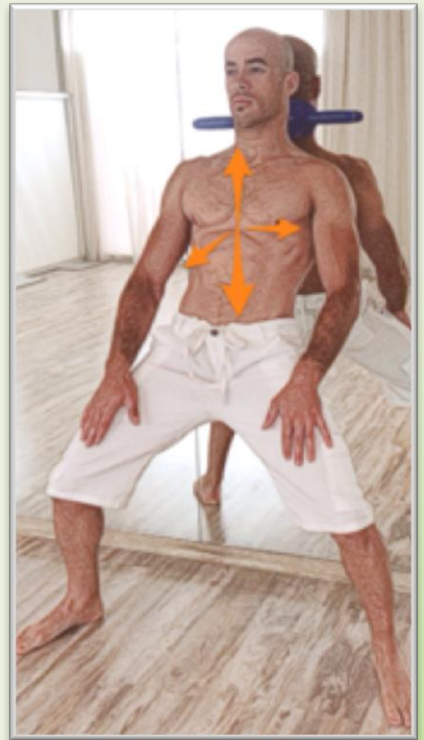
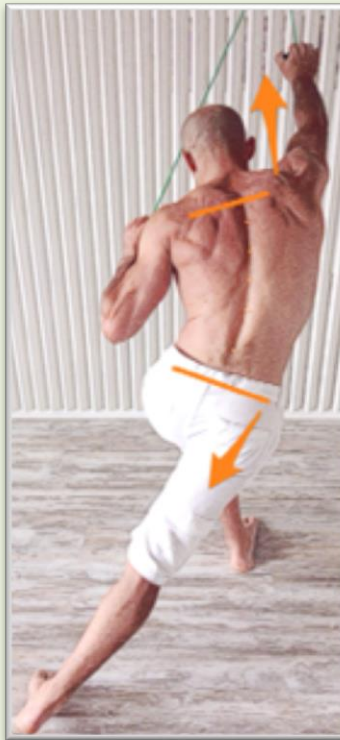
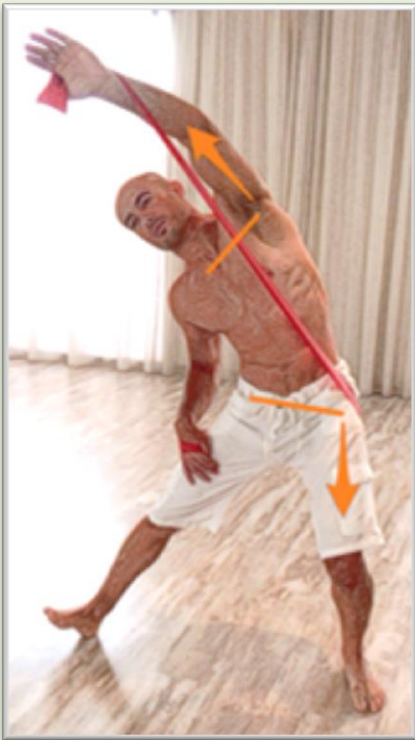


