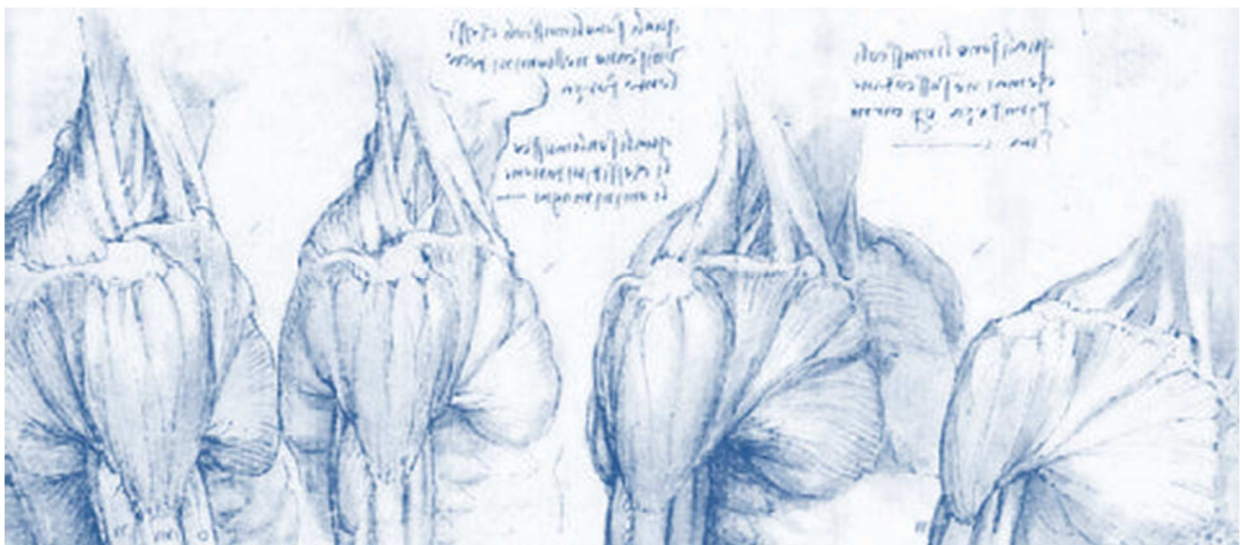


Workshop

**Untersuchung und Behandlung der oberen HWS aus
manualtherapeutischer und sportmedizinischer Sicht**



Royal Collection Trust, (C) Her Majesty Queen Elizabeth II 2013

**Jahreskongress SAMM
Casino Kursaal Interlaken 30.11. – 02.12.2023**

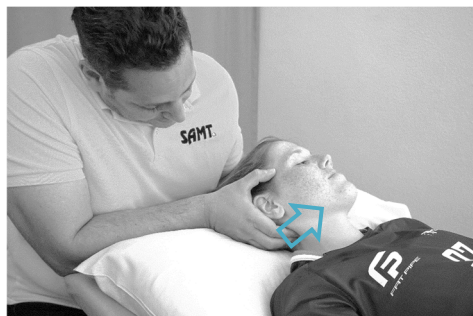
© Birol Zeybeker / Nadine da Silva Riedel
Basel

