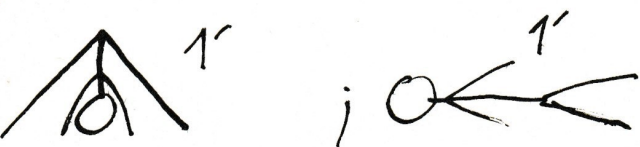
②  x 6

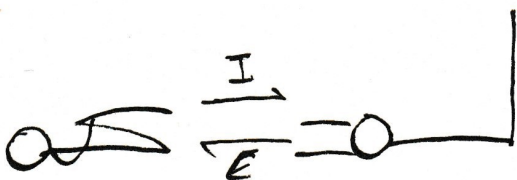
③  CC alt x 6

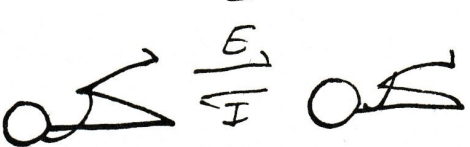
④  x 6

⑤  ouvrir le côté et mains opposées

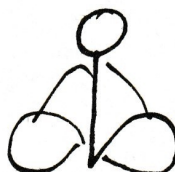
* } x4 : dyna CC
 x2 : stat 3-4 CC

⑥  1'

⑦  x 6

⑧  asymétrie x 6 puis symétrie.

⑨  2'

⑩  x 2

↑ G ↓ D ↑ D ↓ D
 ouverture côté thorax
 poumon G/D