3 Key Exercises for a Healthy Back

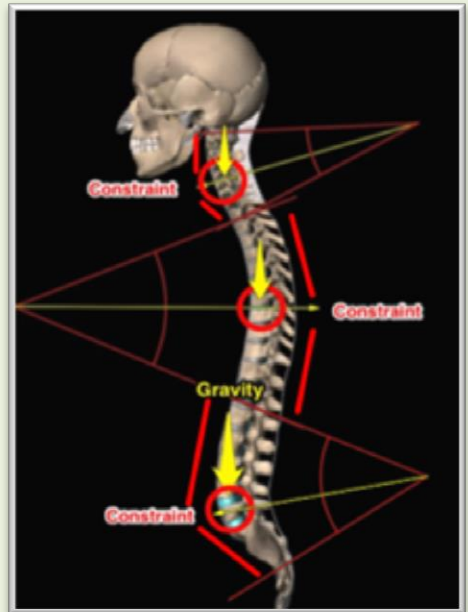
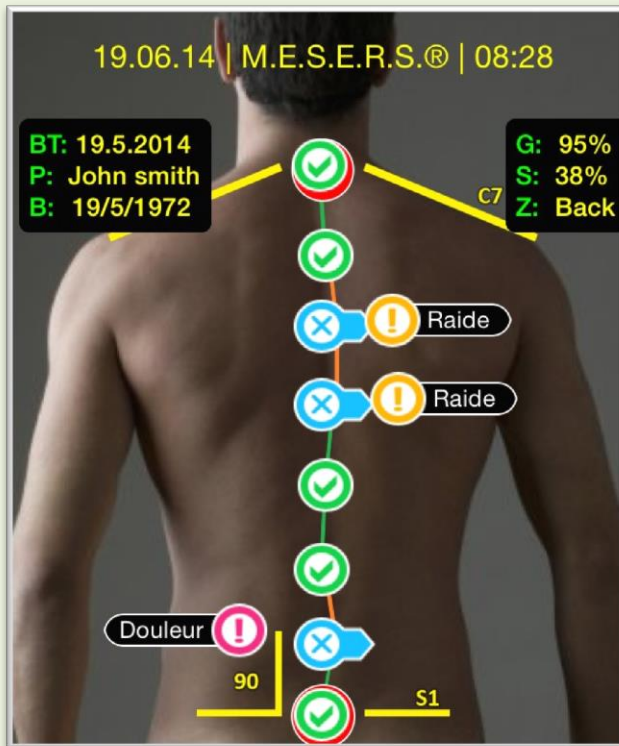


M.E.S.E.R.S.[®] Method



Warm-up - Stretch - Stabilise

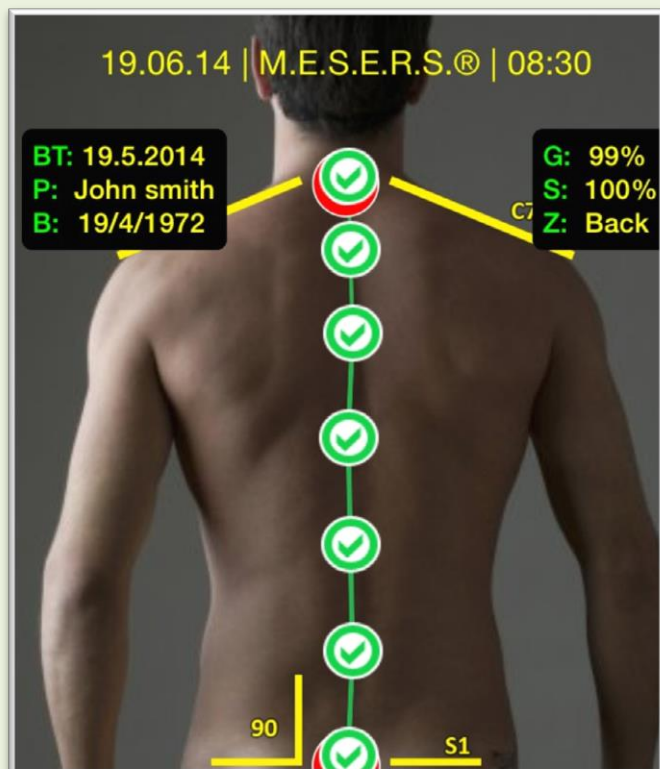
The areas back's constraints



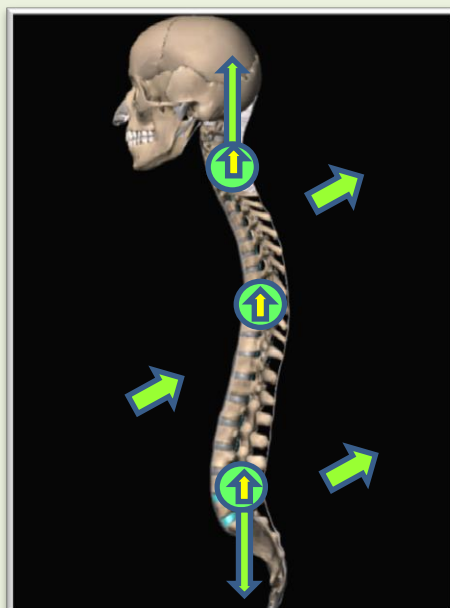
Incorrect alignment
(see Tests Module)

The vertebral column is subjected to **constraints of verticality, prolonged sitting and/or the carrying of physical and/or emotional weight**. The dorsal zone is the one that stiffens most over time.

