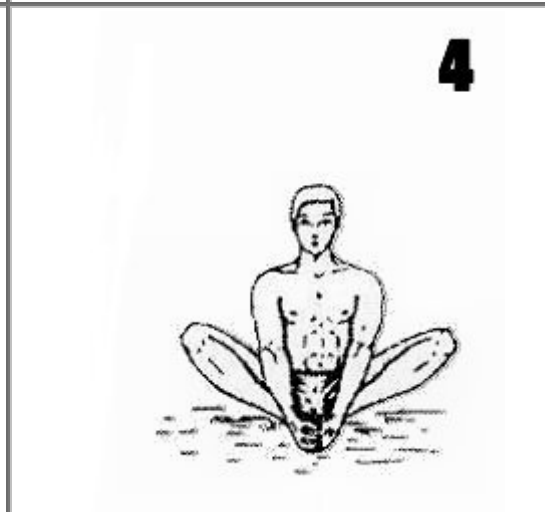
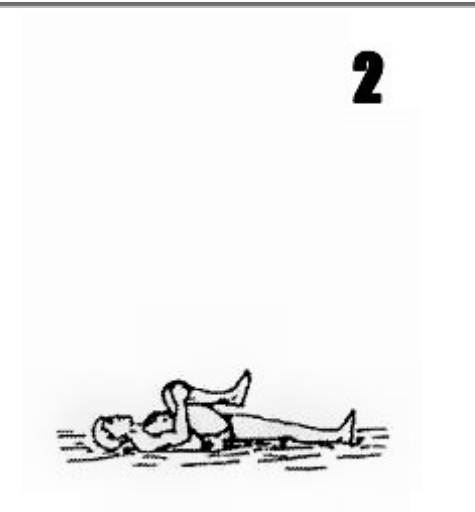
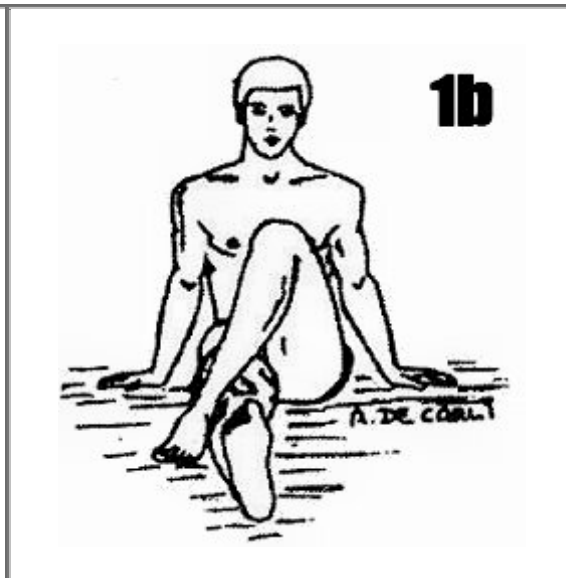
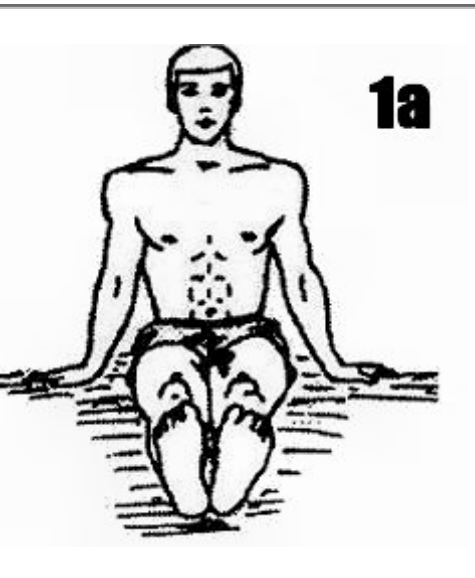


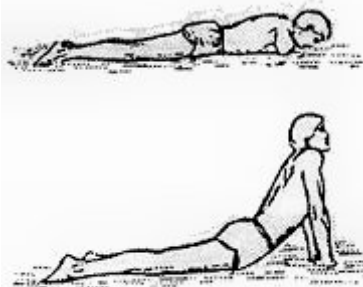
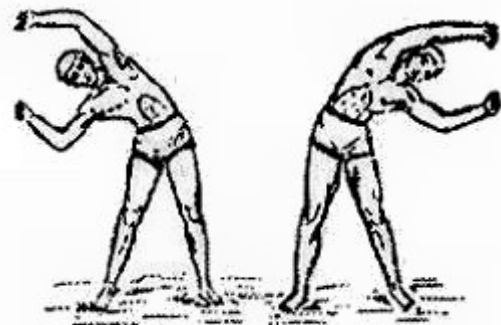
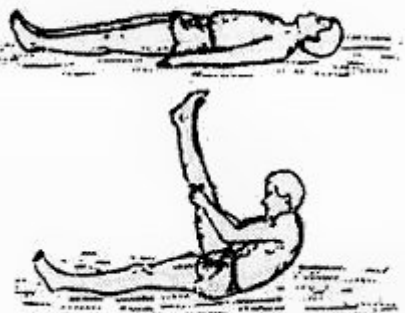
ESERCIZI PER LA MOBILITÀ E LA TONIFICAZIONE DELLA COLONNA VERTEBRALE

Quante volte ci svegliamo con quel fastidioso "doloretto" nella zona lombare, che spesso aumenta durante la giornata e poi compare anche di notte fino a non farci dormire? E cerchiamo di sopportarlo, magari prendendo un antidolorifico (quello che ci consiglia il nostro amico "... che a lui ha fatto tanto bene ...", finché non diventa talmente intenso da costringerci (... finalmente ...ci siamo decisi!) ad andare dal medico.

