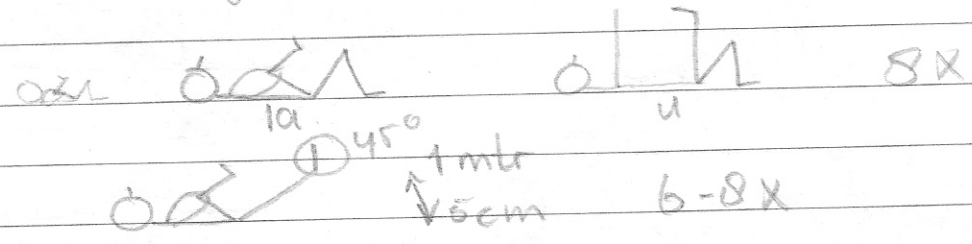


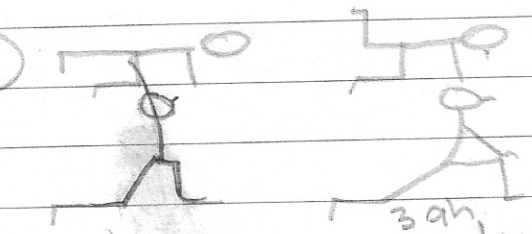
# Therapeutische Knie-les

① rug masseren.

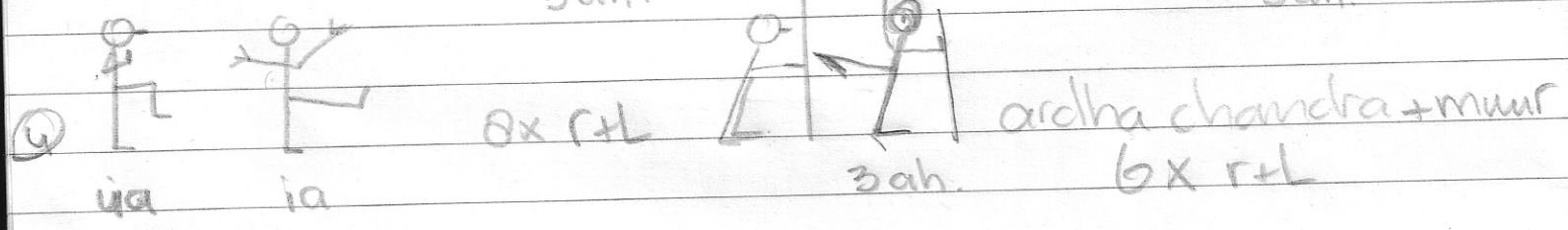
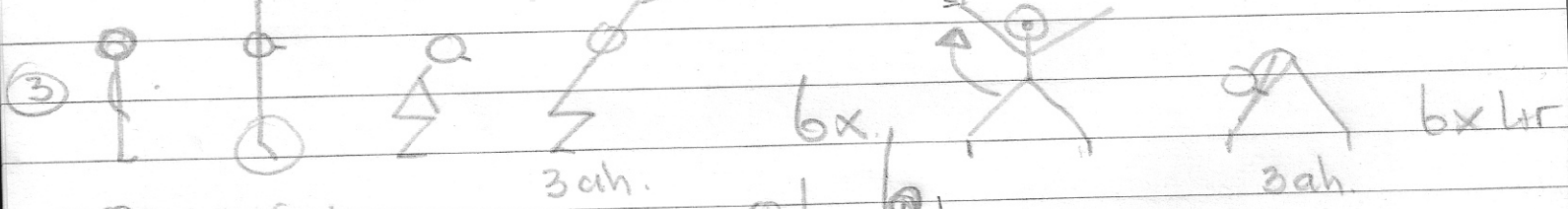


1 minuut.

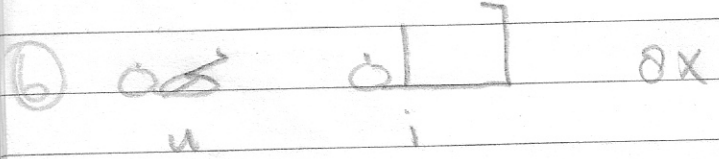
② arug lang houden 8-10x



lies rekken sluit goed intrekken 8x



⑤ 8-10x rug pijn of 1 been of cobra.



⑦ (ia) bb aansp. handen binnentant b. benen tegendruk geven  
 (ua) benen los laten hangen. + 8-10 ah.