



# 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 ..... 12/09/2023 TO 15/09/2023 .....

certified Mr./Mrs. ..... 刘懿东 LIU YIDONG .....the course of SPS Method.

Prevention and treatment of back pain.  
The course was taughtd by Wang zhi wei  
Hangzhou city 15/09/2023

