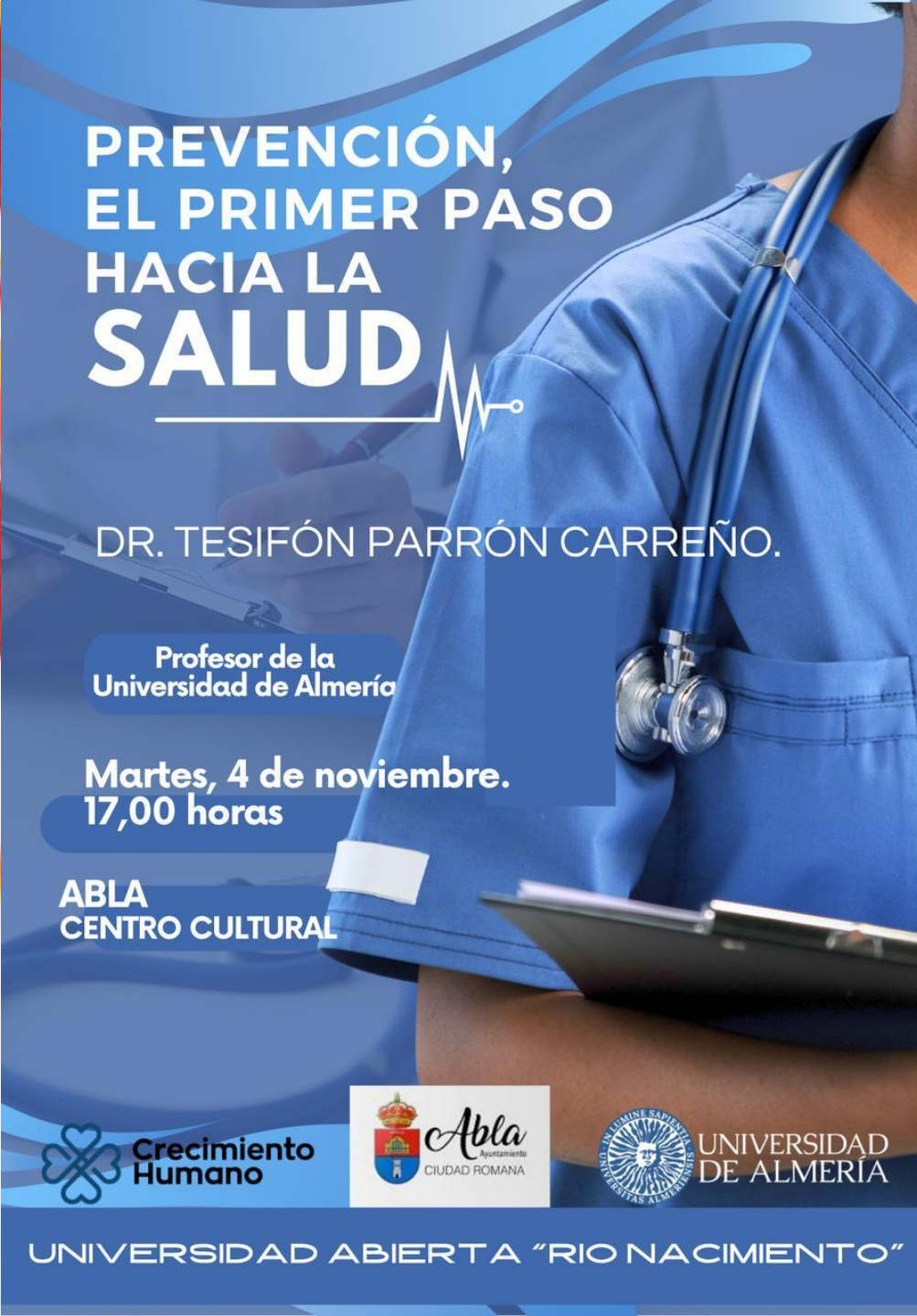




PREVENCIÓN, EL PRIMER PASO HACIA LA SALUD

DR. TESIFÓN PARRÓN CARREÑO.

Profesor de la
Universidad de Almería

Martes, 4 de noviembre.
17,00 horas

ABLA
CENTRO CULTURAL



unir
UNIVERSIDAD MAYORES
UNIVERSIDAD DE ALMERÍA



Crecimiento
Humano



UNIVERSIDAD
DE ALMERÍA

UNIVERSIDAD ABIERTA "RIO NACIMIENTO"