Zones relieved by the 3 key exercises



Correct alignment
(See Tests Module)



With the three key exercises the back will **warm-up, stretch and stabilise** and soon recover painless mobility.

The 3 key exercises of the M.E.S.E.R.S.® Method



Mobilise
Balance



Warm-up

Relieve
Stretch



Stretch

Re-adjust
Stabilise



Stabilise

For anyone seeking an efficient, fast and enjoyable way to relieve back pain and maintain the benefits.

3 exercises
3 times a day, 30 seconds each!

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Stabilise

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Mobilise

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Balance

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Relieve

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Stretch

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Re-adjust

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Stabilise

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- N°1: **Side Work**
muscular work; «active» breathing out
- N°2: **Side Stretch**
disc stretching; «slow» breathing out
- N°3: **Roller Fix**
joint stabilisation; normal breathing

After a training session with a MESERS® approved therapist you will be able to adjust the amount, the position (height of pulley and roller) and intensity of the exercises according to your needs and your therapist's advice.

The three exercises should be carried out every day, morning, noon and evening and in the correct order (warm-up, stretch and stabilise), without pain, without excess and without blocking your breathing.

For better self-control, perform the exercises with closed eyes. The exercises are also good preparation and contribute to improve the outcomes of manual therapies.

View the exercises on the Spine & Tests App





Side Work



ENERGY

Movement

FUNCTION

Suppleness

STRUCTURE

Balance

Side Stretch



Roller Fix



3 keys exercises

The 3 key exercises

Without and with Kit MESERS



You should use the kit Mesers for the pratcice of the exercices because it increase the efficiency of them.

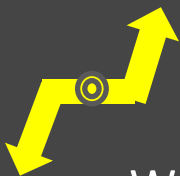


Without kit MESERS
(without force couple)

When you don't have it wirh you (holidays, working)
practice them 3 times more.

3 exercises (without kit)

9 times a day, 30 seconds each!

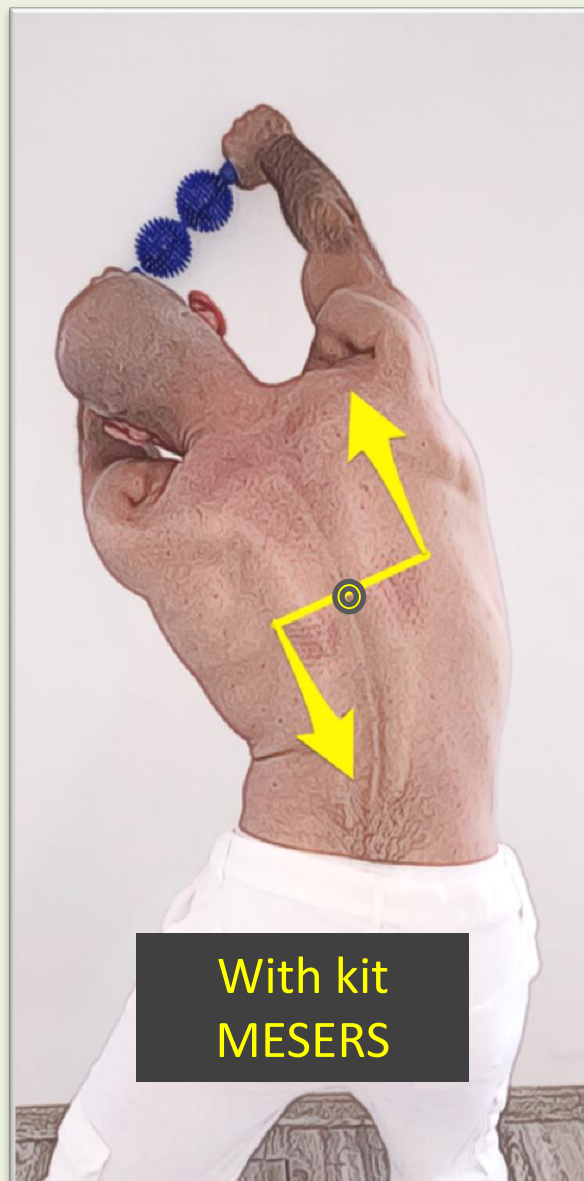


With Kit MESERS

When you wake up the morning
When you have the kit at work at midday
When you finish your day at home
More efficient

3 exercises

3 times a day, 30 seconds each !



