



# Spiral Stabilization

## Spiralstabilisation

### Spirální stabilizace

# CERTIFICATE

Course in the Spiral stabilisation of the spine method  
5 A + B (32 teaching hours)

## Scoliosis therapy

### Exercise

main treatment movement program  
traction and centering of the spine

### Manual Therapy

an important auxiliary method during mobility  
treatment

*Spiralstabilization  
of the spine  
Exercise for your spine*

From 23.10.2023 to 26.10.2023  
.....

certified Mr./Mrs. 李敏熙 Stephen .....the course of SPS Method.

Scoliosis therapy.  
32 teaching hours

The course was taught online by Vladimír Štaffa M.D.

Prague city 26/10/2023