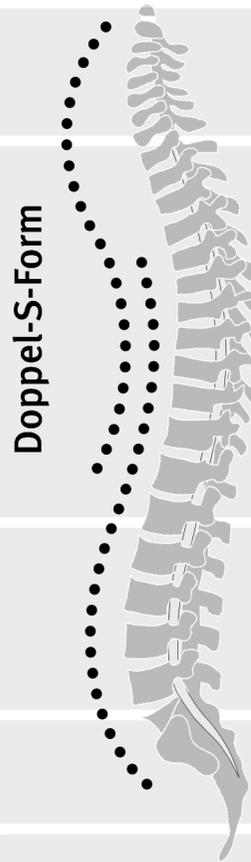
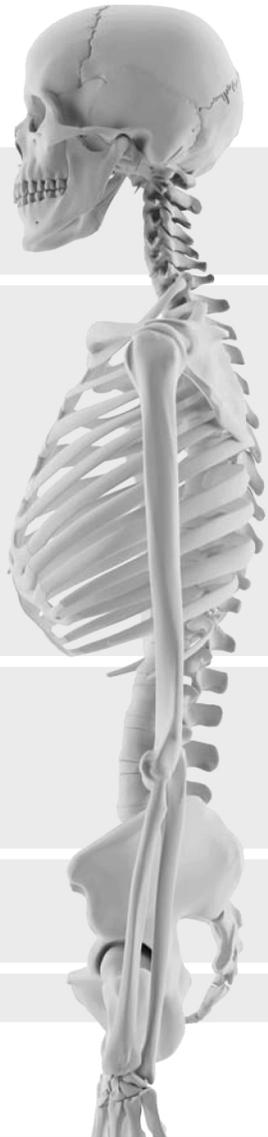


