

Spine Screening

SPECIFIC TARGETS:

Diagnosis and promotion of body posture and back health through appropriate behavioural and situational exercise programmes

INHALTE:

- Measurement of the spine shape, mobility and stabilization ability (posture competence)
- Calculation of the spine check score as an overall result
- Development of a back and posture image
- Provision of an exercise programme with individual mobilization, stretching and strengthening exercises
- QR-Code: Results and individual training program digitally available

SPECIFIC REQUIREMENTS:

The measurement can be performed either with close-fitting clothing or directly on the skin. The direct measurement on the skin increases the accuracy (of the measurement).

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space requirement: $\geq 6 \text{ m}^2$, power socket: 230 V
Please provide 1 table and 2 chairs
Special note: privacy protected room required



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BACKGROUND:

To a greater or lesser extent, our spine is subjected to **strain** every day. Often this can be monotonous strain (such as when sitting) or one-sided or excessive strain (such as during physically strenuous activities). Due to lacking or lopsided muscular stimulation, this can eventually lead to an impairment of body posture with premature **spinal wear** and corresponding **back problems**.

PROCESS:

For the measurement, a sensor (Medimouse) – similar to a computer mouse – is rolled along the spine in different postures. In this way the **spinal profile** is scanned and evaluated. Therefore, close-fitting outerwear should be worn (shirt, blouse, etc.). The measurement process is radiation-free and completely harmless. The procedure is performed in an upright and bent forward body position. Furthermore, a brief **stabilization test** is carried out, in which the spinal profile is checked with arms stretched forwards and slight additional weights.

RESULTS:

Participants are given a differentiated written evaluation with a **back and posture portrait** on the spine curvature in the thoracic and lumbar spine as well as the position of the pelvis. The posture test determines how well the body posture can be stabilized individually. According to this portrait, **individual exercises** for targeted mobilization, muscle stretching, strengthening and stabilization are then provided. The exercises are designed in such a way that they can be carried out in **everyday life, during work and leisure time**.

