



# Spiral Stabilization

## Spiralstabilisation

### Spirální stabilizace

# CERTIFICATE

Course level **I A+B+C+D**

**SPS method - Prevention and treatment of back pain**

**- Healthy exercise for the spine**  
(Prevention)

- the anatomy of muscle chains
- muscle chain function
- muscle chains strengthening throughout exercise
- relaxation and stretching of muscle chains throughout exercise

### Manual Therapy

- therapy, regeneration and prevention of spinal disorders by the activation and relaxation of muscle chains
- Impact of the locomotory system function on internal organ functions

*Spiral Stabilization  
of the spine  
Exercise for your spine*

From ..... 27/11/2020 to 30/11/2020 .....

certified Mr./Mrs. **Nina 严小娟** .....the course of SPS Method.

Prevention and treatment of back pain.

The course was taught by Yang Xiaoyun

Wu Xi city 30/11/2020

