

I. Theoretical basics of the SMS method.....	1
- Introduction.....	3
- We respect the anatomical arrangement of the body and the natural laws of movement.....	4
- 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 activation.....	9
- The main principles of SMS exercises.....	10
- 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.....	12
- Attaching the elastic cord and fastening the handle around the hand and foot.....	13
II. Practical section - harmonic set of 12 exercises.....	14
- Basic exercise guidelines.....	16
- Exercise program - harmonic set of 12 exercises.....	17
- Exercises for achieving muscle balance and aligning posture.....	18
- Mobilization exercises for the whole spine.....	26
- Exercising coordination and balance.....	31
III. Anatomy of the muscle chains.....	37
- Spiral chains.....	40
- Vertical chains.....	52
- Breathing - relationship to the muscle chains.....	56
IV. Principles of the SMS exercises.....	59
- Principles of the SMS exercises - Overview.....	61
- Balanced posture, muscle balance.....	62
- Spiral stabilization - possibilities of checking activation - aspection and palpation.....	63
- The phenomenon of the narrowing of the waist.....	64
- Spinal traction - stretching the spine upwards.....	65
- Centralization of the spine, segmental distribution of movement.....	66
- Reciprocal innervation.....	67
- Stretch reflex.....	68
- Postural reaction.....	69
- Strengthening the abdominal muscles - balancing the position while lying and while standing.....	70
- Alternating the passive (vertical) and active (spiral) spine stabilization.....	71
- Disorder of the alternation of vertical and spiral stabilization	72
- Movement pattern of the spine and shoulder blades during arm extension.....	73
- Muscle de-contraction - an energetically demanding phenomenon requiring good blood flow to the muscles.....	74
V. Principles of therapy, regeneration and prevention using the SMS method.....	75
- SMS - a unique method in the regeneration, prevention, therapy and conditioning training.....	77
- Herniated disc treatment strategy.....	79
- Acute pain phase.....	80
- Early subacute phase.....	81
- Late subacute phase.....	82
- Healing phase - preparing for sports after a herniated disc.....	84
- We must exercise regularly 10 - 15 minutes a day	85
- Manual therapy.....	86
- Diagnoses appropriate for treatment using the SM-system method.....	87
VI. Conclusion.....	88
- Selection of SMS exercise courses for physical therapists, doctors, aerobics instructors, trainers, and physical education teachers.....	90
- 12 exercises harmonizing the figure - an outline of exercises.....	91