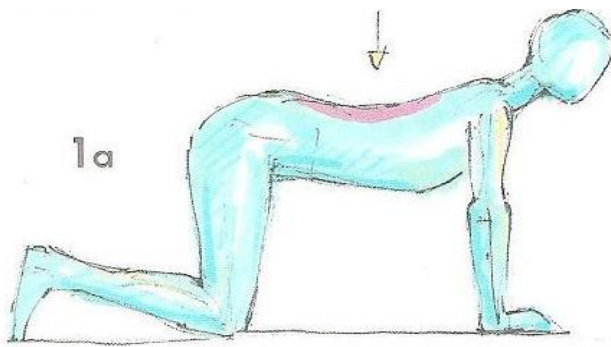
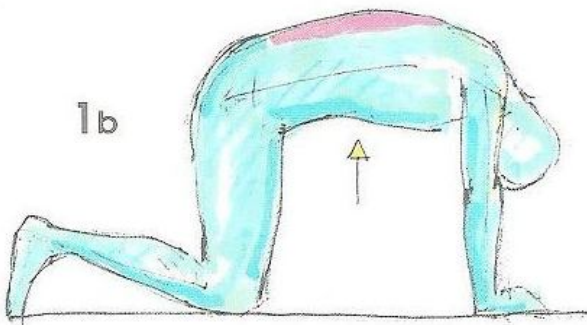




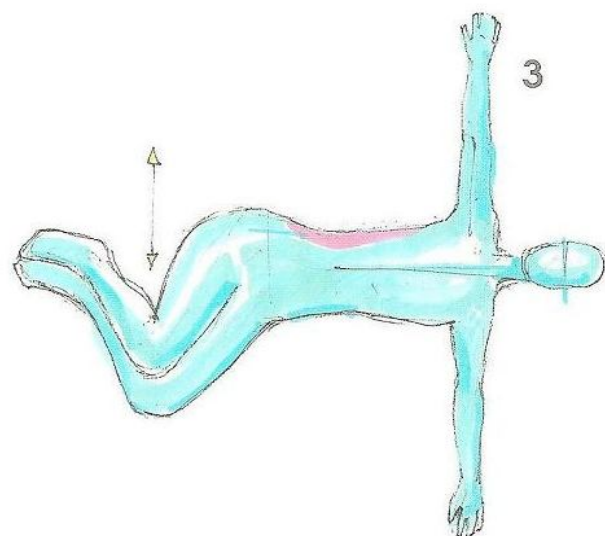
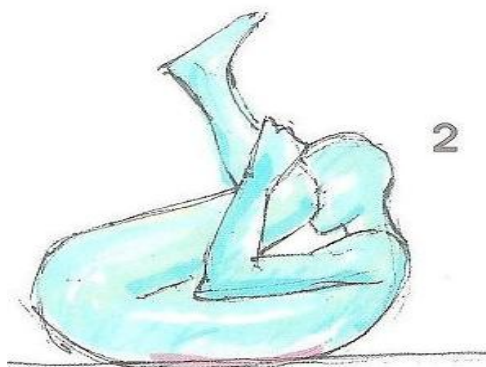
Mobiliserende oefeningen (thoraco) lumbale wervelkolom



1a 1 Rug hol en bol maken



1b 2 Trek beide knieën op naar de borst



3 3 Trek de knieën op in zijlig en roteer naar links (rechter zijlig) en omgekeerd.