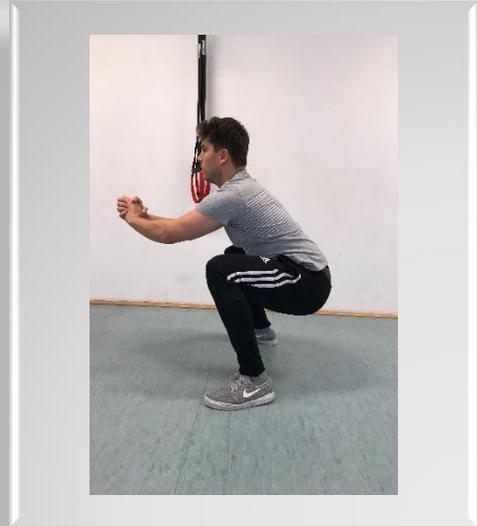
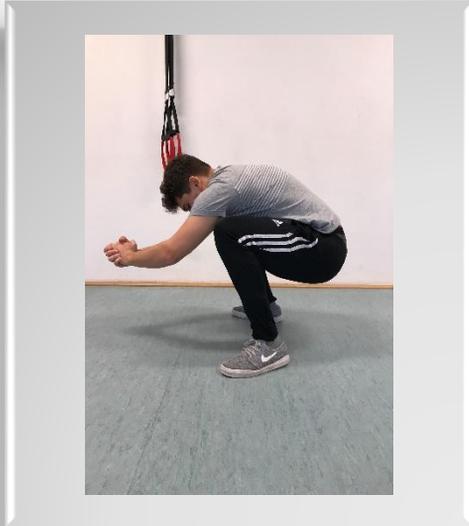


Hausaufgabenprogramm

Dehnung

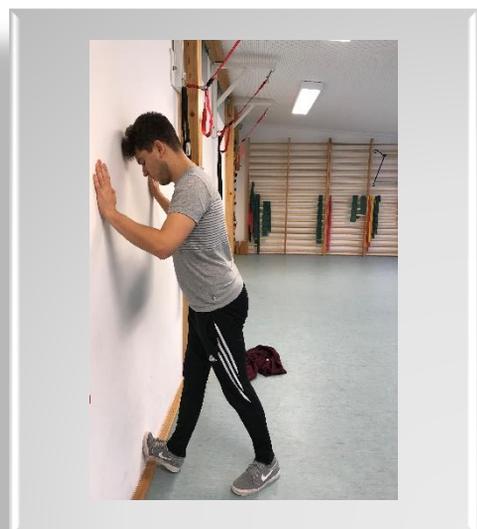
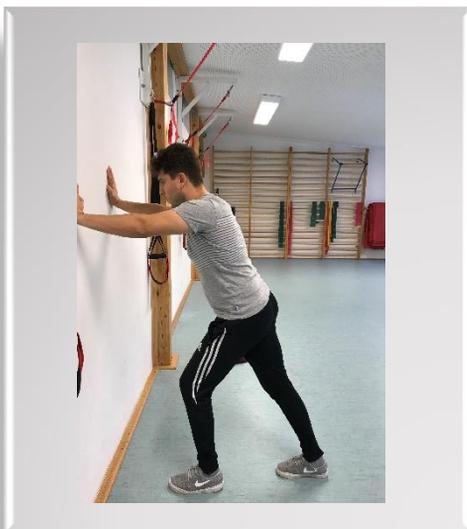
Testübung

