



Thuisprogramma rugrevalidatie



Vragen of opmerkingen?

Contactgegevens:

Telefoon: 03/285.21.70

E-mail: rugrevalidatie.svz@gza.be

Oefenprogramma thuis

Inhoud

Mobiliteit

- 1) Handen-en knieënstand:
 - a. Cat-camel
 - b. Birddog
 - I. Arm links - been rechts & arm rechts - been links
 - II. Knie naar elleboog
- 2) Spinal wave
- 3) Jefferson curl

Kracht

- 4) Squat
 - a. Basis
 - b. Squat to oblique crunch
 - c. Prisoner squat
 - d. Sumo squat
- 5) Goodmornings
- 6) Plank
 - a. Side plank
 - b. Front plank
 - c. Downward dog
- 7) Bridge
 - a. 2 benen
 - b. March
 - c. Frog
- 8) Fire hydrants

Triggerpoint + stretch

- 9) Triggerpoint tennisbal
 - a. Gluteus/piriformis
 - b. Quadratus lumborum
- 10) Stretching:
 - a. Hamstring
 - b. Piriformis
 - c. Iliopsoas
 - d. 4-way stretch
 - e. Star stretch
 - f. Childpose

Schema's

- 1) 10 Cat-camel → 1.a.
10 Prisoner squat → 4.b.
10 Bridge march → 7.b.
20" li/re Triggerpoint quadratus lumborum → 9.b.
1 li/re 4-way stretch → 10.d.

- 2) 10 li/re Birddog → 1.a.I.
3 x 15" Front plank → 6.a.
10 li/re Fire hydrants → 8.
5 li/re Star stretch → 10.e.
10 Goodmornings → 5.

- 3) 10 li/re Squat to oblique crunch → 4.b.
2 x 15" Side plank → 6.a.
10 li/re Bridge → 7.a.
10 li/re Hamstring stretch → 10.a.
3 x 20" Childpose → 10.f.

- 4) 10 li/re Birddog knee to elbow → 1.b.II.
5 Spinal wave → 2.
10 Squat → 4.a.
3 x 15" Downward dog → 6.c.
2 x 20" li/re Triggerpoint gluteus/piriformis → 9.a.

- 5) 5 Jefferson curl → 3.
10 Frog bridge → 7.c.
10 li/re Piriformis stretch → 10.b.
10 Sumo squat → 4.d.
10 li/re Iliopsoas stretch → 10.c.

1. Handen- & knieenstand

a. Cat-Camel



b. Birddog



I.



II.

2. Spinal wave



3. Jefferson curl



4. Squat

a. Basis



b. Squat to oblique crunch



c. Prisoner squat



d. Sumo squat



5. Goodmorning



6. Plank

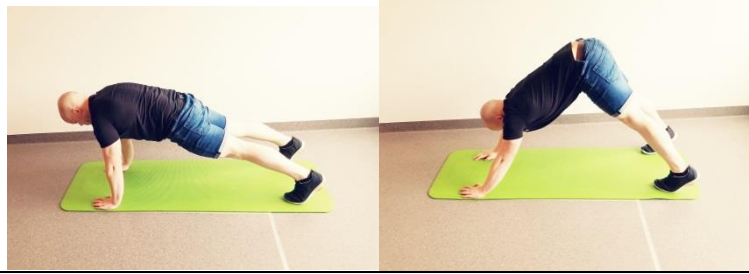
a. Side plank



b. Front plank



c. Downward dog



7. Bridge

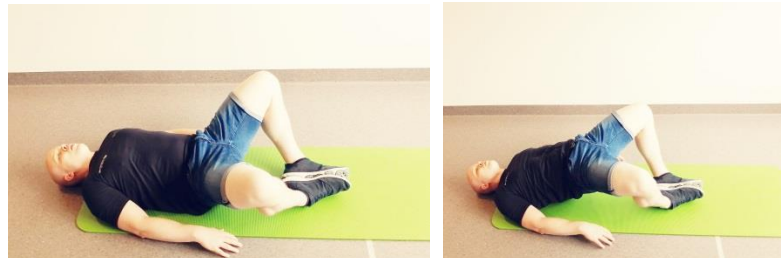
a. 2 benen



b. March



c. Frog



8. Fire hydrants

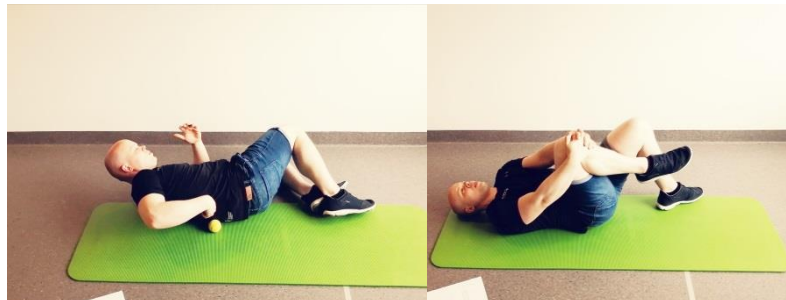


9. Triggerpoint tennisbal

a. Gluteus/piriformis



b. Quadratus lumborum



10. Stretching

a. Hamstring



b. Piriformis



c. Iliopsoas



d. 4-way stretch



e. Star stretch



f. Childpose

