

Neuromuscular training against back pain with products from PRAEP from Munich.

Successful implementation for patients at the Orthopedic Center Theresie Munich

Dr. Phil. (Univ.) **Thore-Björn Haag**, exercise scientist and head of sports therapy at the **Orthopedic Center Theresie in Munich**, explains how **neuromuscular training** can actively help **against back pain**.

"In patients with back pain, **neuromuscular control** is often **impaired**. This can be effectively trained with **unstable surfaces**. Exercises and training performed on one or both legs on **unstable surfaces** are therefore perfect. **The instability in different axes** specifically targets neuromuscular control, that is, the 'wiring' between the **brain and muscles** optimally. Therefore, we use the **PODS** from PRAEP for therapy in our **practice daily**."



Dr. Phil. (Univ.) Thore-Björn Haag, exercise scientist and head of sports therapy at the Orthopedic Center Theresie in Munich



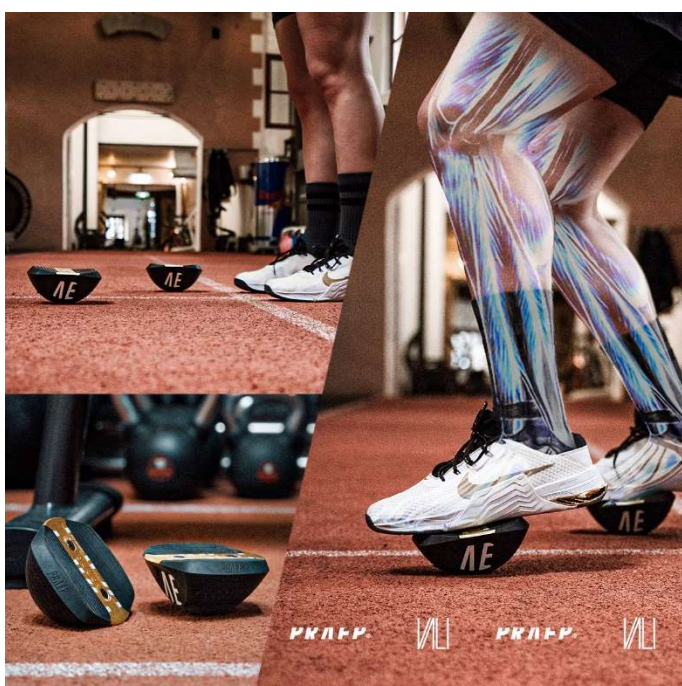
On the one hand, these provide a **very simple way** to train, are very compact, and thus portable. On the other hand, I can also train anytime, even under the table while working **sitting down**, and thereby **activate my legs**, or while **working standing up** and placing one leg on the PODS to **relieve my lumbar spine (LS)**. Additionally, by moving the legs on the **PODS**, the **soleus muscles as well as the gastrocnemius muscles** of the calf can be activated. Activation of this musculature also **promotes blood circulation** in the legs.



The **PODS** from the brand PRAEP from Munich are characterized by their **"360° - Balance"**. As a result, the feet are **trained independently** of each other, and the **mobility** and **elasticity** of the ligaments are significantly improved. The **PODS** are **lightweight, compact, and of high quality**.



Exercises **in standing position**, whether on one or both legs, significantly contribute to **relieving the lumbar spine**. The main area of application here is primarily when **working at a standing desk**. Training on an **unstable surface** (PODS) activates the **muscles** and promotes the **connection between the brain and muscles**.



Just a **few minutes of training daily** are completely sufficient for a **sustainable reduction in back pain caused by impaired neuromuscular control**. Muscle activation occurs through neuromuscular training on an **unstable surface**.



New: with integrated footstraps!

