

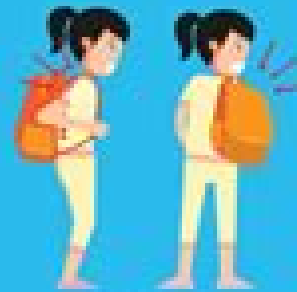
BAD POSTURES

THAT CAUSE SPINE CURVATURE DISORDERS



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TOO HEAVY

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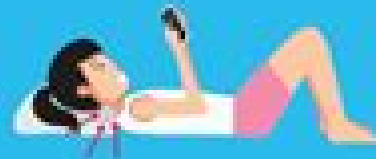
BAD POSITIONS FOR WALK

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BAD POSITIONS FOR SITTING

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LIE ON THE SMARTPHONE

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PLAY SMARTPHONE

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CROSS ONE'S ARM

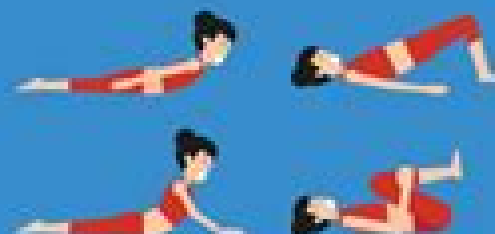
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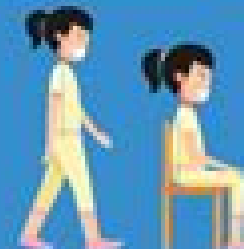
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REHABILITATION EXERCISES



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The Fundamental System Bad Feet Bad Spine

Didier Musso



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