1. Wadenmuskulatur
M. triceps surae



Dehnübung

- Wadenmuskulatur
M. triceps surae

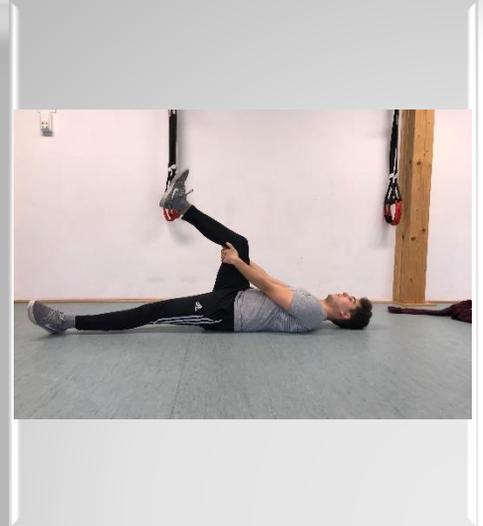
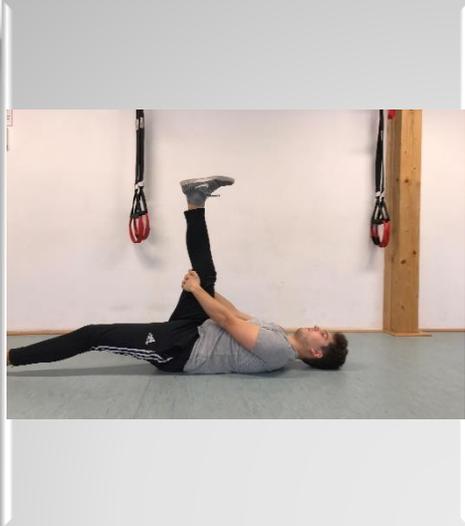


Hausaufgabenprogramm

Dehnung

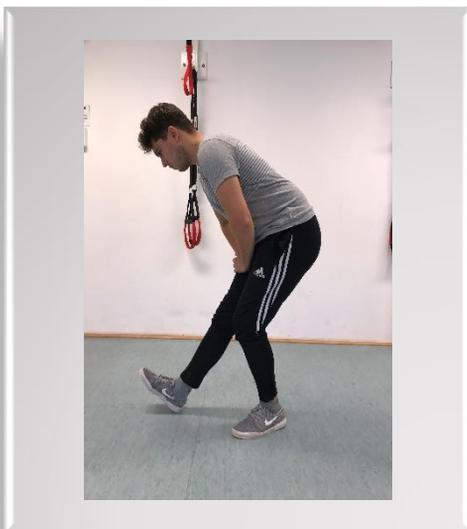
Testübung

2. Hintere Oberschenkelmuskulatur
Ischiocrurale Gruppe



Dehnübung

2. Hintere Oberschenkelmuskulatur
Ischiocrurale Gruppe

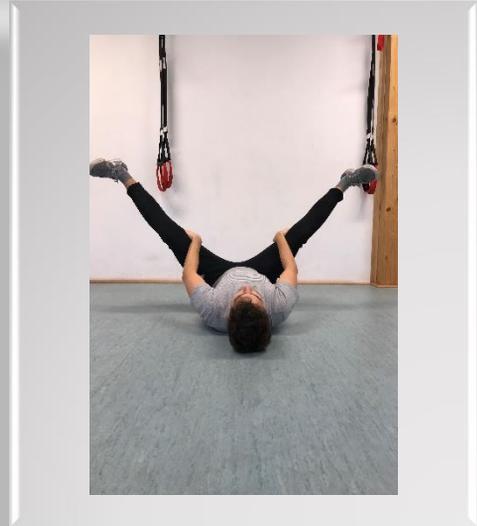
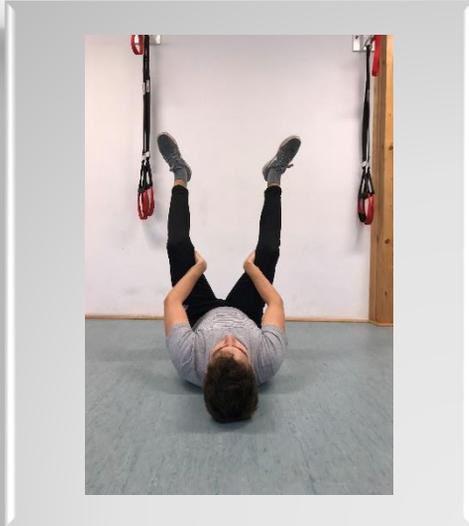