Untersuchung

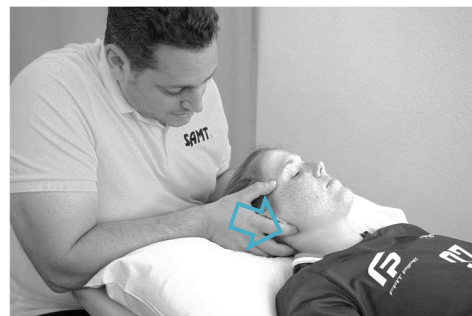
M

Mobility / Bewegungseinschränkung

Rotation

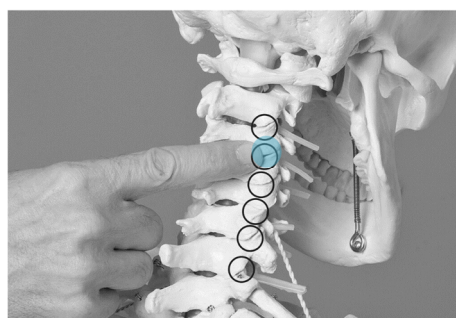


Lateralflexion



I

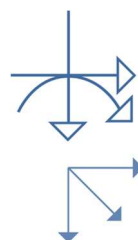
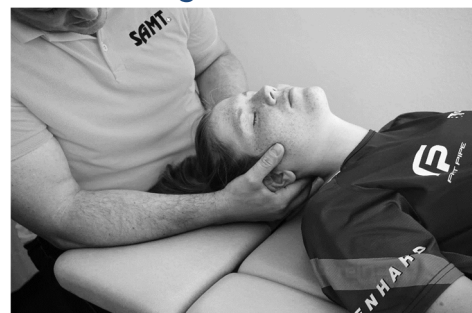
Irritability / Irritation (IZ)



P

Provocation / Provokation / Joint Play

Konvergenztest in RL

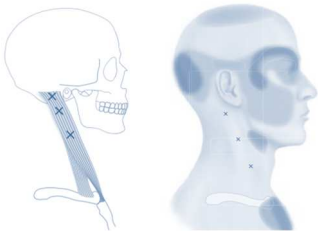


- Extension
- Lateralflexion Rechts
- Rotation Rechts

Behandlung

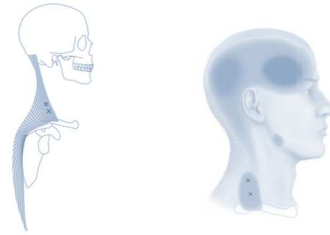
Therapie der muskulären Überlastung (TrP):

Sternocleidomastoideus



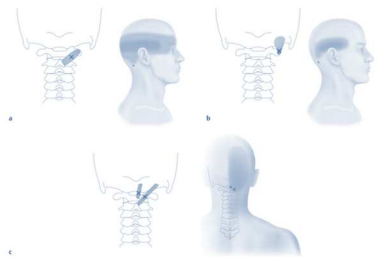
Adaptiert n. Gautschi 2013

Trapezius descendens

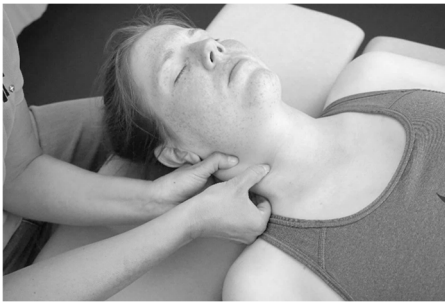


Adaptiert n. Gautschi 2013

Suboccipitale Mm.



Adaptiert n. Gautschi 2013



(Technik 3)



(Technik 2b)



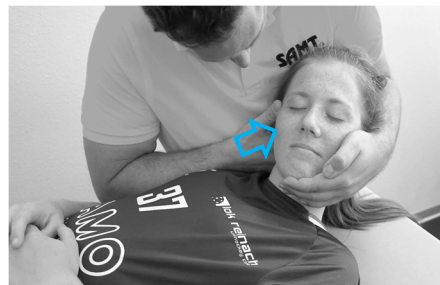
(Technik 1)

Therapie der artikulären Überlastung (MMI):

Occiput, Supine Cradle Hold, Lateral Flexion (Scoop)



Occiput, Supine, Cradle Hold Superior



Cervical, Supine, Bilateral Index, Rotation

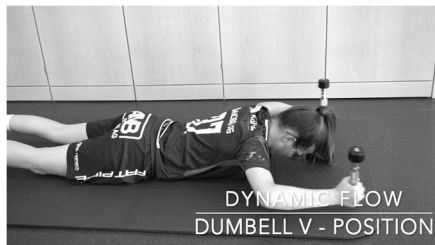
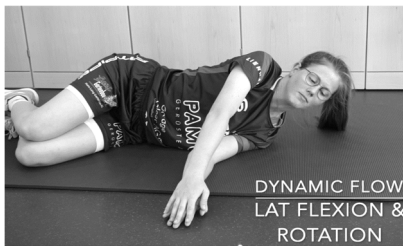
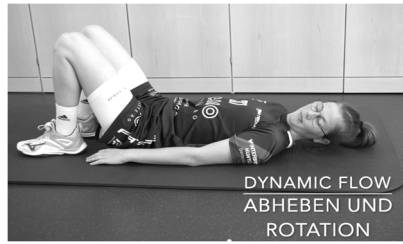


Übungen

Mobility Flow



Dynamic Flow



Power Flow

