



# Spiral Stabilization

## Spiralstabilisation

### Spirální stabilizace

# CERTIFICATE

Course level **I A+B+C+D**

**SPS - Prevention and treatment of back pain**  
**- Healthy exercise for the spine**  
(Prevention)

- the anatomy of muscle chains
- muscle chain function
- muscle chains strengthening through exercise
- relaxation and stretching of muscle chains through exercise

### Manual Therapy

- therapy, regeneration and prevention of spinal disorders by the activation and relaxation of muscle chains
- Impact of the locomotory system function on internal organ functions

*Spiral Stabilization  
of the spine  
Exercise for your spine*

From ..... 6/11/2017 to 9/11/2017 .....

certified Mr./Mrs. .... **Mgr. Slávka Jablonovská** .....the course of SPS Method.  
Prevention and treatment of back pain.

The course was taught by Mgr. Věra Havránková **Mgr. Věra Havránková**  
Regenerační služby a lektorská činnost  
Nebory 181, 739 61 Třinec  
IČ: 025 79 529, tel.: 732 653 256

Prague 9.11.2017

*Havranek*