



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 04/05/2021 to 07/05/2021

certified Mr./Mrs. CAOLI 曹莉the course of SPS Method.

Prevention and treatment of back pain.

The course was taught by Yang Xiaoyun

Yang Xiaoyun city 07/05/2021

