



SSC
Eindhoven

Back on Track Course

For shoulder and neck complaints

Many people experience a variety of shoulder and neck- 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 4 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 neck and shoulder complaints.

The lessons will be both practical and theoretical: the group will visit the Fitness, go over exercises and movements targeting the neck and shoulders, and will receive measurable tools for follow-up at the beginning and end of the course.

Price: € 15,-

Time & Location: Every Thursday, 19h00 - 19h45, Conference Room