30 seconds, active left and right stretches

Mobilise and Balance

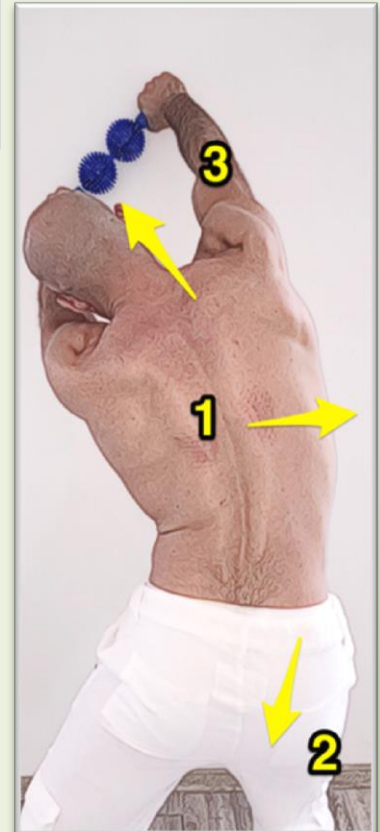
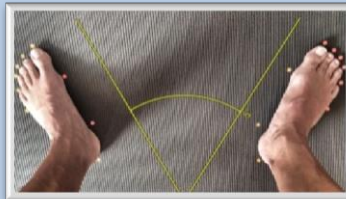
M.E.S.E.R.S.

Starting position: face the wall, body is vertical, arms stretched out. Move roller 20 cm above shoulders. Feet 1 meter apart.

roller

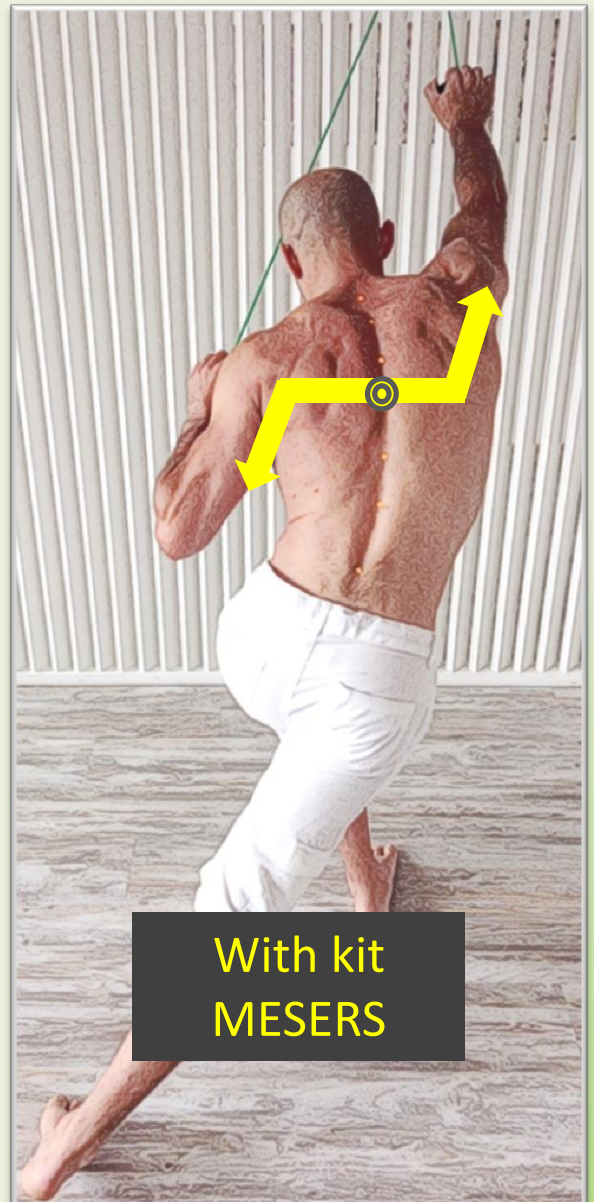
Exercise:

Feet in «duck position», move the thorax (1) laterally while rotating the roller parallel to the wall and lifting opposite forefoot. Lower the pelvis (2) while bending the knee on side of pelvic movement. Stretch the arms without extra effort (3) on side of pelvic movement.



