IPN Neck-Check®

PREVENTION PRINCIPLE:
Prevention and reduction of particular health risks

SPECIFIC TARGETS:

Checking the activatability of the deep muscles and measurement of specific strength endurance. Raising awareness of the special health significance, mediation and suitable exercises.

CONTENTS:

- Sensing and measuring the activatability of the deep Neck flexors
- Measurement of the static retention force and strength endurance in various intensities
- Evaluation of the results
- Learning and optimization of the targeted use of muscles during biofeedback conditions
- QR-Code: Results and individual training plan digitally available

SPECIFIC REQUIREMENTS:

Shoulder-neck area must be cleared for measurement

TIME REQUIRED:

20 minutes per person corresponding to 3 participants per hour

ORGANISATION:

Space requirement: ≥ 6 m², power socket: 230 V
Special note: barrier-free access required
Dimensions: : 175 x 50 x 75 cm (altitude, wide, length), weight 50 kg

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BACKGROUND:
Pain and tension in the shoulder and neck areas are among the most common health problems in the modern working life. These problems are exacerbated by the increasing use of mobile phones and tablets, which represent an additional strain on the cervical spine: depending on the head position, this can rise to 6 times the normal load. Therefore new striking terms like „mobile phone neck" or „text neck" have been developed. In the long run, malpositions occur with premature wear of the intervertebral discs. This makes compensatory measures and special exercises to relieve the cervical spine all the more important. The regular activation of the deep muscles (deep neck flexors) has proven to be particularly effective, which is specifically trained within this concept.

PROCESS:
The participants are first sensitized to the topic. With the IPN Neck-Check the voluntary activation of the deep muscles is examined and trained in the first step. Afterwards, force measurements with gradually increasing degree of difficulty take place. For this purpose, a pressure sensor is placed at a defined point in the neck area, which measures the muscular forces applied in each case. All measurements take place under biofeedback conditions so that body perception and the feeling for the targeted use of deep muscles are trained at the same time.

RESULTS:
The evaluation shows how well the deep neck flexors can be activated individually and how well their strength endurance is developed to support the cervical spine. The results are used to derive specific recommendations and exercises that can be used immediately.