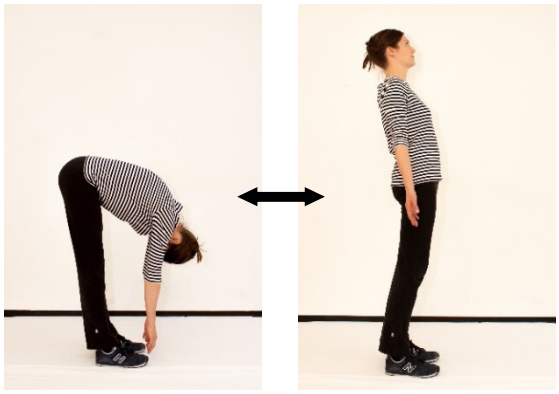
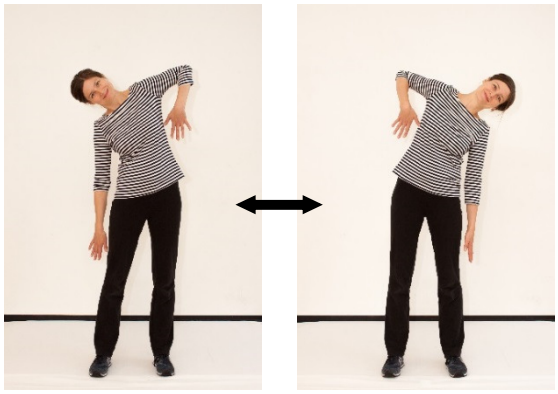
Aktivierung / Mobilisation

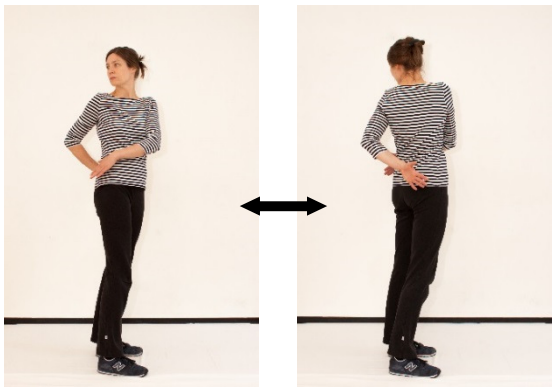
Rückenzentrum
Am Markgrafenpark
Tagesklinik | Praxen | Prävention



