

T-Box[®] • Back Stretching & Mobility

Back Extension Basics on the T-BOW[®] on T-Box[®]

by Maja Tsirimokou



Sandra Bonacina (professor of physiotherapy at Zurich University and inventor of the T-BOW®) points out three crucial elements for proper backward lying technique are:

1. Ensure all vertebrae make contact with the bow.
2. Maintain a straight line between the neck and head.
3. Ensure the bottom touches the floor.

In the back extensions on the T-BOW® on the T-Box®, like the example shown in the video (<https://www.youtube.com/shorts/4UB3yEh8c9g>), the elevated position of the T-BOW® allows the practitioner to have free space to hang his upper and lower parts of the body, thus not only allowing the hip to be aligned with the lumbar spine and in contact with the anatomical-lumbar-spine bow but also to lower the legs challenging the flexibility of the hip flexors, key actors for a very healthy back extension.



By alternating the elevation of each leg, besides obliging to control the rotational inertia of the spine, the pulling downward of the hip is lessened and the adjustment of the vertebrae with the bow can be more precise.

It is highly recommended not to hyperextend the cervical spine by hanging it backwards, although some young athletes do not usually have problems with this issue, as the practitioner in this video.



An additional T-BOW® in the T-Box® can precisely adapt the position of the neck, providing this way an extraordinarily healthy back extension of all the spine.



Arch Adapted to Natural Lordosis of the Lumbar Spine



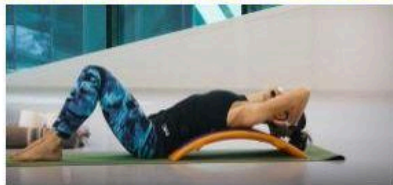
45-degree arch for the T-Bow® Wood.
40-degree arch for the T-Bow® Plastic.

Natural Lumbar Lordosis
40-50 degree arch

Diff. gender, age and condition

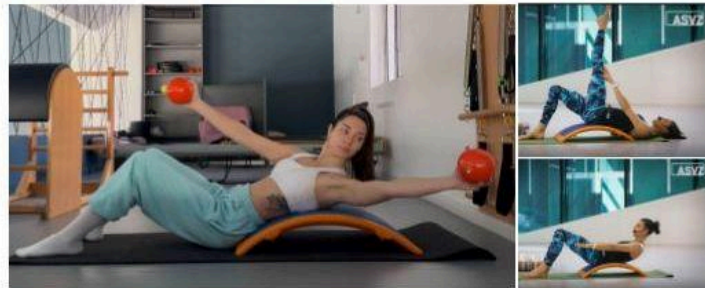


The only one on the market !!



a. Partially blocked vertebrae receive mobilizing pressure to promote the natural lordosis when lying backwards on the T-BOW®. Unlike softer tools such as Swiss balls or Bosu, the T-BOW® prevents the spine from sinking, ensuring proper alignment.

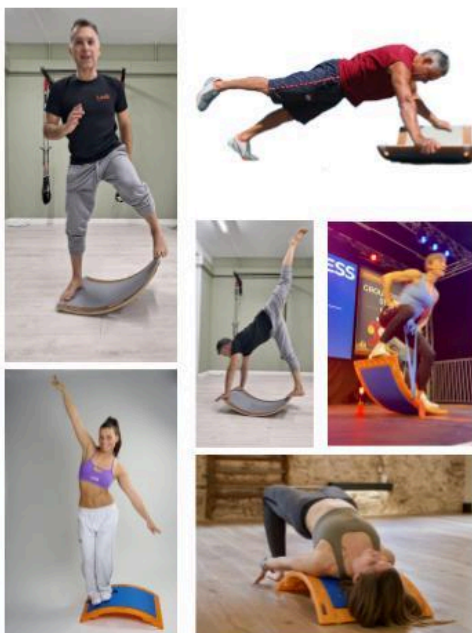
b. The T-BOW® allows for strengthening the abdominal muscles through a greater range of motion while maintaining a stable natural lumbar lordosis and proper movement pathway.



Fine Postural Adjustment:

The T-BOW®'s high reactivity, lightweight and single axis of instability allows for precise and rapid adjustments in posture to optimize:

- Deep joint stability.
- Balance and coordination applicable to daily life and sports.
- Very rapid changes in posture.
- Creation of balance challenges accessible to many individuals.
- Versatile as a curved step and a swing.



Find more options in this article (Optimizing T-BOW® training with the T-Box®):

<https://www.t-bow.net/post/t-box-optimizing-t-bow-training>

https://www.t-bow.net/files/ugd/475049_ab6ebf37febo41a7bce8ca93d2262e95.pdf?lang=en

Kinesiological Adaptation to Natural Lumbar Lordosis: the T-BOW®, Unique on the Market:

<https://www.t-bow.net/post/tips-of-backward-lying-on-the-t-bow-by-s-bonacina?lang=en>

Tips of Backward Lying on the T-BOW® by Sandra Bonacina:

<https://www.t-bow.net/post/tips-del-estiramiento-de-espaldas-sobre-el-t-bow-by-s-bonacina>



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