

Spine Screening

Our spine is exposed to different loads every day. These are often monotonous (e.g. when sitting) or one-sided or high (e.g. in physically demanding activities). Due to a lack of or one-sided stress stimuli, the posture can be impaired in the long term with premature wear and tear on the spine and corresponding back problems.

Topic: Back and joint health, ergonomics

Prevention Principle: Prevention and reduction of specific health risks

Specific Goals

Determining the shape of the spine and promoting posture and back health through suitable behavioral and relationship-oriented exercise programs and measures.

Contents

- Measurement of the shape of the spine, its mobility and stabilization ability (posture competence)
- Calculation of the spine check score as a total result
- Creating a back and posture portrait
- Issuing an exercise program with individual mobilization, stretching and strengthening exercises
- Results and individual training plan available digitally

Procedure

During the measurement, a sensor (medimouse) - similar to a computer mouse - is rolled along the spine in different body positions. In this way, the spinal column relief is scanned and evaluated. In order to achieve optimal measurement accuracy, it is recommended to take the measurement directly on the skin (a bra can be worn). Alternatively, the measurement can also be carried out on tight-fitting outer clothing (shirt, blouse, etc.). The measurement is radiation-free and completely harmless. It is performed in an upright and forward-bent body position.

Results

The participants receive a differentiated written evaluation with a back and posture portrait of the spinal vibrations in the thoracic and lumbar spine and the position of the pelvis. The holding test is used to determine how well the posture can be individually stabilized. According to this portrait, individual exercises for targeted mobilization, muscle stretching, strengthening and stabilization are given.

Special Instructions for Implementation

The measurement can be carried out either with tight-fitting outer clothing or directly on the skin. The direct measurement on the skin increases the measurement accuracy.

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person
- Individual appointment

Requirements

- Space requirement $\geq 6 \text{ m}^2$
(Provide table and 2 chairs)
- Power connection (230 V)
- Nicht einsehbarer Raum bzw. Bereich empfehlenswert