



# Spiral Stabilization

## Spiralstabilisation

### Spirální stabilizace

# CERTIFICATE

**COURSE IN LUMBAR, THORACIC AND CERVICAL SPINE  
2 A+B**

Causes of prolapse of the intervertebral discs, spondylosis, spondylarthrosis, application of exercises, massage and manual therapy for treatment

#### Treatment and Prevention

- Method's development and key concepts
- Anatomy of the main muscle chains
- Spiral Stabilization exercises
- Diagnosis and treatment
- Therapist's role
- Prevention

#### Manual Therapy

- Treatment and prevention by activation and relaxation of muscle chains
- Passive manual techniques
- Active manual techniques

*Spiral Stabilization  
of the spine  
Exercise for your spine*

From 24.6.2021 to 29.6.2021

certified Mr./Mrs. **WANG ZHIWEI 王治维**.....the course of SPS Method.

32 CPD Hours

The course was taught by Richard Smíšek M.D.  
In HangZhou the 29.6.2021