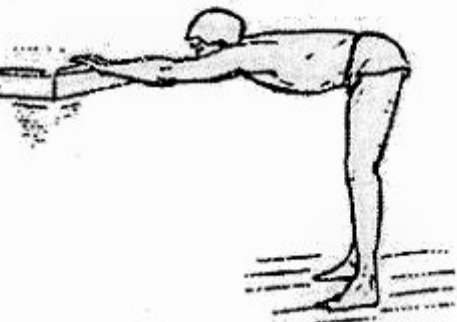
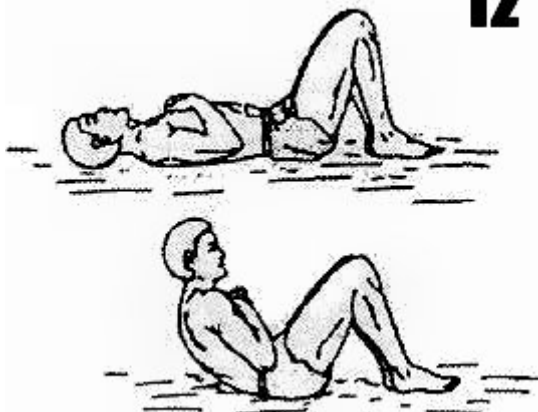
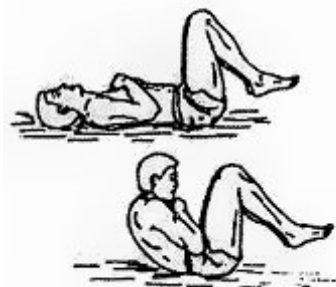
Prevenire è comunque sempre meglio che curare: impegniamoci, anche solo 20-30 minuti al giorno, a fare un po' di ginnastica specifica e forse potremo dimenticare quel fastidioso "doloretto".

Ecco una serie di esercizi per la colonna vertebrale:



5**6****7****8****9****10**

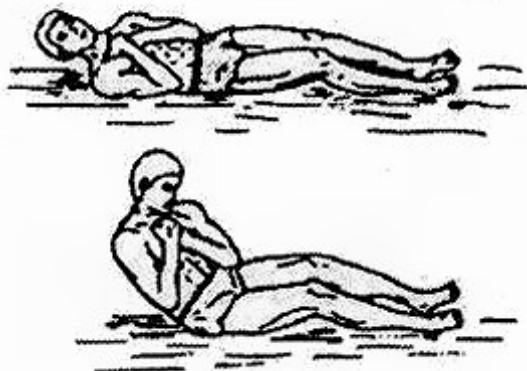
N.B. SPINGERE LENTAMENTE E PROGRESSIVAMENTE, SENZA "STRAPPI"

11**12****13**

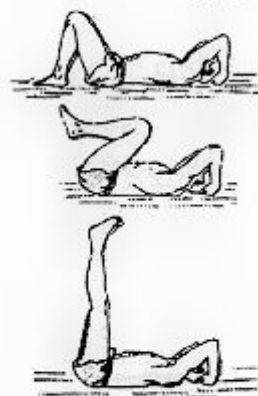
14



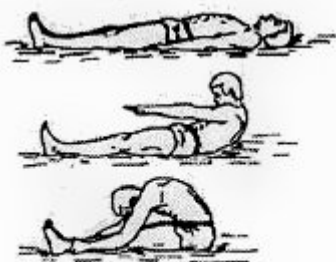
15



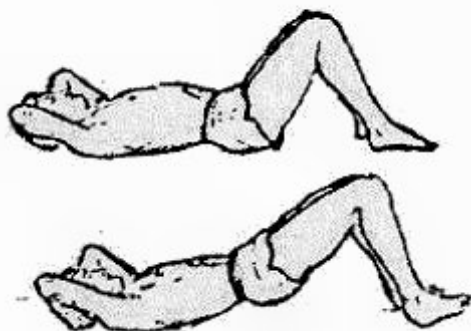
16



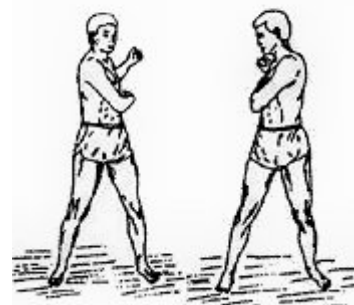
17



18



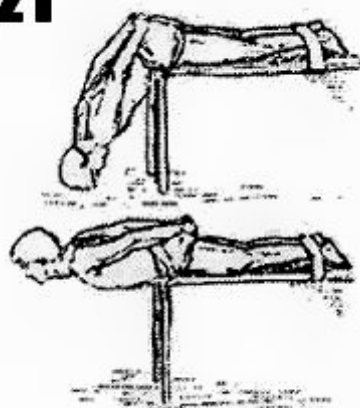
19



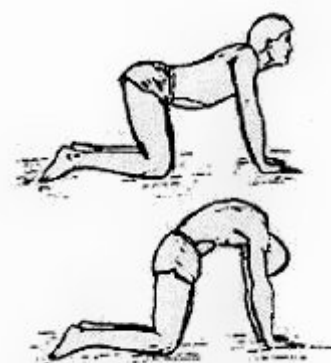
20



21



22



21- NON SUPERARE MAI LA LINEA ORIZZONTALE CON IL TRONCO