End position: return to starting position breathe out holding in your stomach during the movement (exhale your emotional tension) for 4 seconds, **return** to the middle in 1 second while breathing in. Do the same on the other side . This exercise is crucial as it warms up the deep muscles of the rachis. Can be performed seated if problem with legs.

Perform 6x, alternating left and right



30 seconds, passive stretching , alternating left and right

Relieve and Stretch

M.E.S.E.R.S.

Starting Position: arms and rope at same level. Selected back zone is put under tension by moving buttocks back 20 cm. Feet 1 meter apart.

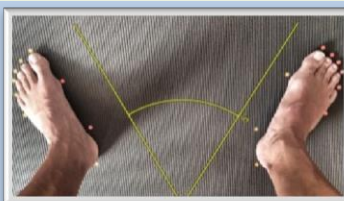
pulley

Exercise:

Feet in

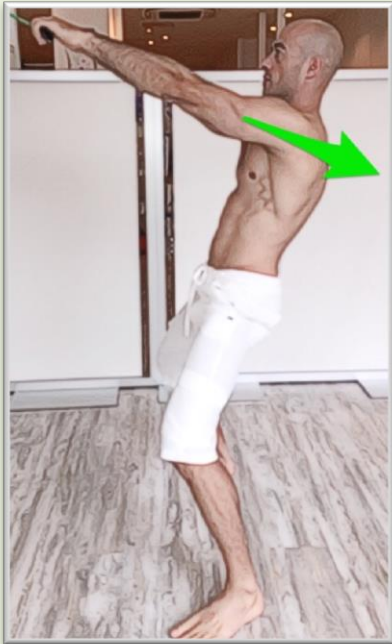
«Duck Position»

Move thorax laterally (1) parallel to the wall, lifting opposite forefoot. Bend opposite arm (2) during the movement without extra effort (slight tension applied to pulley). Lower the pelvis(3) while bending the knee.



End position: return to vertical position. Breathe out slowly for 4 seconds, **return** to the middle in 1 second during the movement. Change sides. This exercise is crucial as it decompresses the intervertebral discs of the rachis. Can be performed seated if problem with legs.

Perform 6x alternating left and right



Upper back

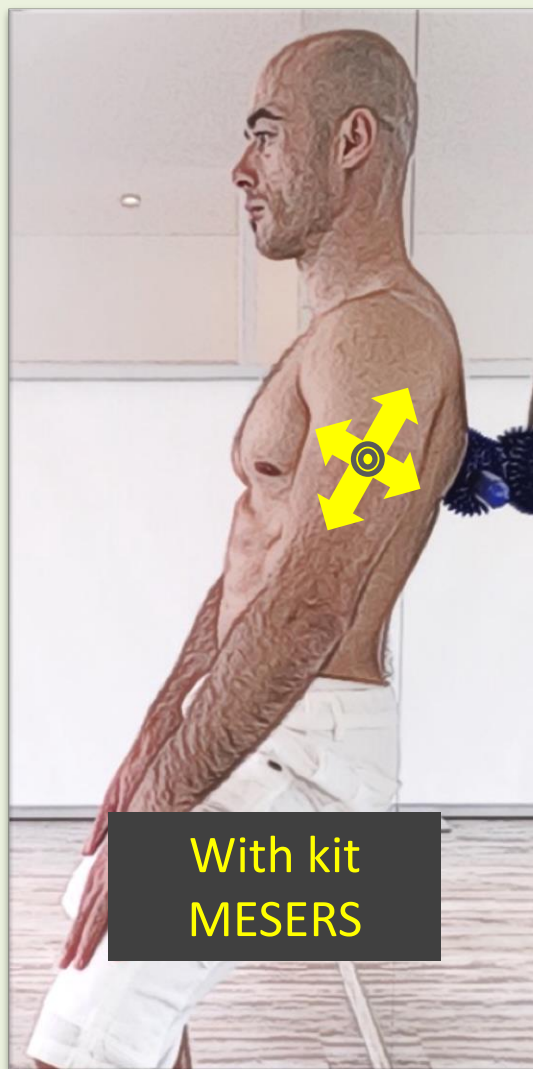


Middle back



Lower back

Three working heights that can be performed
for Side Work and Side Stretch



Mobilization of joints in the back

Re-adjust et Stabilise

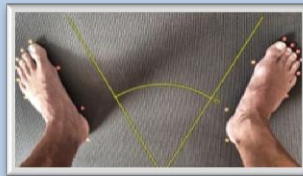
M.E.S.E.R.S.

