WWW.SMSYSHEMLEU

| Contents |
|----------|
|----------|

| I. Theoretical basics of the SMS method   |      |
|---|------|
| - Introduction  |      |
| - We respect the anatomical arrangement of the body and the natural laws of movement                                      |      |
| - The development of the SMS method   | 5    |
| - Spiral and vertical muscle chains - different effects on the spine  | 6    |
| - The main cause of back pain - vertical stabilization of movement.   | 7    |
| - Local mechanical causes of back pain  | 8    |
| - The general cause of back pain is the functional failure of spiral muscle chains - treating them involves their activat | ion9 |
| - The main principles of SMS exercises  |      |
| - Coordination: stabilization of the pelvis, body axis and optimal shoulder blade movement                                | 11   |
| - Breathing during exercise, starting in a relaxed position - inhale, finishing in an active position - exhale            |      |
| - Attaching the elastic band and fastening the handle around the hand and foot  |      |
| 5   |      |
| II. Practical section - harmonic set of 12 exercises  |      |
| - Basic exercise quidelines   |      |
| - Exercise program - harmonic set of 12 exercises.  |      |
| - Exercises for achieving muscle balance and aligning posture.  |      |
| - Mobilization exercises for the whole spine  | 27   |
| - Exercising coordination and balance.  |      |
| Exercising coordination and Edutatee  |      |
| III. Anatomy of the muscle chains   |      |
| - Spiral chains   | A 2  |
| - Vertical chains.  |      |
| - Breathing - relationship to the muscle chains.  |      |
| - Breating - relationship to the muscle chains.   |      |
| IV. Principles of the SMS exercises   |      |
| - Principles of the SMS exercises - Overview  |      |
|   |      |
| - Balanced posture, muscle balance  | 64   |
| - Spiral stabilization - possibilities of checking activation - aspection and palpation                                   | 65   |
| - The phenomenon of the narrowing of the waist  | 66   |
| - Spinal traction - stretching the spine upwards  | 67   |
| - Centralization of the spine, segmental distribution of movement   | 68   |
| - Reciprocal innervation  |      |
| - Stretch reflex  |      |
| - Postural reaction   |      |
| - Strengthening the abdominal muscles - balancing the position while lying and while standing                             | 72   |
| - Alternating the passive (vertical) and active (spiral) spine stabilization  | 73   |
| - Disorder of the alternation of vertical and spiral stabilization  |      |
| - Movement pattern of the spine and shoulder blades during arm extension  | 75   |
| - Muscle de-contraction - an energetically demanding phenomenon requiring good blood flow to the muscles                  | 76   |
|   |      |
| V. Principles of therapy, regeneration and prevention using the SMS method  |      |
| - SMS - a unique method in the regeneration, prevention and therapy and conditioning training                             | 79   |
| - Lapsed disc treatment strategy  |      |
| - Acute pain phase  | 82   |
| - Early subacute phase  | 83   |
| - Late subacute phase   | 84   |
| - Healing phase - preparing for sports after a lapsed disc  | 86   |
| - We must exercise regularly 10 - 15 minutes a day  | 87   |
| - Diagnoses appropriate for treatment using SM-system methods   | 88   |
|   |      |
| VI. Basic SMS method manual techniques  |      |
| - Manual therapy  |      |
| - Correction and assistance during exercise, dynamic massage of relaxed muscles in reciprocal inhibition                  |      |
| - 4 manual techniques in the lying position that quicken or enable movement treatment.                                    | 93   |
| 1 - Ao L  |      |

| /II. Examples of treatment and preventive procedures for various diagnoses                  |   | 9    |
|---|---|------|
| Slipped intervertebral disc in the back following its overburdening during sports - tennis  |   |      |
| Cervico-brachial syndrome.  |   |      |
| Arthrosis of the hip joint, preparation for complete endoprosthesis and follow-up treatment |   |      |
| Flat feet, hallux valgus  |   |      |
| Scoliosis.  | 111                                     |      |
|   |   |      |
| /III. The development of movement stabilization, walking stabilization and running stabil   | ization                                 | 12   |
| Development of spiral stabilization during child development                                |   |      |
| Walking – coordination of movement  |   |      |
| Optimally coordinated and stabilized running – conditioning training                        | 128                                     |      |
| Exercising during pregnancy   |   |      |
| Exercising during programs,   |   |      |
| X. SMS method exercised, exercises creating or supporting the spiral stabilization of mo    | vement                                  | 1.3  |
| Movement (coordination, direction), muscles (mobile, stabilizing, anti-gravitational),      | venent                                  | •••• |
| spine (intervertebral discs, joints)spine (intervertebral discs, joints)                    | 137                                     |      |
| 4 exercises for beginning and rehabilitation  | 134                                     |      |
|   |   |      |
| 11 exercises in a sitting position  |   |      |
| 12 exercises in a standing position – treatment variant                                     |   |      |
| Stretching without the cord - arms  |   |      |
| 10 exercises for the legs   |   |      |
| Stretching without the cord - legs  |   |      |
| Stretching, relaxation and mobilization of the neck   |   |      |
| Exercises performed standing on one leg – balance training                                  | 141                                     |      |
| Step - training quick body stabilization  | 142                                     |      |
| Examining extension in the shoulder muscle group  | 143                                     |      |
| Examining extension in the pelvic muscle group  | 144                                     |      |
|   |   |      |
| K. SMS method training  | · · · · · · · · · · · · · · · · · · ·   | 14   |
| - Courses - therapist, trainer, exercise instructor, SMS method teacher                     | 149                                     |      |
|   |   |      |
| KI. Formula for the SMS method documentation  | *************************************** | 15   |
| Examining tensed and weakened muscles   |   |      |
| Examining the extension in the shoulder and pelvic muscle groups                            | 154                                     |      |
| Rehabilitation plan.  |   |      |
| •   |   |      |
|   |   |      |





