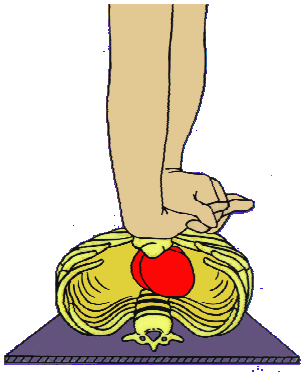
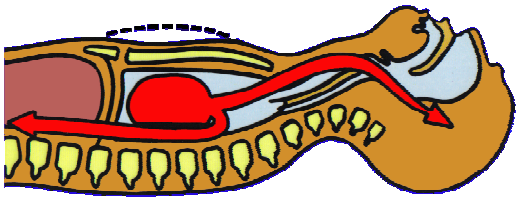
2 - MASSER



MASSAGES POUR FAIRE CIRCULER LE SANG



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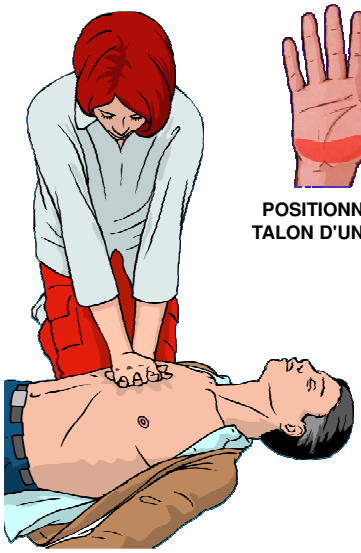
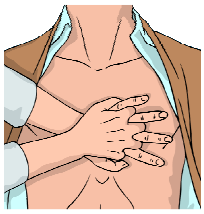
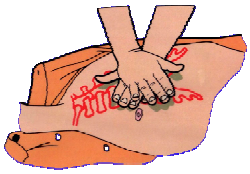


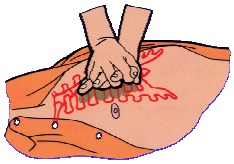
POSITIONNER LE
TALON D'UNE MAIN



AU CENTRE DE LA POITRINE
SUR LA LIGNE MEDIANE

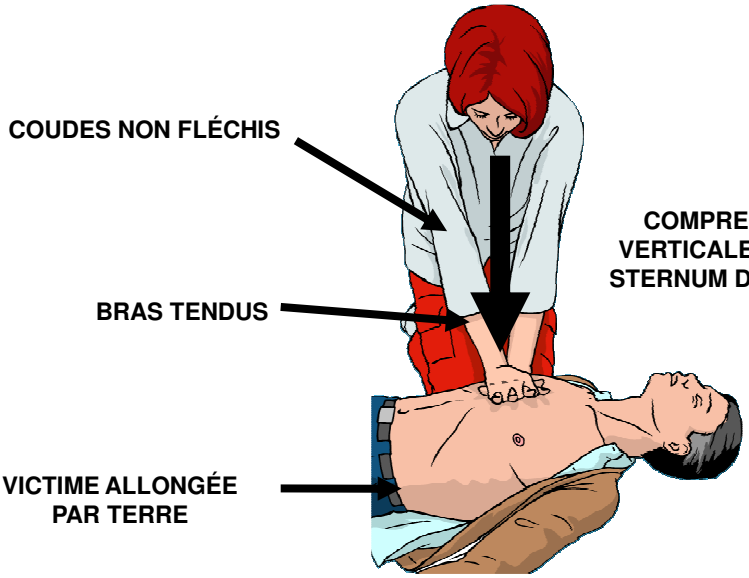


DOIGTS RELEVÉS



DOIGTS ENTRECROISÉS

2 - MASSER


COUDES NON FLÉCHIS
BRAS TENDUS
VICTIME ALLONGÉE PAR TERRE
COMPRESSIONS VERTICALES SUR LE STERNUM DE 4 A 5 CM