Hausaufgabenprogramm

Dehnung

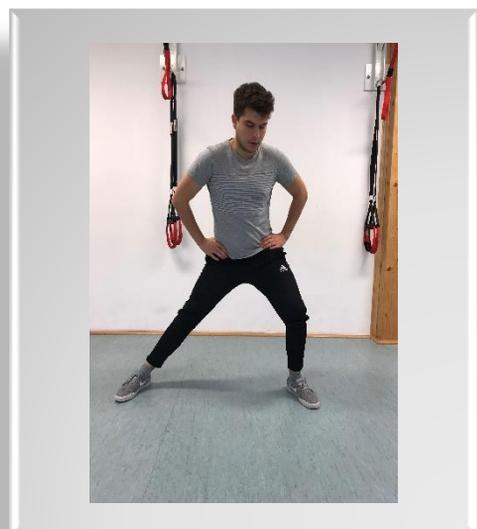
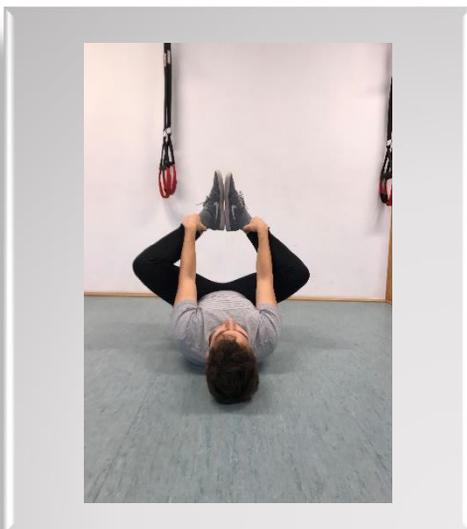
Testübung

3. Innere Oberschenkelmuskulatur
Adduktoren



Dehnübung

3. Innere Oberschenkelmuskulatur
Adduktoren

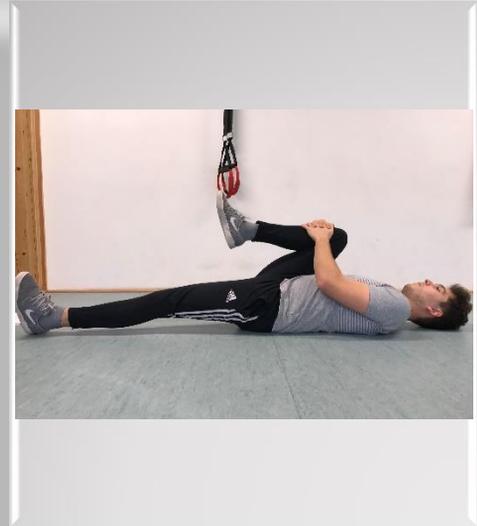
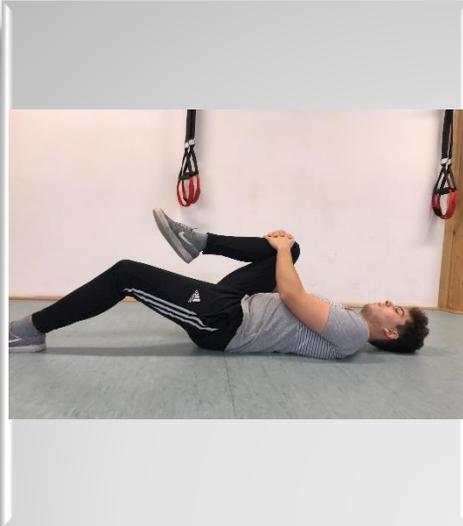


