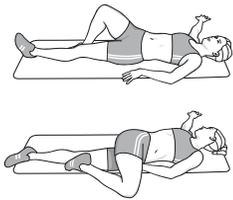


# HOME TRAINING

## UNTERER RÜCKEN

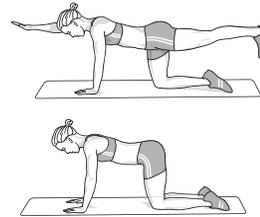
HÜFTMOBILISATION



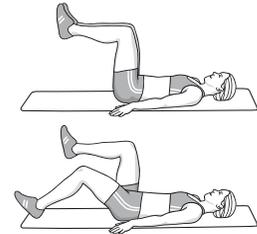
RÜCKENMOBILISATION



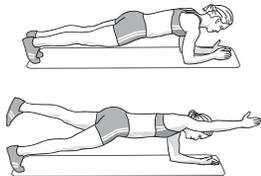
RÜCKENKRÄFTIGUNG



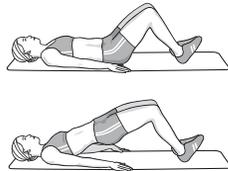
RUMPFSTABILISATION



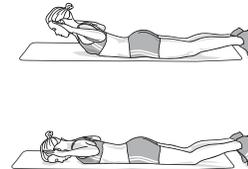
BEWEGTER UNTERARMSTÜTZ



RUMPFKRÄFTIGUNG



ARMHEBEN GEBEUGT



RÜCKENSTRETCH SEITLICH