Wirbelsäule – Lage im Körper



Doppel-S-Form

Kyphose

Lordose



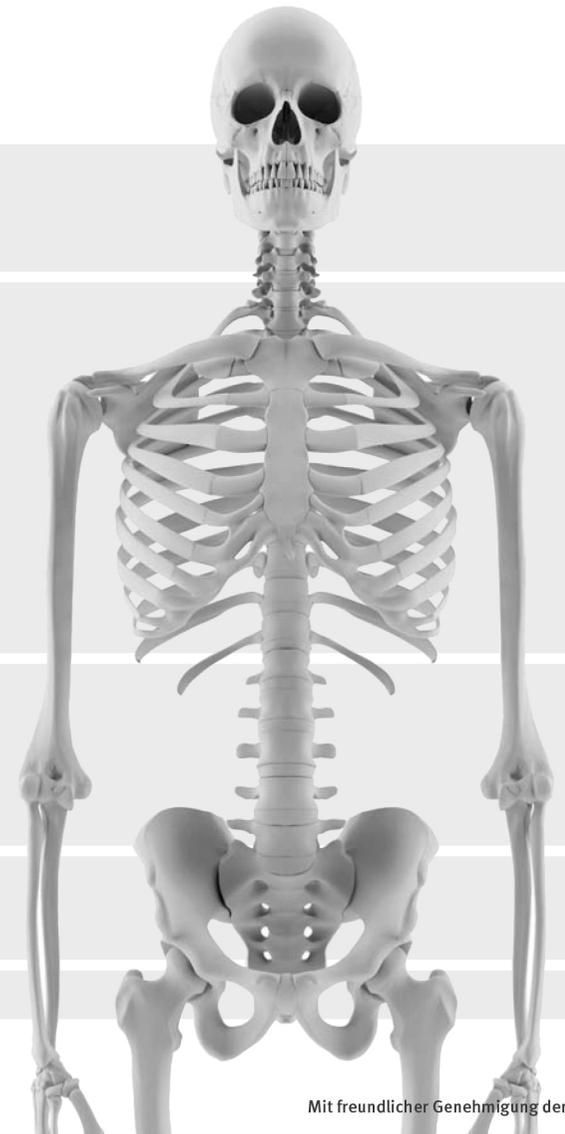
7 Halswirbel

12 Brustwirbel

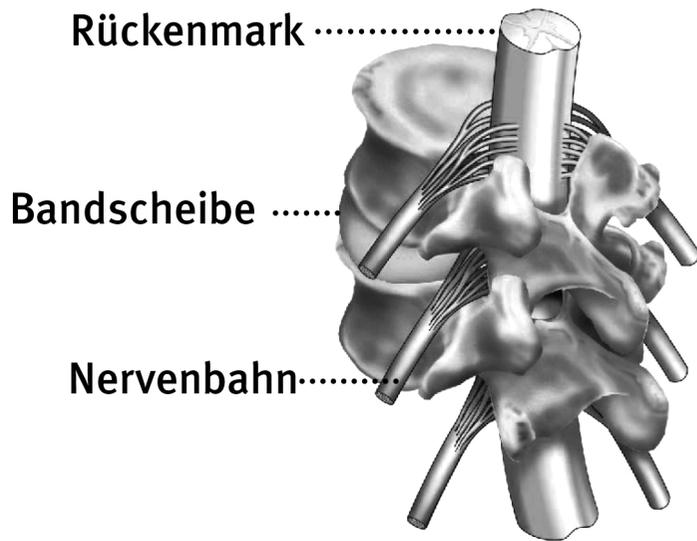
5 Lendenwirbel

Kreuzbein

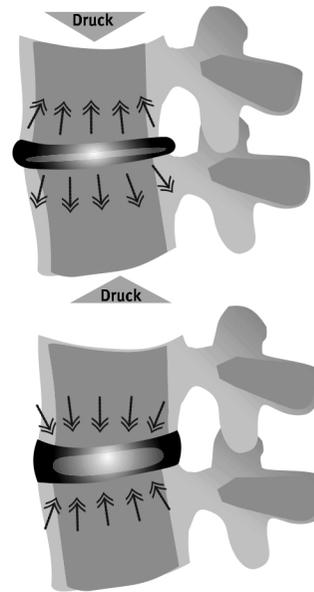
Steißbein



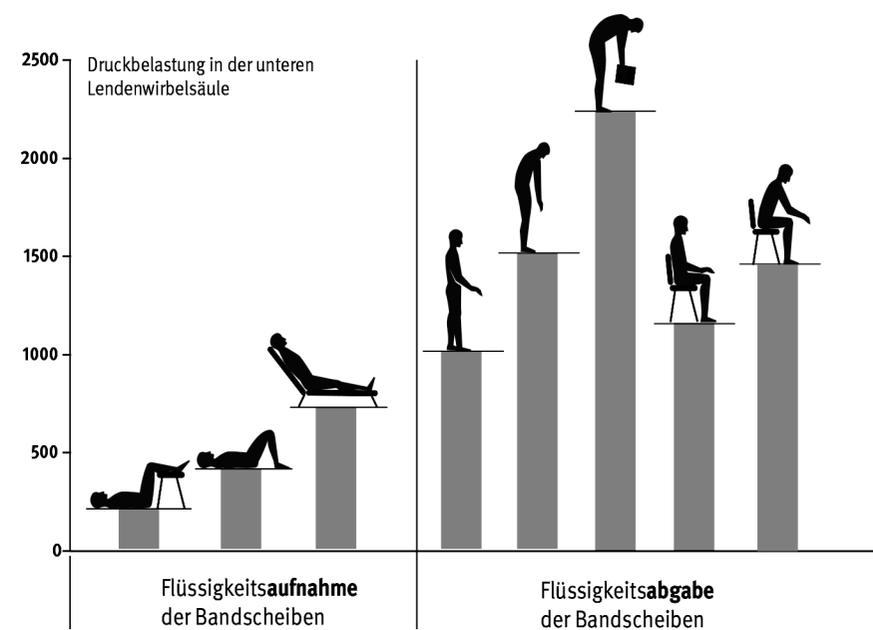
Rückenmark und Nerven



Ernährung

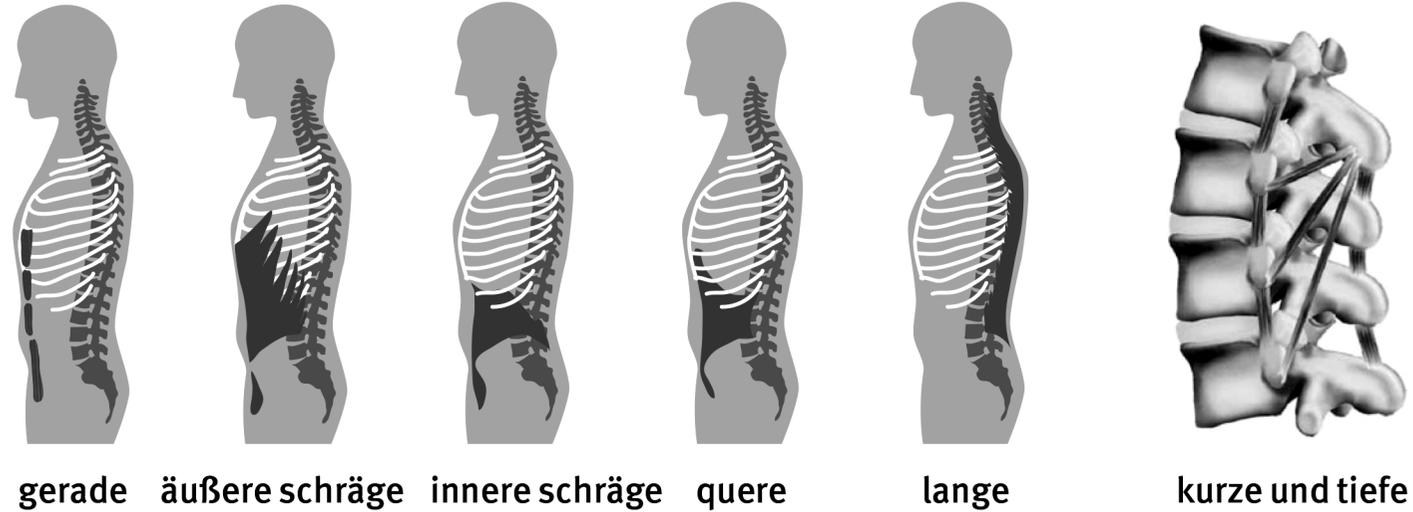


Druckbelastung im Alltag



Wechsel von Be- und Entlastung
Schwamm-Prinzip

Bauch- und Rückenmuskeln



„Muskelkorsett“ der Wirbelsäule

