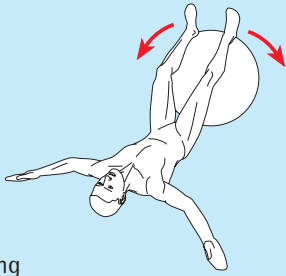
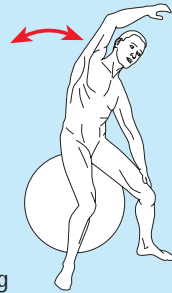




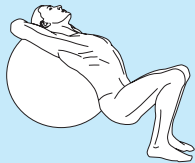
1. Übung



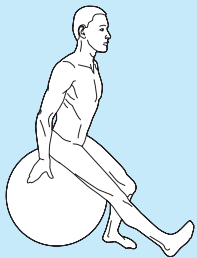
2. Übung



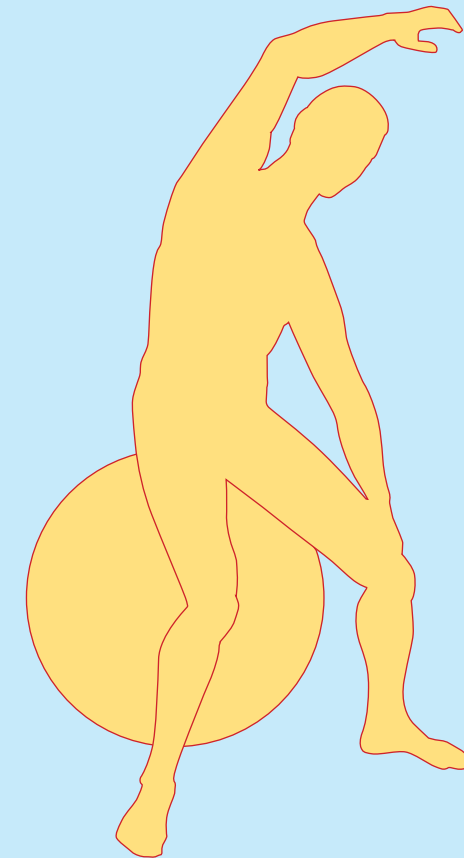
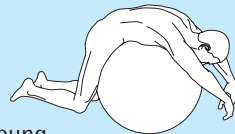
3. Übung



4. Übung



5. Übung



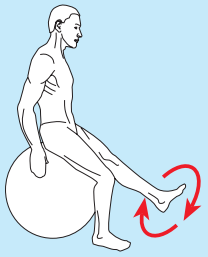
Wir wünschen Ihnen viel Spaß beim Ausführen dieser Übungen, die verbunden sind mit dem „Wiedererlernen“ der Bewegungskontrolle über bestimmte Muskelgruppen.  
Ihr Reha-Team.

Übungen mit dem Gymnastikball

# Hausübungsprogramm mit dem Gymnastikball (Pezzi-Ball)

Allgemeines „Warm up“, Beweglichkeit der Wirbelsäule, Gleichgewicht

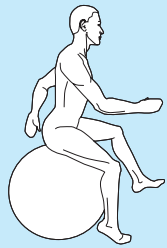
## Kräftigungsübungen und Stabilisation



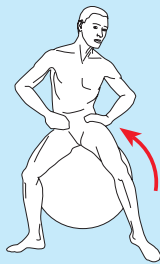
1. Übung



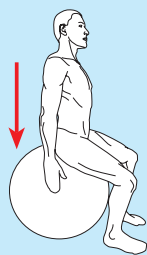
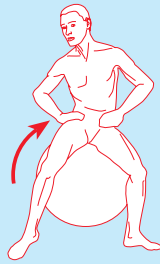
2. Übung



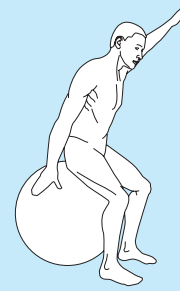
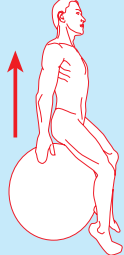
3. Übung



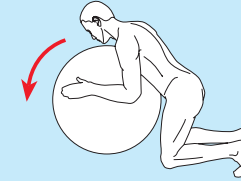
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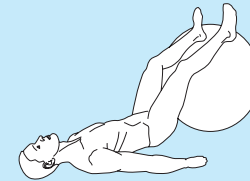
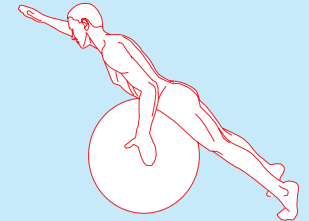
5. Übung



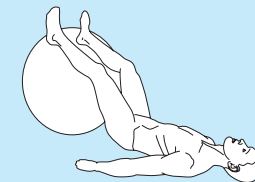
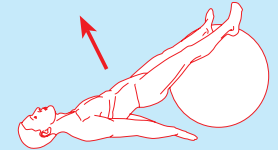
1. Übung



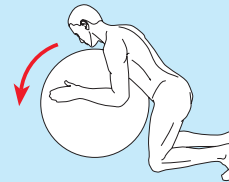
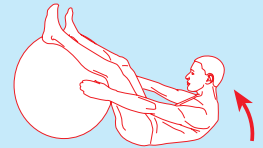
2. Übung



3. Übung



4. Übung



5. Übung

