

En wat voor ons het belangrijkste is
De conclusie van topwetenschapper
Neil Broom



Gebruik **neutrale** rugposities met gebruik
van rompspieren bij bukken en tillen.

ORIGINAL ARTICLE


A more realistic disc herniation model incorporating compression, flexion and facet-constrained shear: a mechanical and microstructural analysis. Part II: high rate or ‘surprise’ loading

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flexed posture, is further reduced with high rate loading. This study confirms the clinical observation that complex postures with loading render the disc more susceptible to failure [1, 22, 23], and that there is rationale for employing neutral postures along with engagement of core and trunk musculature in manual material handling activities.

Disc herniations in astronauts: What causes them, and what does it tell us about herniation on earth?

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We suggest that axial loading of the spine in a **neutral** posture would be better. Furthermore, it would be beneficial to optimise the training programs on exercise devices on the ISS to avoid inappropriate loading and to consider post-flight exercise with partial unloading.



Michael Adams



2 is beter, in correspondentie

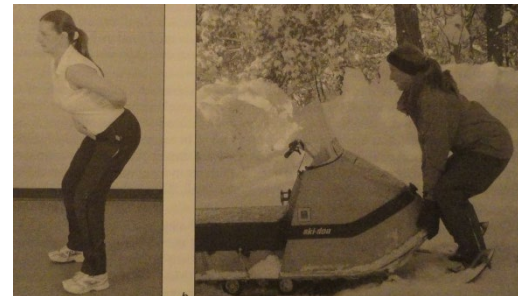
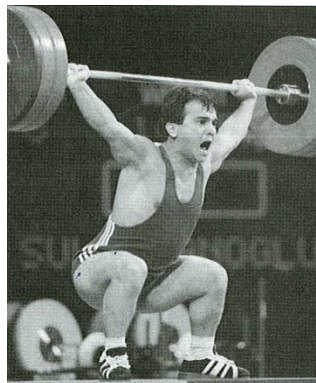
McGill, mechanisme rugblessures

Belasting in maximale flexie is zwaar voor de rug

Een meer neutrale positie kan veel beter
belastingen verdragen

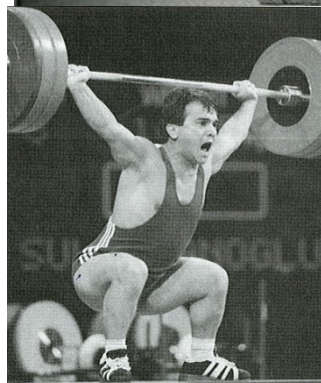
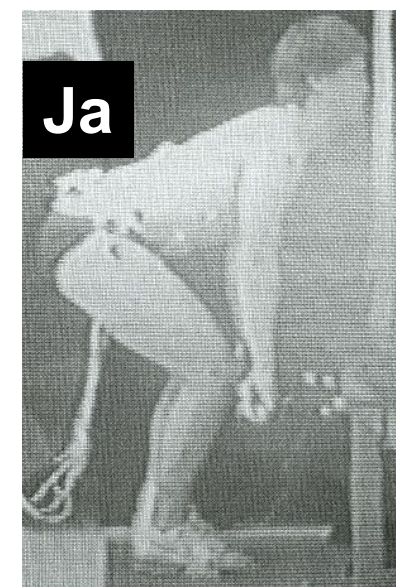
Bij Bol bukken is er veel meer belasting passieve structuren
en geen musculaire controle

Bij Gewichthefferstechnieken is er veel meer musculaire
controle en minder belasting passieve structuren





Stuart McGill en GHT



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Neil Broom

Kortom

Gebruik GewichtHeffersTechnieken Ter preventie van rugklachten en bij herstel van “flexie” rugklachten



Stuart McGill



Michael Adams

