



EXERCISE OF THE WEEK 14 MOBILISATION AND STRENGTHENING OF THE SPINE

**Get fit at work
No equipment**

Office-Syndrom?



Headache







Neck Pain



Shoulder pain



Backache



Exercise of the week helps!

http://www.knsu.de/uebung-der-woche

UPDATED EVERY WEEK




Cooperative Project of AHS and KNSU

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Overview

- **Exercise card week 14**
 - **Mobilisation and strengthening of the spine**
 - Exercise 14: Forward bend
 - **Videos (in German)**
 - Forward bend (14)
- **List of references**


EXERCISE CARD WEEK 14

Mobilisation and strengthening of the spine

Forward bend

Starting position/SP 1



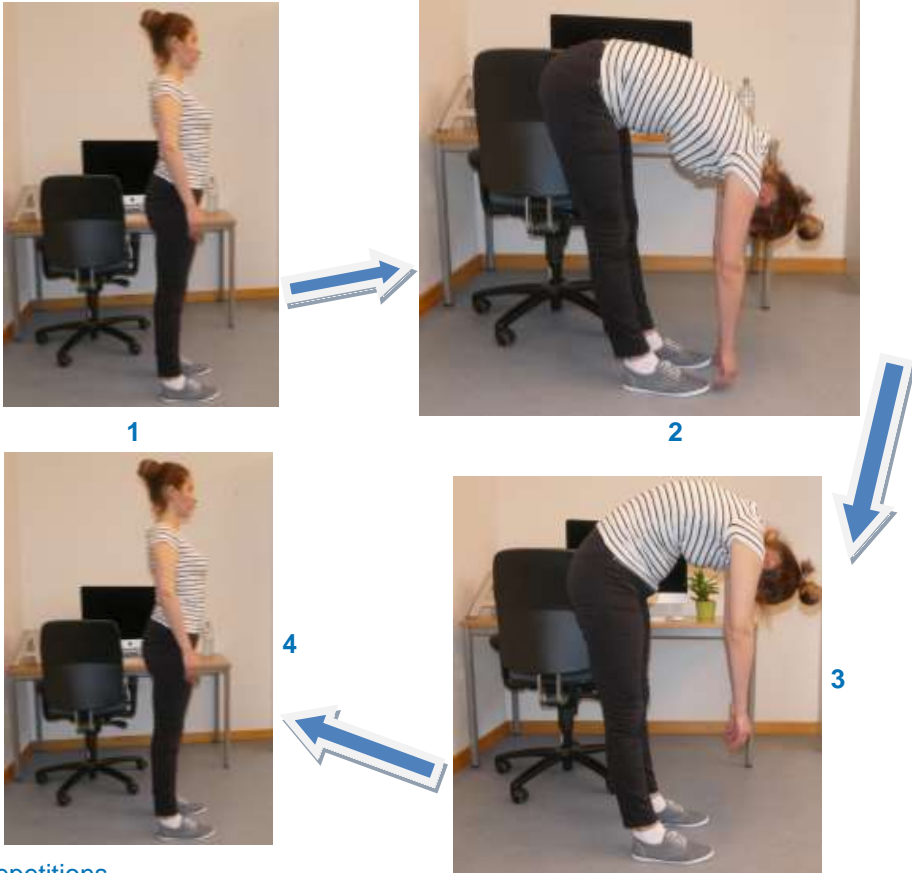
- 1 Starting position, stand: Feet are hip-width to shoulder-width apart, legs are straight.
- 2 Inhale deeply, then bend your upper body forward. Keep your legs straight and arms hanging down loosely. Hold this position for 4 breaths.
- 3 While exhaling for the fourth time, bring your upper body back to the upright position.
- 4 Pull shoulders back actively and raise head. ▶  14

Repeat 4-6 times, hold the bent forward position longer after each rep.
The duration depends on the individual wellbeing.

Repeat 4-6 times.



Forward bend

| ▶ 14 | Sequence | Tips |
|---|--|--|
| <p>Function</p> <ul style="list-style-type: none"> • Mobility of the spine • Stretching of the posterior leg muscles | <p>SP EP</p>  <p>1 → 2 → 3 → 4</p> <p>4-6 repetitions</p> | <p>Tips</p> <ol style="list-style-type: none"> 1 Stand: Feet are hip-width to shoulder-width apart, legs are straight. 2 Inhale deeply, then bend you upper body forward . <ul style="list-style-type: none"> • Keep legs straight. • Arms loose. • Hold position for 4 breaths. 3 While exhaling for the fourth time, bring your upper body back to the upright position; gradually rolling up vertebrae, head and arms hang down loosely. 4 End of exercise: pull shoulders back actively and raise head. |



Functional interaction

| Correct | False |
|---|---|
| <ul style="list-style-type: none"> Gradually unbend vertebrae; Strengthening of intervertebral muscles | <div data-bbox="555 539 1021 1043" data-label="Image"> </div> <div data-bbox="1093 549 1424 861" data-label="Text"> <p>False straightening with straight back and head tilted back</p> <p>Explanation → Big lever; Can cause problems in the lumbar spine</p> </div> <div data-bbox="1473 549 2007 1024" data-label="Image"> </div> |

List of references

Illustrations/ images

| Number | Creator |
|---------------------|---|
| All pictures | Caroline Richter |
| Illustration: titel | www.colourbox.de (ID#18474676); modified by Jan-Holger Nahler |

Videos

| Number | Creator |
|--------|---|
| 14 | Caroline Richter / Narrator: Frank Uwe Heinze |

German narration and music

| Video | Narrator/ Composer | Track title |
|-------|--------------------|------------------|
| 14 | Frank Uwe Heinze | Enjoy the Moment |

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