Starting Position: feet in «duck position», 1 meter apart 20 cm from wall. Roller placed between sacrum and wall.

roller

Exercise:

Position of feet:
«duck position»



Press the roller at buttock level, bend knees, straighten back. Move the roller top down, every 3 cm while keeping knees bent = stabilisation of articulations.

Make small figure of «eight movements » (double propeller style) top down, left to right and front to back.



End position: return to vertical position by pushing away from the wall with your hands. You can also move your arms or legs while maintaining the roller pressed against the wall.

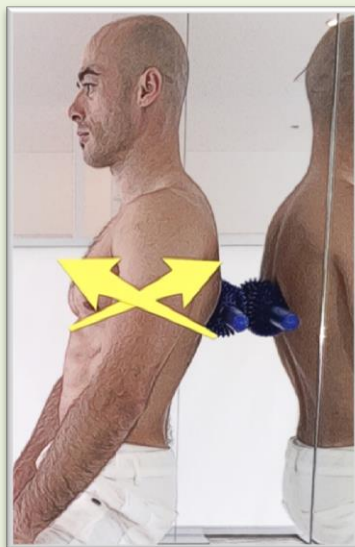
3x with 10 movements, from the sacrum to the head

lumbar



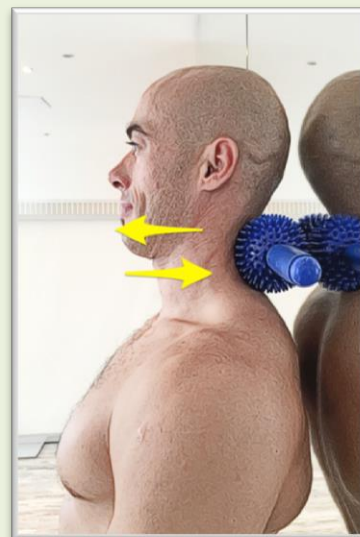
Up-Down
movements

dorsal



Lateral
movements

cervical



Rotation
movements

30 seconds of roller movement from lower to upper back moving the roller along the vertebrae.



Easy level

Sitad with less amplitude
in the arms and the back

Medium level

Standing with good amplitudes
in the arms and the back

Advanced level

Standing with more amplitudes
in the arms and the back

3 levels are available with or without kit MESERS
Let your therapist give you the goods advices



Sitting, the roller against the wall or on a table

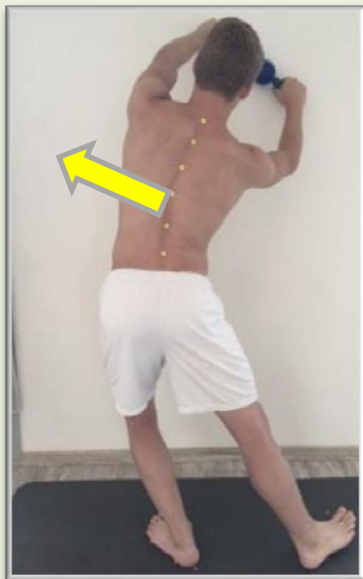


Sitting, pulley set high or a bit lower

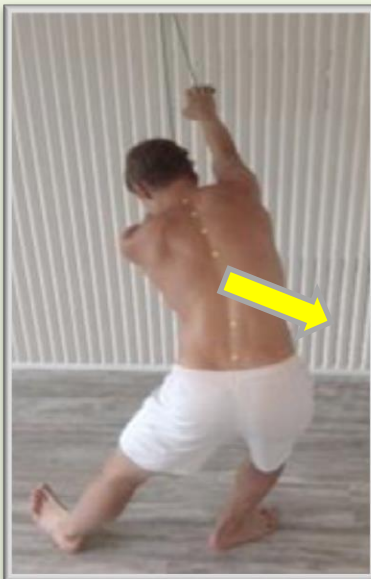


Sitting, more or less high in the roller

The easy level will have to be adapted to the possibilities of non-pain



Standing the
roller against
the wall



Standing the
pulley high



Standing the
roller against
the wall

The **medium level** is normally adapted for everyone who don't have legs or shoulders problems