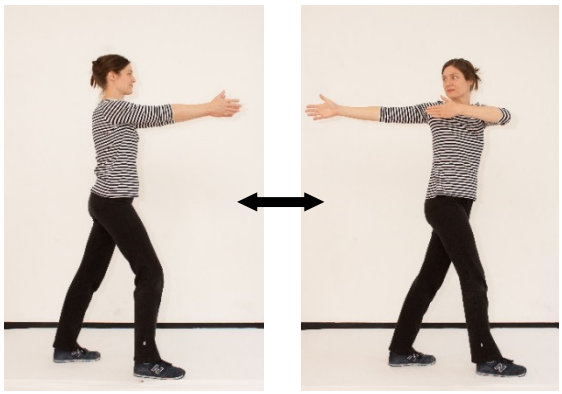
① Beugen und Strecken



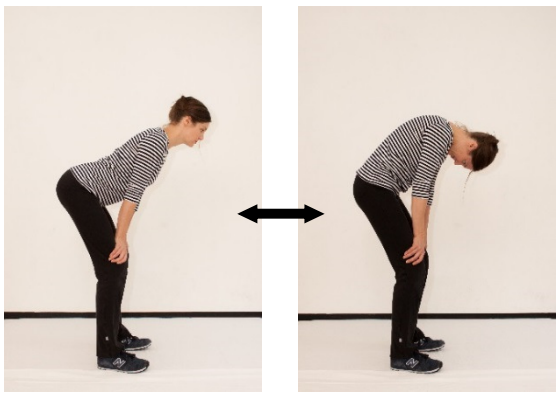
② Seitneigen



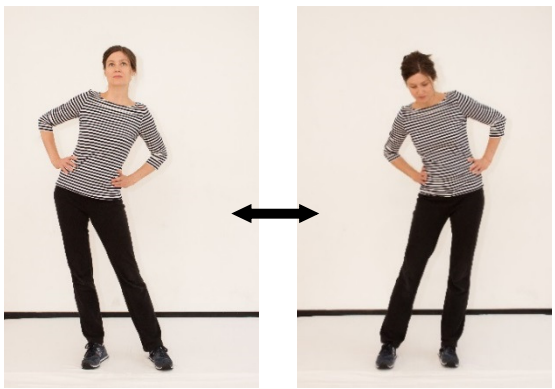
③ Rumpfdrehen



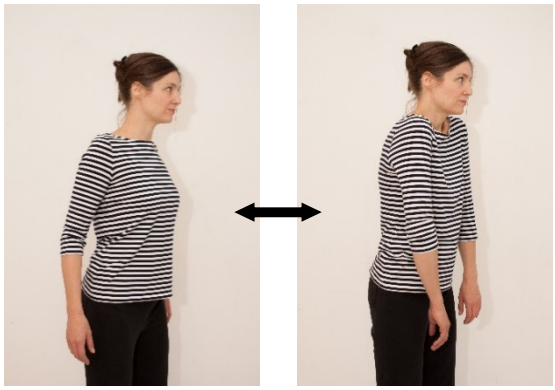
④ Rumpfdrehen in Schrittstellung



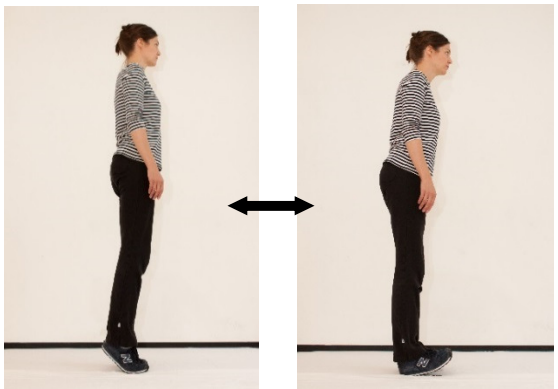
⑤ Katzenbuckel und Pferderücken



⑥ Hüftkreisen



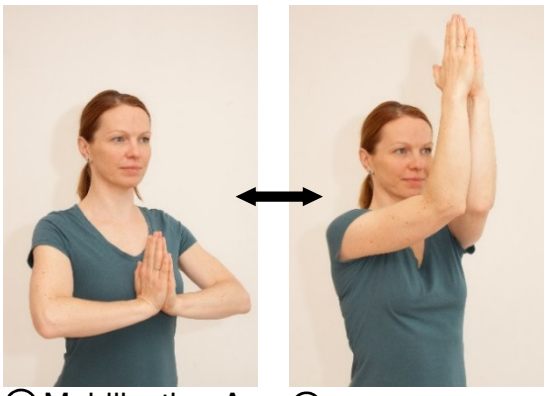
⑦ Schulterkreisen



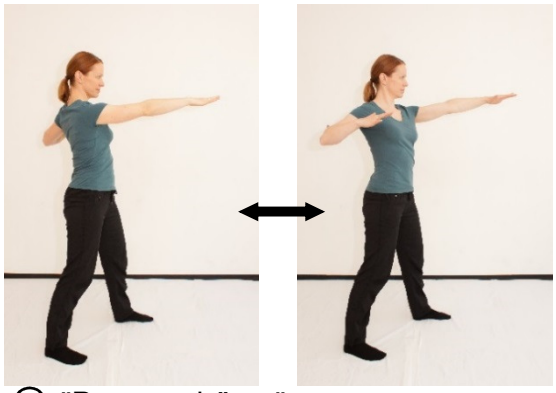
⑧ Fußpendel

Aktivierung / Mobilisation

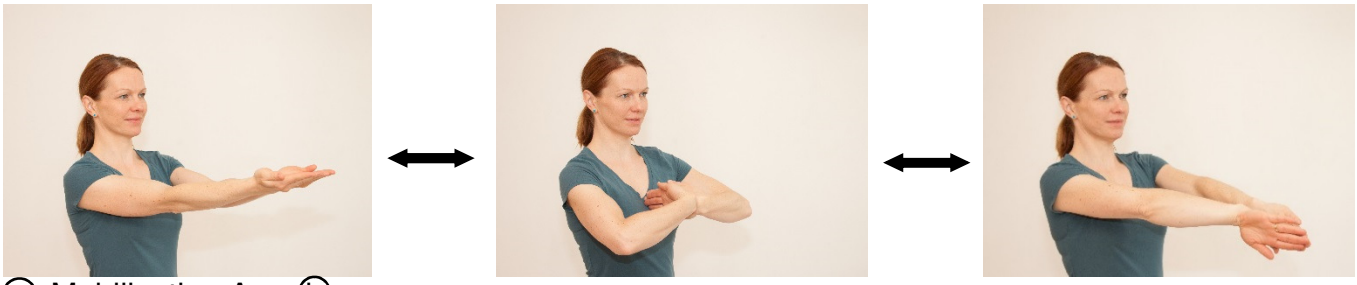
Rückenzentrum
Am Markgrafenpark
Tagesklinik | Praxen | Prävention



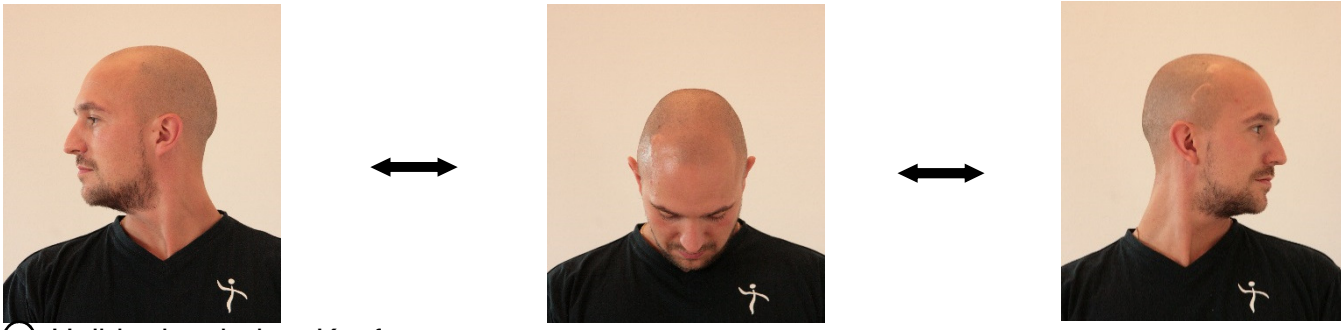
⑨ Mobilisation Arm ⓐ



⑩ "Bogenschütze"



⑪ Mobilisation Arm ⓑ



⑫ Halbkreis mit dem Kopf