



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. **ZHONG FENGFA 钟锋发** the course of SPS Method.

32 CPD Hours

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

