



Physiotherapy · Training

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



T-BOW® kinesiological Adaptation to Lumbar Lordosis UNIQUE ON THE MARKET

Natural lumbar lordosis ranges from 40 to 50 degrees.

Precision in addressing lumbar lordosis sets the T-Bow® apart, featuring a 40-degree arch for the T-Bow® HDPE Plastic and a 45-degree arch for the T-Bow® Wood, both capable of withstanding loads exceeding 350 kg.



3. Kinesiological Adaptation to Lumbar Lordosis:

UNIQUE on the market !!

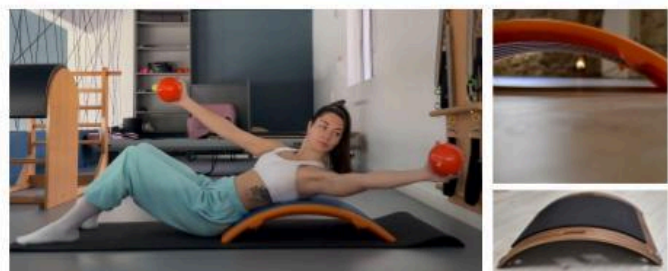
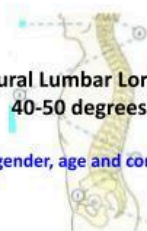
Precision in adapting to the kinesiology of natural lumbar lordosis sets the T-Bow® apart, featuring a:

40-degree arch for the T-Bow® Classic.

45-degree arch for the T-Bow® Wood.



Natural Lumbar Lordosis
40-50 degrees
Diff. gender, age and condition



www.tbow.fit → www.t-bow.net

Health and Performance for Spine Stretching-Mobilization and Core Training on the T-Bow®

Video of Post: <https://www.youtube.com/watch?v=44fpEBzTOwI&t=2s>

Summary Tips for Back Stretching on the T-Bow®

- *A healthy back is a comprehensive pursuit that encompasses, among others: meticulous balance and coordination, well-balanced strength in the pelvic-back complex, finely tuned mobility of the spine within its inherent curvatures, heightened awareness of one's bodily parts, and a positive emotional state.*
- The T-BOW® is uniquely designed to replicate the natural curvature of the lumbar spine, offering corrective benefits for those with excessive or insufficient lordosis.
- It provides therapeutic advantages by helping correct spinal alignment through lying on it, making it suitable for a wide range of individuals.
- The T-BOW®'s high reactivity and anatomical support enhance kinesiological fixation of the back, preventing stable vertebrae from sinking and allowing for precise postural adjustments. Combining back extensions and rotations on the T-BOW® is vital for maintaining spine mobility.



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