

## Spine / Back / Neck

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### Muscular Problems

#### Relaxation Techniques

Stress can lead to improper posture and thus to muscular tension or blocking of the vertebral joints. Methods of relaxation help to better cope with hectic everyday life and prevent such problems. There is a large variety of effective relaxation methods such as autogenous training, progressive muscle relaxation or breathing exercises. A combination of methods is also helpful in cases of back pain, incorporating both muscle training and relaxation, such as Yoga, Pilates or Gyrotonic.