

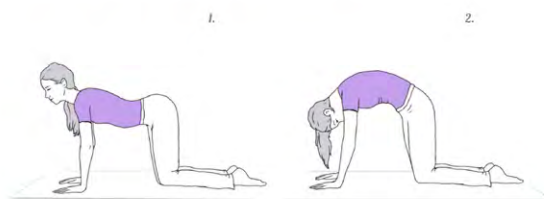
#### The musculature

Unlike ligaments and bones, the muscles are active and can be controlled by the brain. It is, therefore, the part of the back that can be trained. Strong back muscles, but also abdominal muscles, take the strain off bones, ligaments and tendons during movements. In contrast, slack or shortened muscles, for example, impair the tendons that connect the muscle to the bone. If the muscles are not used, they atrophy. The same can happen with permanent muscle tension.



#### At home

The following exercises are to be understood as examples. **Develop your own personal training programme** by selecting the exercises in this training that are **tailored to your needs** and, if necessary, supplement them with other exercises that you know. For example, if you have a relatively stable, well-balanced back, you should make sure to target all the muscle groups evenly. If, on the other hand, one area hurts more often, it is best to focus on this area in several exercises. You should also **adapt the number of repetitions to your individual training level**.



#### Which sports are suitable for the back?

The idea that there are sports that are particularly good for the back and sports that are particularly bad for the back is increasingly being abandoned. Instead, the motto is: **every type of sport is suitable for strengthening the back - provided you pay attention to the following:**

- the right technique
- an adequate pace
- the right equipment and
- if necessary, supplementary training for the less activated muscle groups.

So you don't have to **give up your favourite sport**. But you could combine it with another sport that compensates for some of the disadvantages. Or you could combine the best of both worlds, with something like aqua jogging. Trying out different sports is a great trick to help people who quickly lose interest in sports to stay on the ball.

**For beginners:** Do endurance sports, not competitive sports. With the latter, the risk of injury is much higher.



e-learning

# Back training

Lack of exercise and long periods of sitting damage our backs. In this e-learning you will learn how to counteract back pain and strengthen your back muscles through targeted back training.

Group of participants:

For all who want to relieve and train the back by sitting for a long time.

Duration: **approx. 0,5 hours**

Language:  

## Learning objectives

- ✓ You will know the central importance of exercise for your back.
- ✓ You'll be able to do targeted exercises for pain relief and prevention.

## Contents

Why should I train my back?

How is my back structured?

How do I get moving?

Which sports are good for the back?

Which exercises can I use to train my back specifically?

How do I train my back when it hurts?



**Information on the web**

[www.haufe-akademie.de/el](http://www.haufe-akademie.de/el)



**Let us advise you**

Tel. +49 761 595339-10 • [digitales-lernen@haufe-akademie.de](mailto:digitales-lernen@haufe-akademie.de)