Hausaufgabenprogramm

Dehnung

Testübung

- 4. Hüftbeuger
- 4.1 M. iliopsoas
- 4.2 M. rectus femoris



Hausaufgabenprogramm

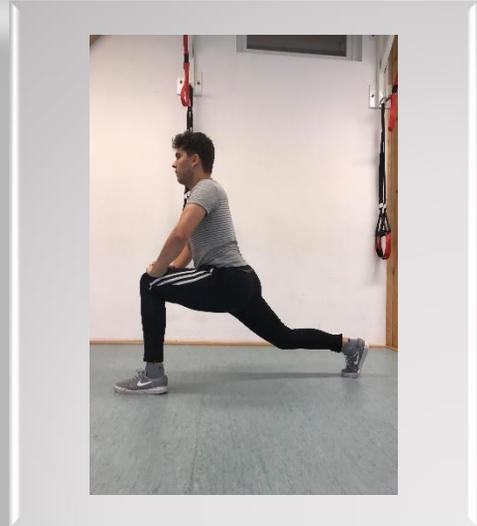
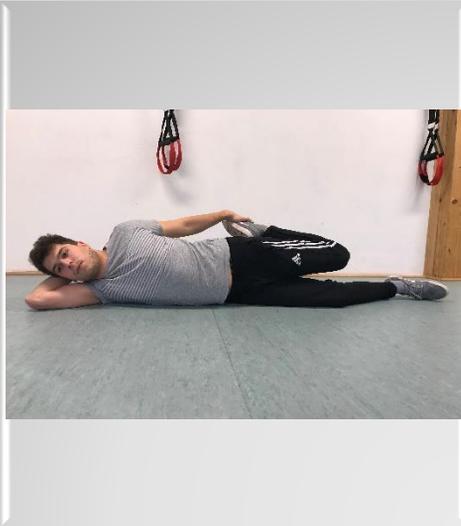
Dehnung

Dehnübung

4. Hüftbeuger

4.1 M. iliopsoas

4.2 M. rectus femoris

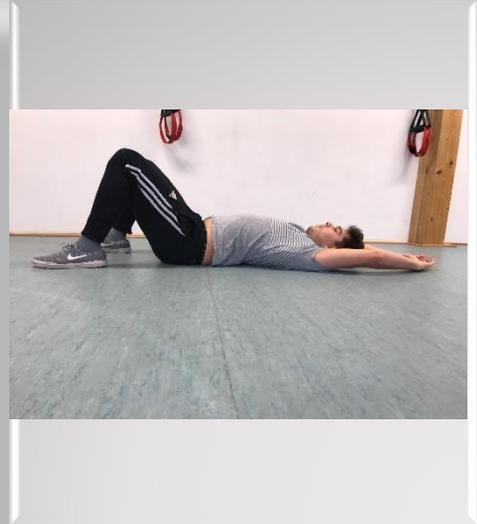
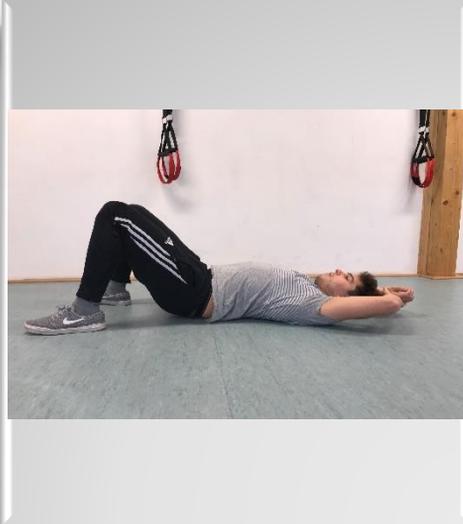


Hausaufgabenprogramm

Dehnung

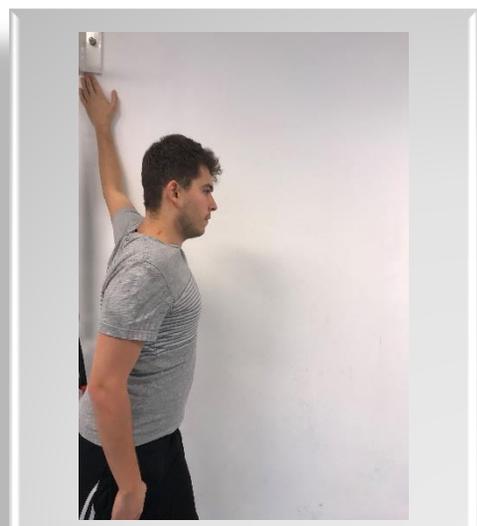
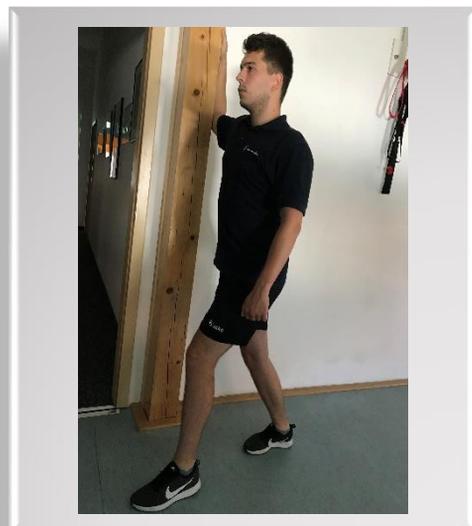
Testübung

