## List of Images

Two-point sensitivity	28
Images for Balance Basics Image #1: Sitting pelvis Image #2: Sitting in balance Image #3: Leaning forward in balance	28 29 30
Images for Balancing the Head Image #4: Lateral view of the top of the spine	37 37 38 38
Images for Movements of the Spine Image #8: The curves of the spine Image #9: Vertebrae	45 45
Images for the Upper Arm Image #10: The whole arm Image #11: Upper arm structure Image #12: Upper arm joint Image #13: Shoulder blade movements	56 56 57 57
Images for the Elbow Joint Image #14: The whole arm Image #15: The elbow joint Image #16: Pronation and supination Image #17: The handshake	64 64 65 65
Images for the Wrist Image #18a: Carpal bones moving	71 73 73 74