

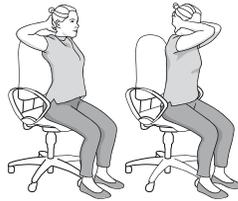
ACTIVE WORKPLACE

UNTERER RÜCKEN

HYPEREXTENSION



RÜCKENKRÄFTIGUNG



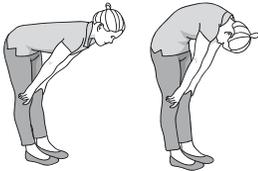
ROTATION AUFRECHT



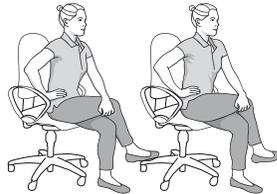
ROTATION VORGEBOGT



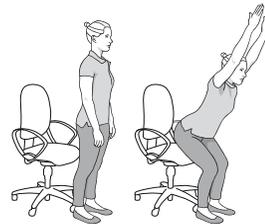
RÜCKENMOBILISATION



HÜFTMOBILISATION



RÜCKENSTABILISATION



HÜFTSTRETCH

