Back Check

PREVENTION PRINCIPLE:
Preventing and reducing work-related stresses of the musculoskeletal system

SPECIFIC TARGETS:

To identify and prevent muscular weaknesses or imbalances of the back and abdominal muscles

CONTENTS:

- Assessment of the maximum strength of the back and abdominal muscles
- Analysis of the results based on age, gender, height and weight
- Evaluation of strength and symmetry of the core musculature
- Brief consultation by IPN coaches, issuing of a results report

SPECIFIC REQUIREMENTS:

Follow safety instructions (separate), flat shoes recommended

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space required: ≥ 6 m², Power socket: 230 V
Special note: barrier-free access required
Dimensions: : 200 x 130 x 75 cm (altitude, wide, length), weight 80 kg

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BACKGROUND:

Over 80% of adults report having back problems at some stage of their lifes. These problems occur with particularly high frequency in the lumbar spine area. A majority of back problems are caused or aggravated by weak or asymmetrically developed muscle groups. Especially a balanced ratio between strong abdominal and back muscles is an important protective factor for a healthy back. Current studies show that targeted muscle conditioning is very suitable for individuals who are sedentary (sitting and standing occupations) as well as for those who are active (physically demanding occupations). Our back check assessment delivers objective measurement values and provides the starting point for a focused, individually customised rehabilitation or balancing training programme.

PROCESS:

Measurements are conducted in situations relevant to real life and in a standing position, whereby the pelvis is stabilised and it ensures back friendly posture.

RESULTS:

The analysis shows the level of strength of the back and abdominal musculature. In addition to the absolute strength results, the symmetry, in other words the relationship between the back and abdominal musculature, is also assessed. The basis for this are reference values from large-scale studies, which make it possible to perform an individual assessment based on age, gender, weight and height. In the associated consultation, it is clarified where action needs to be taken individually in order to achieve a harmoniously trained core musculature and what the most effective methods are.