



Anonymous, 15th century. *The month of January (snow-ball fight)*. Fresco. Location: Castello del Buonconsiglio, Trent, Italy. Photo Credit: SCALA / Art Resource, NY.

In the 1400s, an 11-panel fresco was painted at a castle in Italy, depicting the daily activities of both nobles and peasants throughout the calendar year. Here, the aristocrats—both men and women—lob snowballs, while huntsmen and their dogs trudge through snow drifts in the background. Note, in this stylized representation, the hyperextension of the lumbar spine in the red-robed figure.

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- 103 **Bell AL, Cavorsi J. "Noncontact ultrasound therapy..."** *Phys Ther.* 2008;88:1517–1524.

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