

BACK IN ACTION SPINE

The test battery for
spinal injuries and
back pain



This test battery allows us to assess rehabilitation progress following spinal injuries and identify potential causes of back pain. The assessment includes testing the activity of the back muscles in various positions, as well as the strength and endurance of the hip muscles.

BIA SPINE FOR

- Assessment of back pain
- Monitoring the rehabilitation process
- Supporting a safe and appropriate return to daily activities and sports

Prices and further
information available
at www.motum.at



TESTING 90 MIN

- Flexion-Relaxation Test with muscle activity assessment
- Biering-Sørensen muscle endurance test with muscle activity assessment
- Isokinetic strength testing of the hip flexors and extensors
- Expert feedback from a sports scientist

TARGET GROUPS

- Active people
- Recreational athletes
- Amateur athletes

