

**Dr. WOLFF**<sup>®</sup>  
SPORTS & PREVENTION

## BACK-THERAPY-CENTER

Segmental stabilization





## State-of-the-art back training

- segmental stabilization
- motoric control of the lumbar spine
- training the deep-lying musculature

### Segmental stabilization

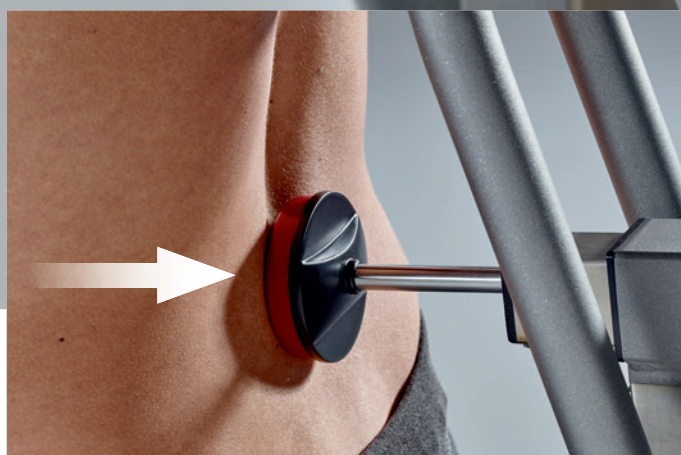
Current research consistently proves the positive effects of the segmental stabilization of the lumbar spine.

Two main muscles are responsible for the lumbar spine: the deep-lying muscles M. transversus abdominis and the M. multifidus lumbalis. These are less large and strong than the movement muscles. Rather, they are sensible muscles to settle, to stabilize and to align individual vertebral bodies to the correct biomechanical position to protect the intervertebral disc from wrong loads.

### Motoric control of the lumbar spine

Many back-patients have lost the important motoric control of the lumbar spine. Training demanding coordination exercises in the Back-Therapy-Center improves the motoric control and constitutes the basis for subsequent training.

# Smartsensor™-Technology



## Biofeedback with Smartsensor™

The exceptional technology supports the therapists regarding the difficult task to reactivate the deep-lying musculature. Sensitive digital sensors recognize the small training movements of the patient and document these via an optical display unit. The visualization of the movement execution and training position is the key to success.

- simple learning of the stabilizing exercises
- quick internalization of the movement sequences
- low-risk movements
- defined movement scale
- scalability from minimal, patient-appropriate to extremely high intensities

## Sensory integrative training by Dr. WOLFF®

This is where the equipment and movement technique by Dr. WOLFF® provides fundamental differences. The exercises significantly activate the deep-lying and segmental stabilizing musculature. Distinctively small and demanding coordination exercises ensure the stimulation of the M. transversus and M. multifidus.

The activation of the deep-lying, segmental stabilizing musculature takes place on 3 levels:

SAGITTAL – FRONTAL – TRANSVERSAL

As well as in 3 different exercise positions:  
SEATED – LYING – STANDING

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## Training of the deep-lying musculature

Relieving posture and continuous underload impair the muscles M. transversus abdominis and M. multifidus lumbalis. Accordingly, training these deep-lying muscles is fundamental to state-of-the-art back therapy.

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## 1. MULTIFIDUS-TRAINER 907

Segmental stabilization of the LS in seated position.

Size:

L 201 x W 95 x H 170 cm



## 2. TRANSVERSUS-TRAINER 917

Training of the deep-lying abdominal musculature in lying position.

Size:

L 139 x W 95 x H 145 cm



## 3. STANDING STABILISATION 927

Stabilization of the LS in standing position.

Size:

L 131 x W 95 x H 178 cm



## 4. LATERAL SHIFTING 937

Core stabilization on frontal level in standing position.

Size:

L 132 x W 95 x H 187 cm



## 5. STANDING ROTATION 947

Training of rotational movements in standing position.

Size:

L 162 x W 95 x H 197 cm

Training media have been developed particularly for the segmental stabilization of the lumbar spine according to Dr. WOLFF®. An intelligent equipment design allows for unique bio-mechanical solutions (protected by patent).

Simple and comfortable handling facilitates the introduction and independent training of patients.

 CE according to medical product guidelines 93/42/EWG

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