

T-Bow<sup>®</sup> Physiotherapy

## Backward Lying on the T-BOW<sup>®</sup>

*Tips by Sandra Bonacina · Inventor of T-Bow<sup>®</sup> · Zurich University*

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## Tips for the Basic Backward Lying on the T-Bow® by S. Bonacina



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.

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Inflexibility in the spine can hinder the ability to touch each vertebra to the bow. If the inflexibility is in the upper back, individuals may need to support their head constantly or, preferably, use an additional bow or similar support behind them.

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To enhance flexibility in the upper back, a beneficial exercise involves starting by lying with the head on the floor, lifting the bottom high, and then gradually lowering it to the hips, only as far as the neck remains comfortable.

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For those who struggle to touch the bow in the lower back, bending the knees while sitting on the floor and leaning towards the bow is necessary. While holding the head, gradually lower the upper body and press each vertebra against the bow one by one.





## Summary Back Stretching on the T-Bow<sup>®</sup>

1. 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.
2. The T-BOW<sup>®</sup> 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.
3. The T-BOW<sup>®</sup>'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<sup>®</sup> is vital for maintaining spine mobility.



## 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.



[www.tbow.fit](http://www.tbow.fit)

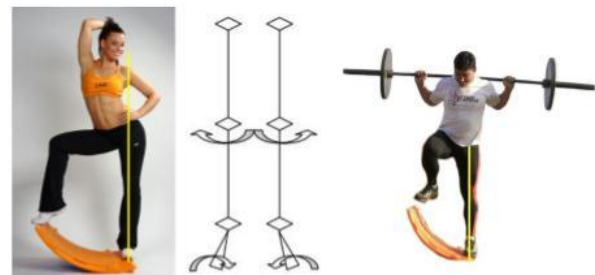
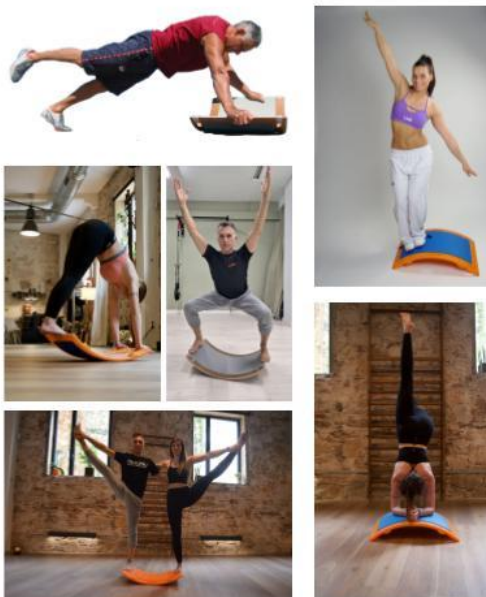


[www.t-bow.net](http://www.t-bow.net)



### 3. Reactivity:

Exceptional reactivity provides users with swift tactile and kinesthetic feedback, enabling precise and quick adjustments to postures and movements, enhancing exercise effectiveness.



Functional twisting of the longitudinal axis of the leg !!  
 Deep joint stabilisation with high reactivity !!