



SSC
Eindhoven

Back on Track Course

For (lower) back complaints

Many people experience a variety of lower-back related complaints at one point in their lives. Whether this be caused by an injury during sport or related to study or work, these complaints can often be prevented or recovered through gaining proper knowledge and guidance. This course is meant for that and consists of 3 consecutive lessons of 1 hour which focus on assessing and understanding the complaint of each participant. We dive deeper into theories behind injury prevention and practical steps to make towards rehabilitation and long-term solutions for recovery.

The goal of this course is to assist in recovery and proper management of lower back-related complaints. The lessons will be both practical and theoretical: the group will visit the fitness, go over exercises and movements targeting the spine, and will receive measurable tools for follow-up at the beginning and end of the course.

Price: € 15,-

Time & Location: Every Monday, 18h00 - 19h00

Meeting point: SSC entrance / information desk