5. Brustmuskulatur
M. pectoralis major



Dehnübung

5. Brustmuskulatur
M. pectoralis major

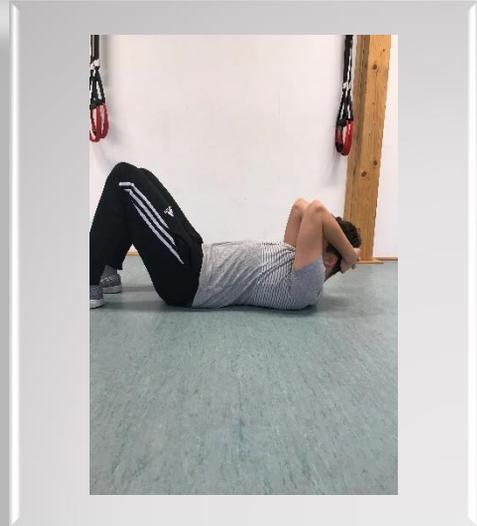
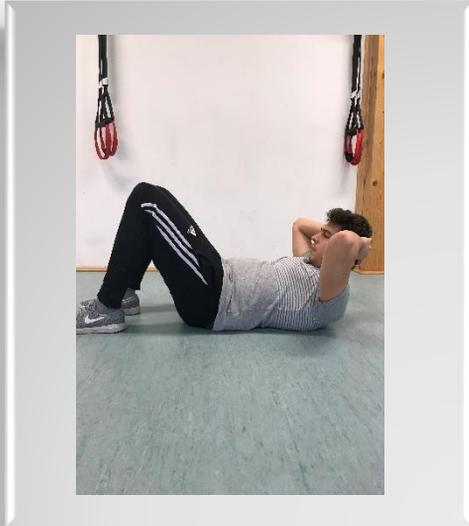