Ejercicios de columna

T. Parrón



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UNIVERSIDAD MAYORES
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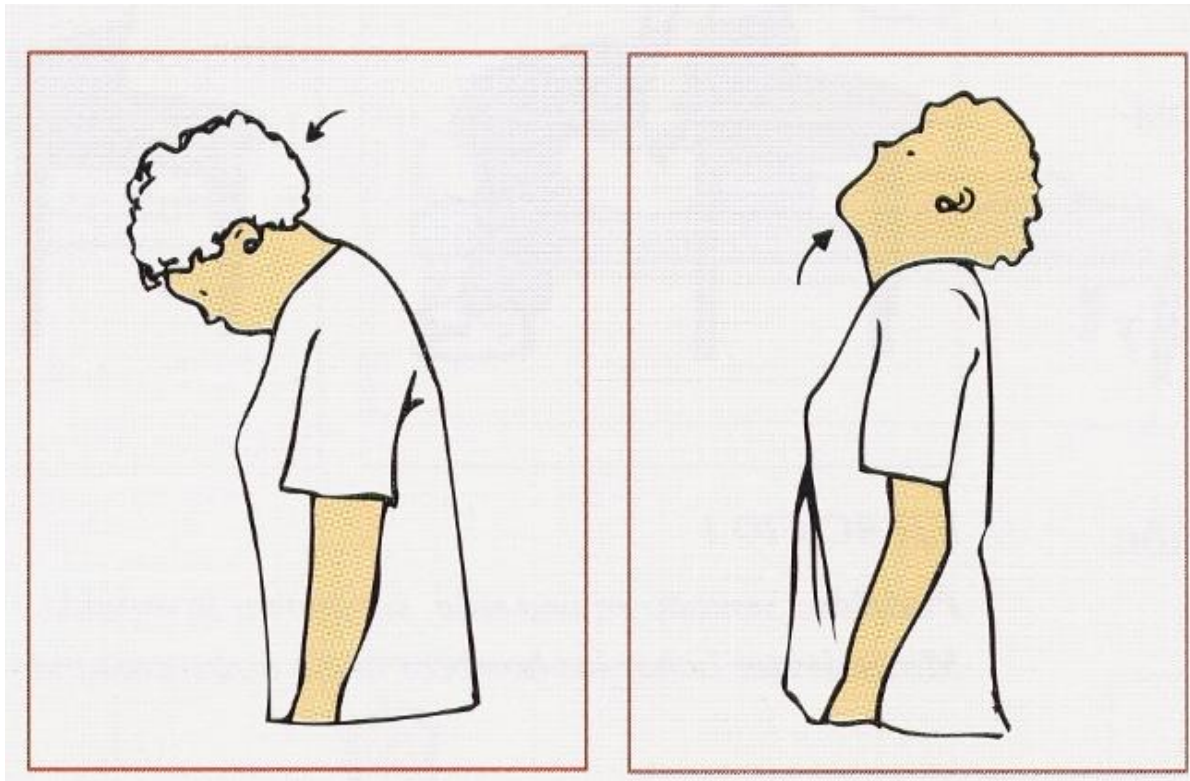
Columna Cervical

