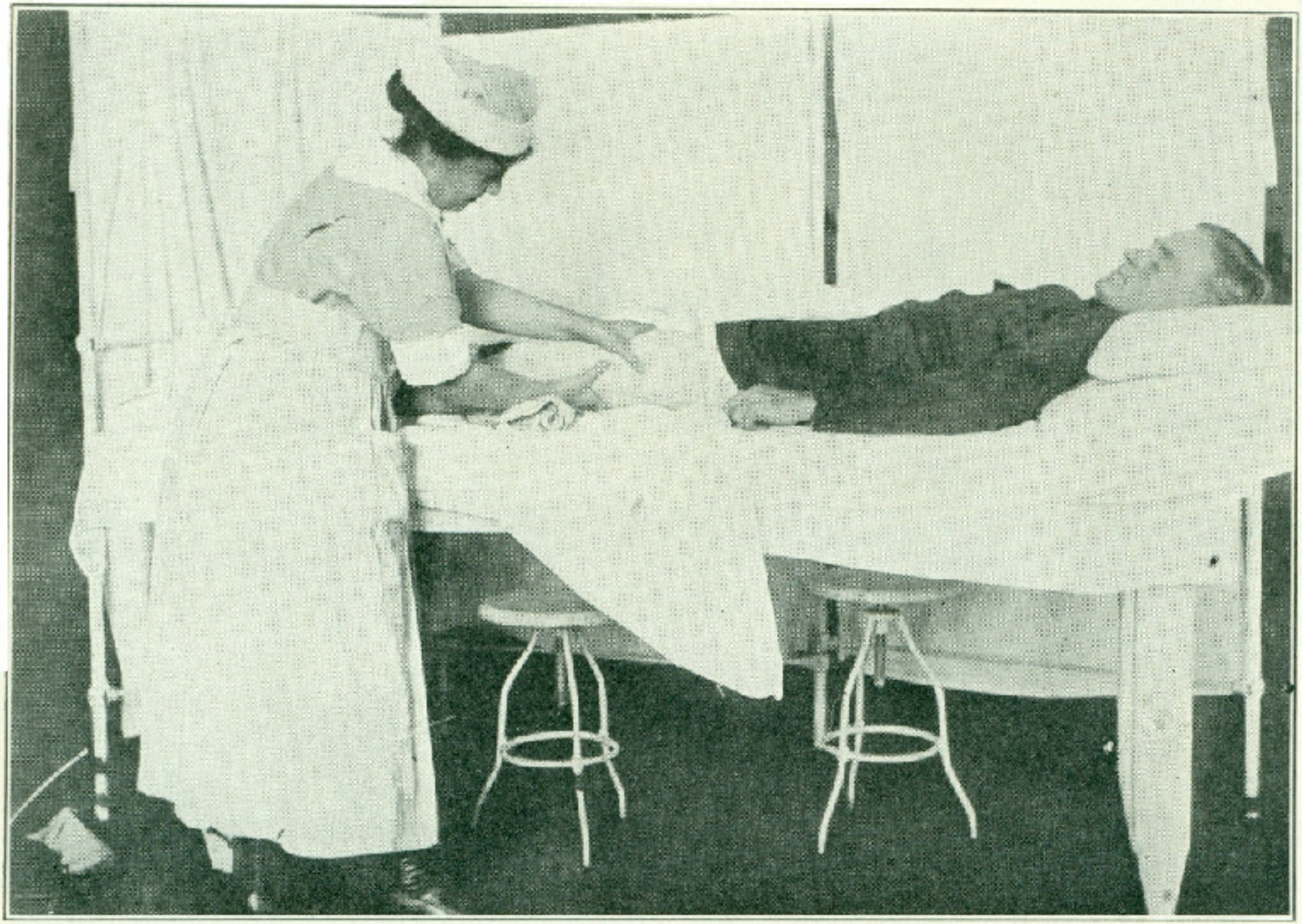

FIG. 59.—Massage of thigh muscles. Note separation of muscle groups by the thumbs