



# 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*

6.4.2023 to 9.4.2023

From .....

李梅云 LI MEIYUN

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

32 CPD Hours

The course was taught by Richard Smíšek M.D./Wang zhi wei  
HangZhou city the 9.4.2023

 **Fitech**  
非 态 克 · 环 球