

ABSTRACT

Title: Assessment of a motoric programme to improve vertebrogenic complaints.

Background: The purpose was to assess a motoric programme which included two motoric exercises. The intent of these exercises was to improve muscular dysbalance and improve the muscular coordination of patients with vertebrogenic complaints.

Method: The effects of this special programme were assessed by discussion with clients and the measurement of their function.

Results: The parameters tested were improved or stabilised in most clients. Combined, these exceeded the number which deteriorated. Most clients felt better after the motoric programme than before it. After undergoing the motoric programme they also had more practical knowledge about posture.

Conclusion: The motoric programme used was effective in improving vertebrogenic complaints in the clients assessed.

Vocabulary: Optimal posture, Compensatory exercises, Vertebrogenic complaints