Working with
elastic to
increase the
difficulty



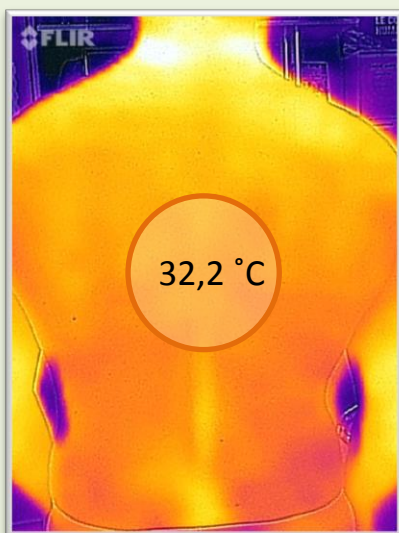
Leg stretched
to lengthen
the spine



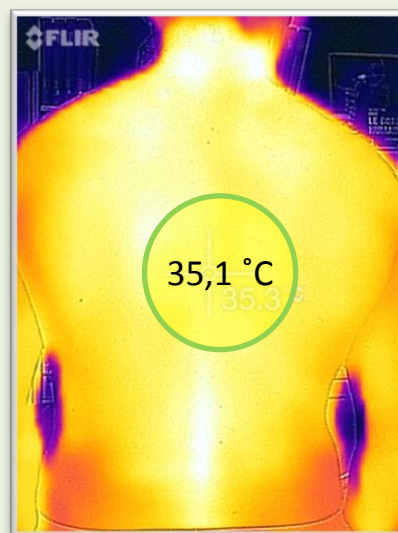
Feet away
to increase
support

Difficult level will need to be adapted in terms of skills
acquired during training

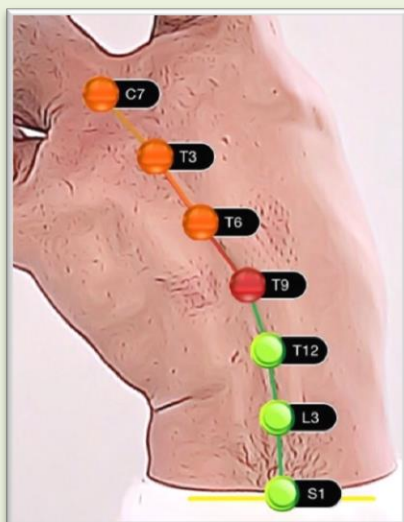
Temperature (TT) posterior body face
Before and After method



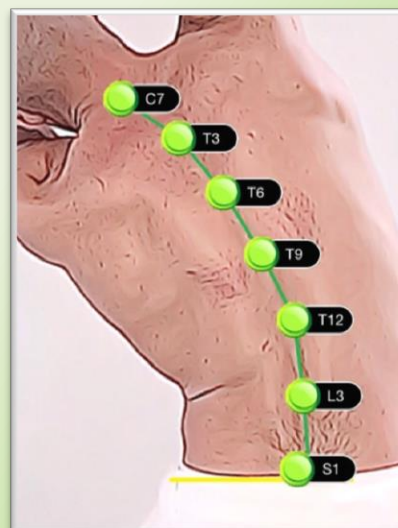
Réf: 225785



Mobility Side Bending Test (SBT)
Before and After method



Réf: 169169



Warm-up

Stretch

Stabilise

Training with a Mesers therapist
is a pre-requisite

3 key exercises
morning, noon and evening
3 x 30 seconds

1) Roller



2) Pulley



3) Elastic



- 1 and 2 used for **Side Work** exercise seated or standing.
- 1 and 2 used for **Side Stretch** exercise, seated or standing.
- 1 used for **Roller Fix** exercise that helps back joint re-adjustment.
- 1, 2 and 3 through combined action mobilise the back along different axes.
- 1, 2 and 3 may also be used for **exercises 5 for fit**
- 3 used for **Side Work exercise** (advanced level).

Kit available on www.mesers.ch