



Back Check

More than 80% of our population complains about back pain, at least at times. These complaints occur particularly frequently in the area of the lumbar spine. The majority of back problems are caused or promoted by muscle groups that are too weak or asymmetrical. In particular, a balanced ratio of strong abdominal and back muscles is considered an important protective factor for a healthy back. Current studies show that targeted muscle training is of great relevance both for those who are less physically active (sitting and standing jobs) and for those who are active (physically demanding jobs, athletes). The measurement of the Back Check provides the approach for a targeted, individually adapted development or balance training with objective measured values.

Topic: Back and joint health

Prevention Principle: Prevention and reduction of specific health risks

Specific Goals

Identifying or eliminating muscular weaknesses or imbalances in the back and abdominal muscles

Contents

- Measurement of the maximum holding power of the back and abdominal muscles
- Evaluation of the results considering age, sex, height and weight
- Assessment of strength status and symmetry of core muscles
- Brief advice from GiB coaches
- Results and individual training plan available digitally

Procedure

The measurement is carried out in an upright position, whereby the pelvis is stabilized and a back-friendly positioning is ensured.

Results

The evaluation shows the level of strength achieved in the back and abdominal muscles. In addition to the absolute strength values, the symmetry, i.e. the relationship between the back and abdominal muscles, is also evaluated. The basis for this are reference values from large-scale studies, which enable an individual assessment on the basis of age, gender, body weight and height. In the subsequent consultation, it is made clear where the individual levers must be applied in order to achieve harmoniously trained trunk muscles and which measures are most effective.

Special Instructions for Implementation

Observe safety instructions | Flat shoes recommended

1:1 Health Module (Presence)

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

Requirements

- Space requirement $\geq 6 \text{ m}^2$
(Provide high table/table and 2 chairs)
- Power connection (230 V)
- Barrier-free access
(Dimensions: 200 x 130 x 75 cm, weight: 80 kg)

Contraindications

- Acute disc herniation
- Recent operations on the spine
- Findings requiring acute surgery
- Heart failure and/or severe vascular disease
- High blood pressure
- Osteoporosis
- Acute hernia
- Pregnancy
- Faintings