

Chest and Shoulder Bones

Figure 2-6 illustrates the bones of the chest and shoulder that are important in our industry when performing full-body treatments, such as body wraps, as well as for massage to learn as body reference landmarks and prevent injury to these areas:

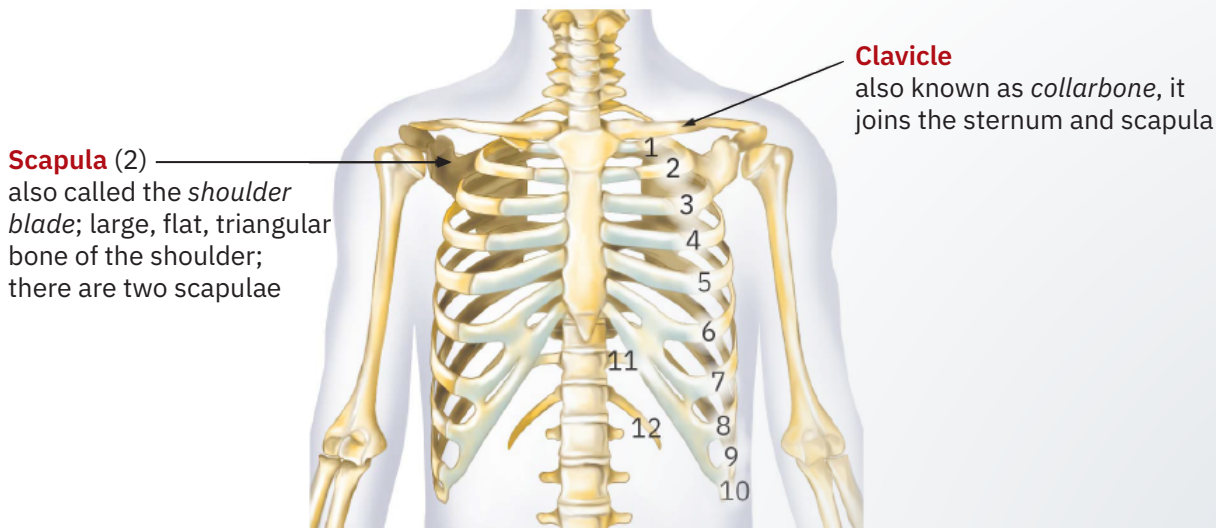


Fig. 2-6 Shoulder bones.

Arm and Hand Bones

Figure 2-7 lists the important bones of the arms and hands:

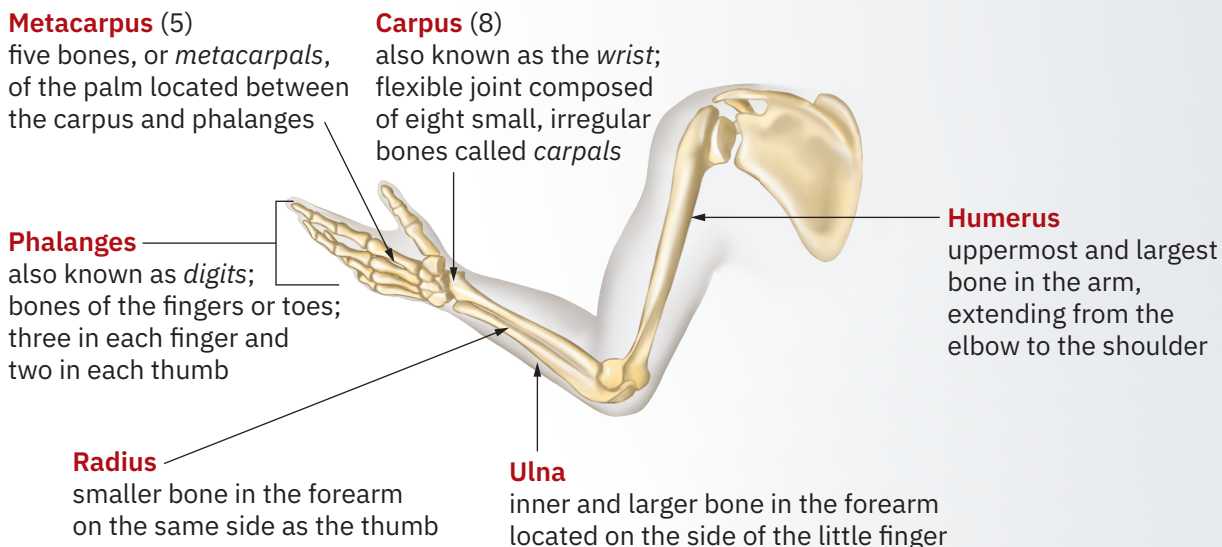


Fig. 2-7 Arm and hand bones.

? Did You Know?

Repetitive motions, such as excessive wrist flexing or locking it in a bent position, can cause painful inflammation in the carpus area. Keep the wrist straight to prevent these injuries. Understanding anatomy and ergonomics can help prevent strains and injuries throughout your cosmetology career.