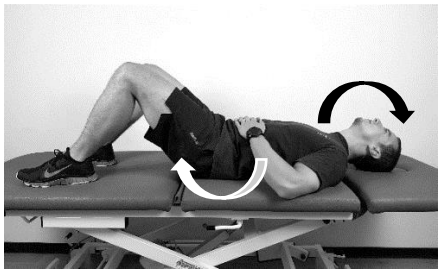
Nervenmobilisation

Rückenzentrum Am Markgrafenpark
Tagesklinik | Praxen | Prävention

Untere Extremitäten

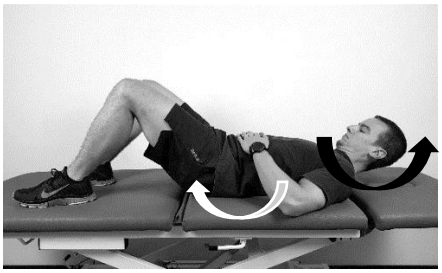
A1



Slider

Notiz/Varianten:
Kopf in den Nacken und gleichzeitig LWS Richtung Boden

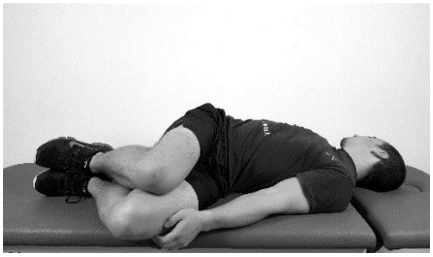
A2



Tension

Notiz/Varianten:
Kopf/Kinn Richtung Brustbein und gleichzeitig LWS Richtung Boden

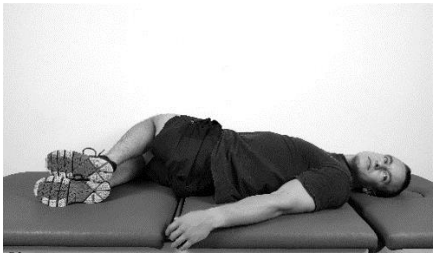
B1



Drehdehnlagerung

Notiz/Varianten:

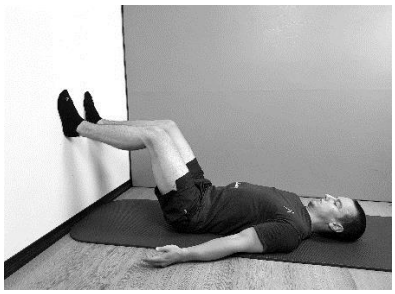
B2



Drehdehnlagerung

Notiz/Varianten:

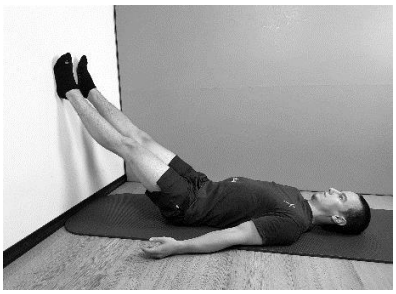
C1



Ausgangsstellung

Notiz/Varianten:

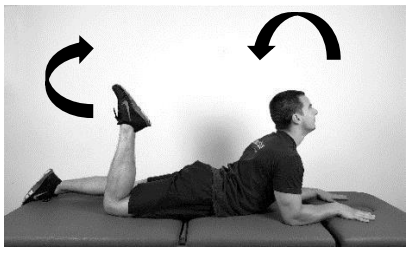
C2



Endstellung

Notiz/Varianten:

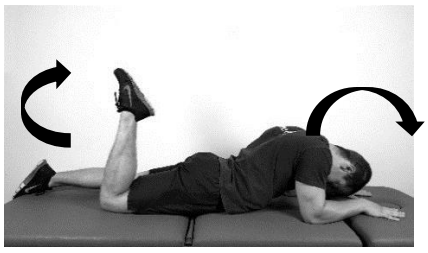
D1



Slider

Notiz/Varianten:

D2



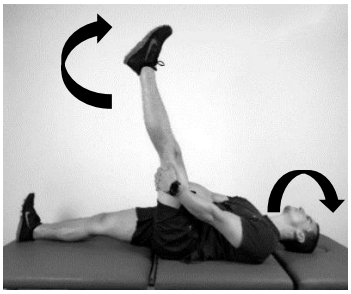
Tension

Notiz/Varianten:

Nervenmobilisation

Rückenzentrum
Am Markgrafenpark
TAGESKLINIK | PRAXEN | PRÄVENTION

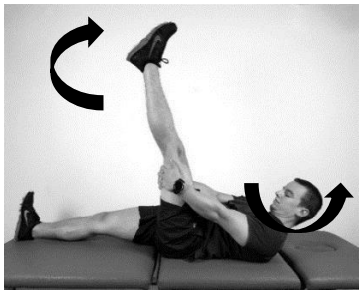
E1



Slider

Notiz/Varianten:
In Hüftbeugung und Fuß Richtung Knie, Kniestreckung ausführen und dann Kopf in den Nacken

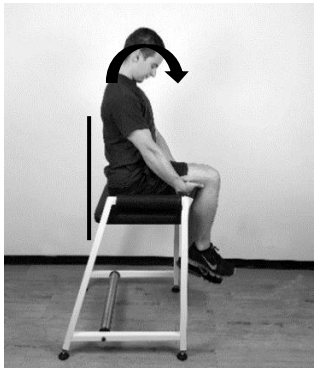
E2



Tension

Notiz/Varianten:
In Hüftbeugung und Fuß Richtung Knie, Kniestreckung ausführen und dann Kopf/Kinn auf das Brustbein

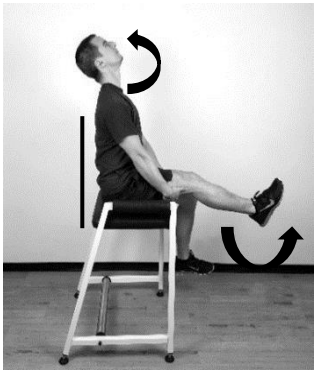
F1



Ausgangsstellung

Notiz/Varianten:

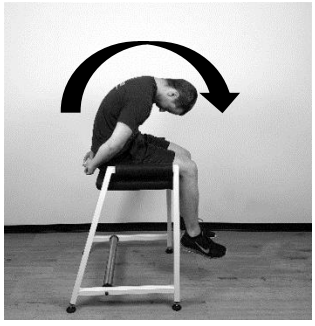
F2



Endstellung

Notiz/Varianten:

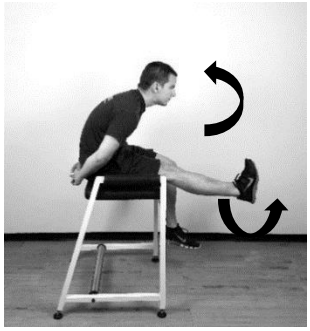
G1



Ausgangsstellung

Notiz/Varianten:

G2



Endstellung

Notiz/Varianten: