



Spiral Stabilization

Spiralstabilisation

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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 15/05/2021 to 18/05/2021

certified Mr./Mrs. **Lu XiaoLian 陆小莲**the course of SPS Method.

Prevention and treatment of back pain.

The course was taught by Yang Xiaoyun

DongGuan city 18/05/2021