Hausaufgabenprogramm

Dehnung

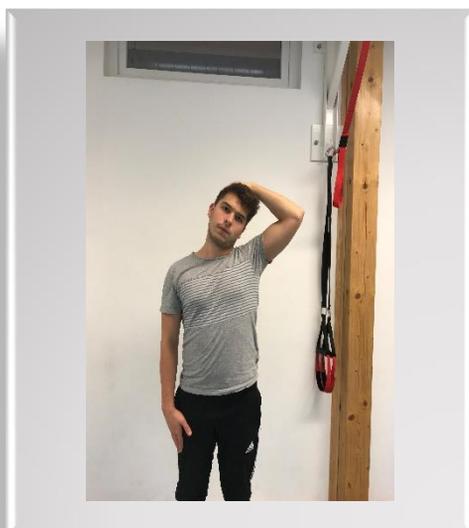
Testübung

6. Nackenmuskulatur
M. Erector spinae-Pars cervicalis



Dehnübung

6. Nackenmuskulatur
M. Erector spinae-Pars cervicalis

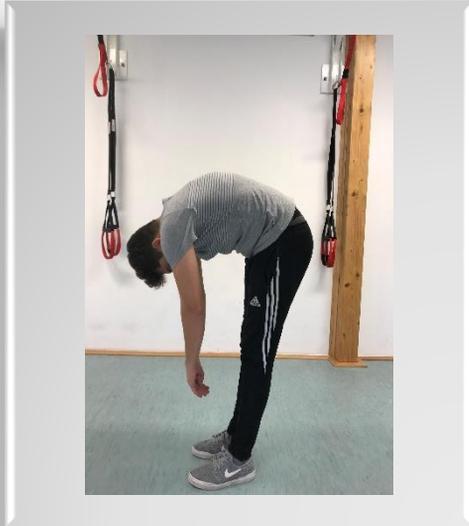


Hausaufgabenprogramm

Dehnung

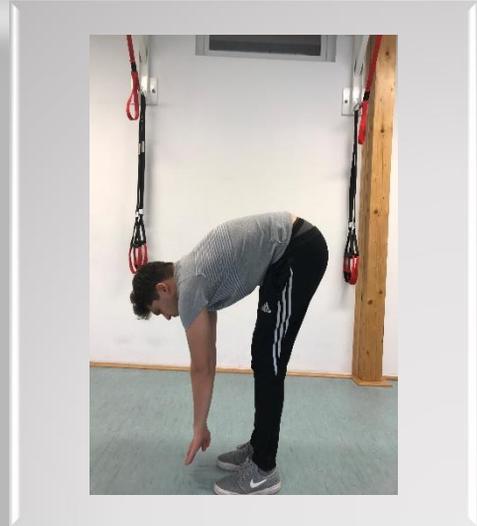
**Beweglichkeit der Hüfte und
Wirbelsäule**

mangelhaft

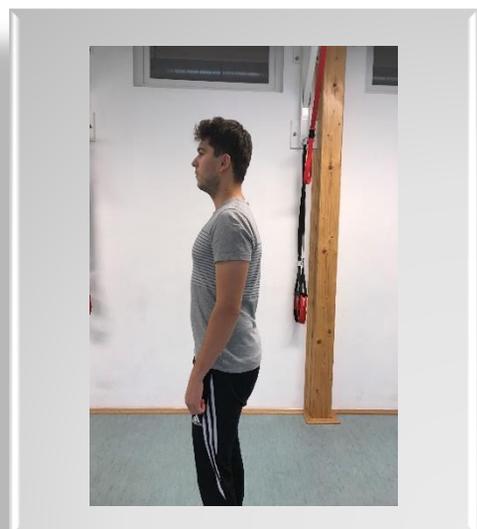
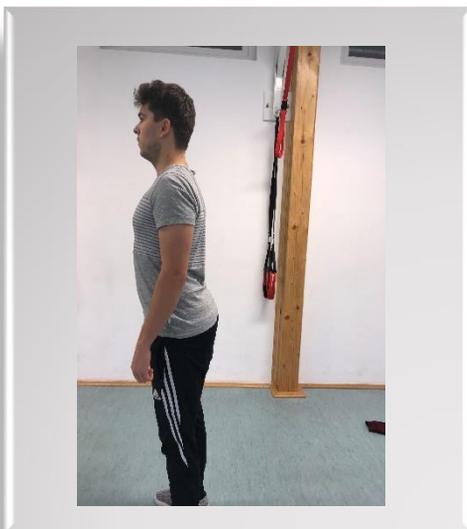


**Beweglichkeit der Hüfte und
Wirbelsäule**

gut



Natürliche Haltung

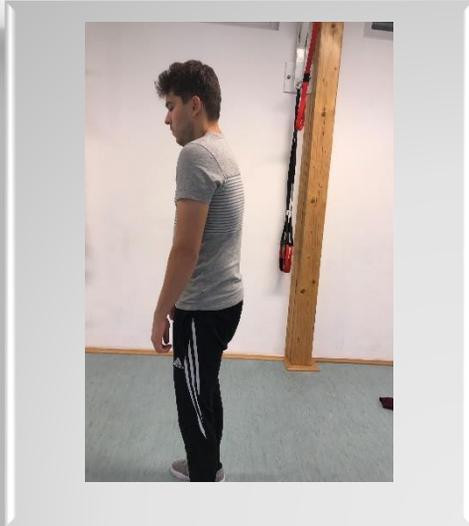


Hausaufgabenprogramm

Dehnung

Haltungsfehler

Hohlrund-Rücken



Haltungsfehler

Flach-Rücken

