

NEUTRAL SPINE POSTURE (NSP) TEST AND TRAINING ON pab®

Assesses Slump & Neutral Spine Posture (NSP) as well as Dynamic Neutral Spine Posture (DNSP) in Sitting



Simple & Scientific

Equipment: pab® Device, TOGU Dynair® Ballkissen

Muscles tested: Lumbar multifidus, Iliocostalis lumborum, Longissimus thoracis, Interspinales lumborum, intertransversarii lumborum.

Starting position:



End Position



Step 1-Slump Posture

2-Neutral Spine (NSP)

3-Lean forward in Neutral

4-Sit back in Neutral

5-Relax into Slump

Exercise A (Step1 & 2): Sit on TOGU Dynair® Ballkissen in slump position. Roll pelvis forward while sitting up straight in NSP. Hold NSP for 5 sec and then slump back 5 sec. Repeat x 5.

Exercise B (Steps 1-5): Repeat step 1&2 then slowly, lean forward in NSP (hold 5 sec), then slowly sit back while maintaining NSP (hold 5 sec). Then roll pelvis backwards and sit back into slump posture. Repeat Exercise B, five (5) times.

Figure 1: pab® graph of steps 1 and 2 of Exercise A (Slump & NSP)

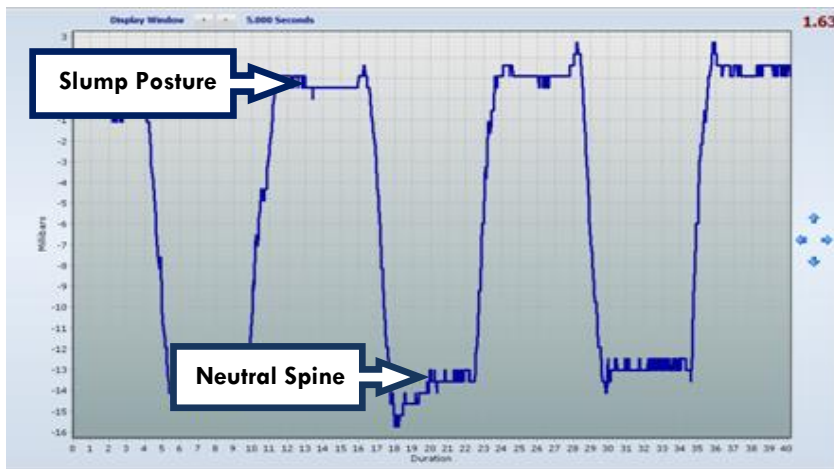


Figure 2: pab® graph of steps 1-5 of Exercise B (Dynamic NSP)