Economía Postural



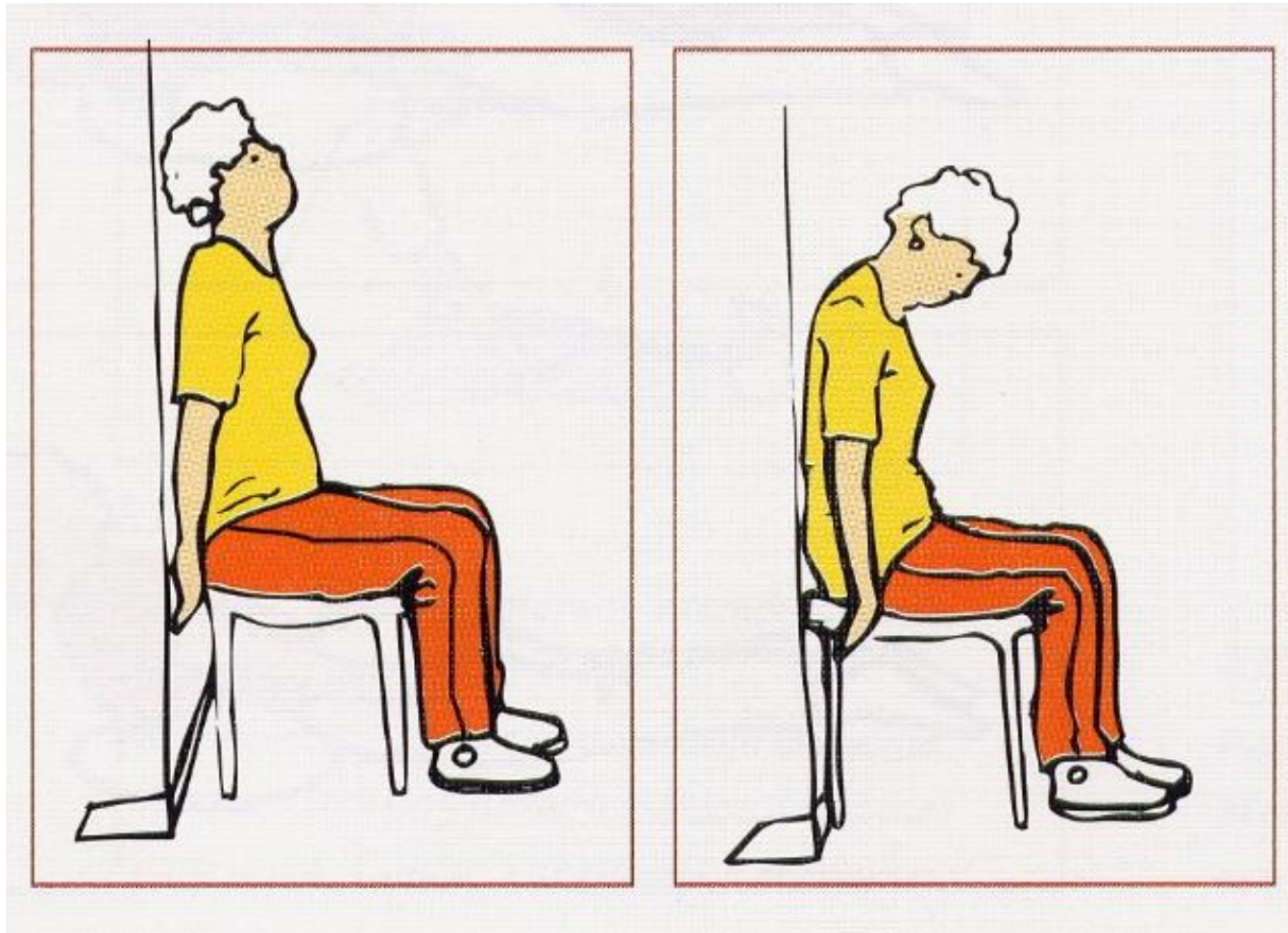
Columna Cervical

Gimnasia



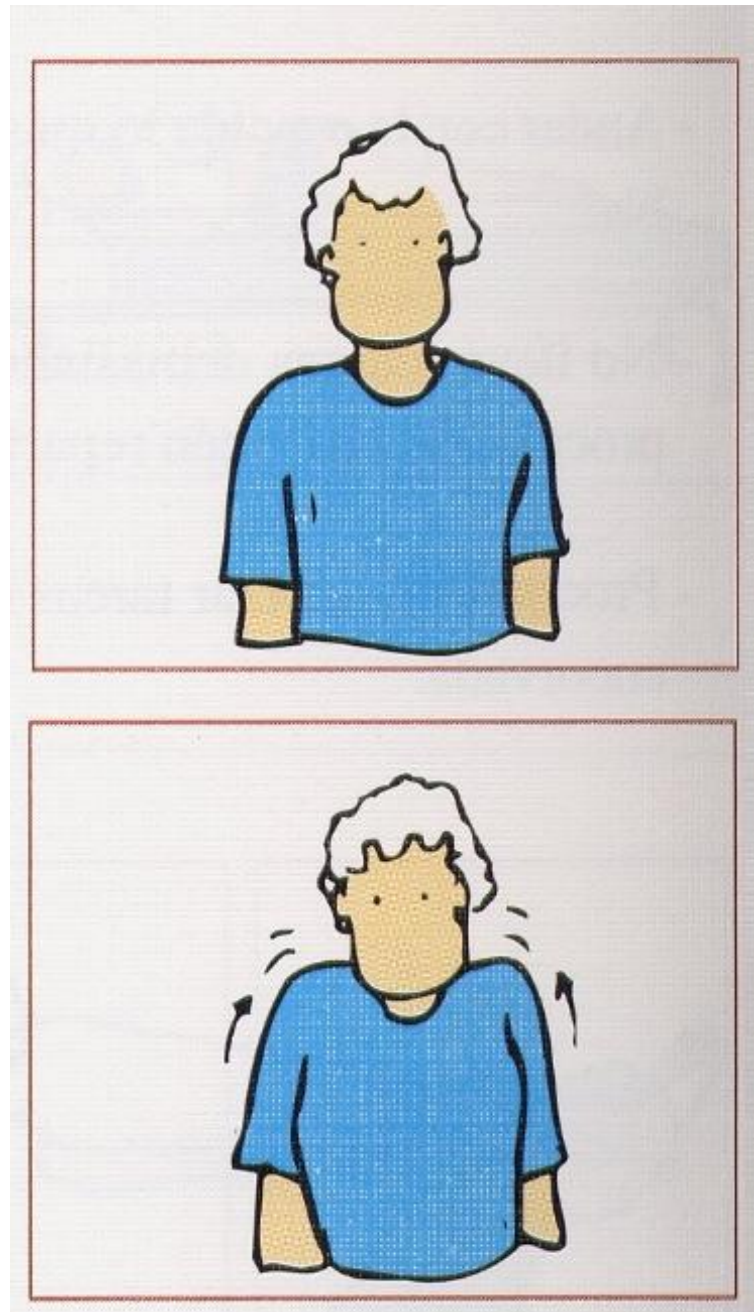
Columna Cervical

Gimnasia



Columna Cervical

Gimnasia





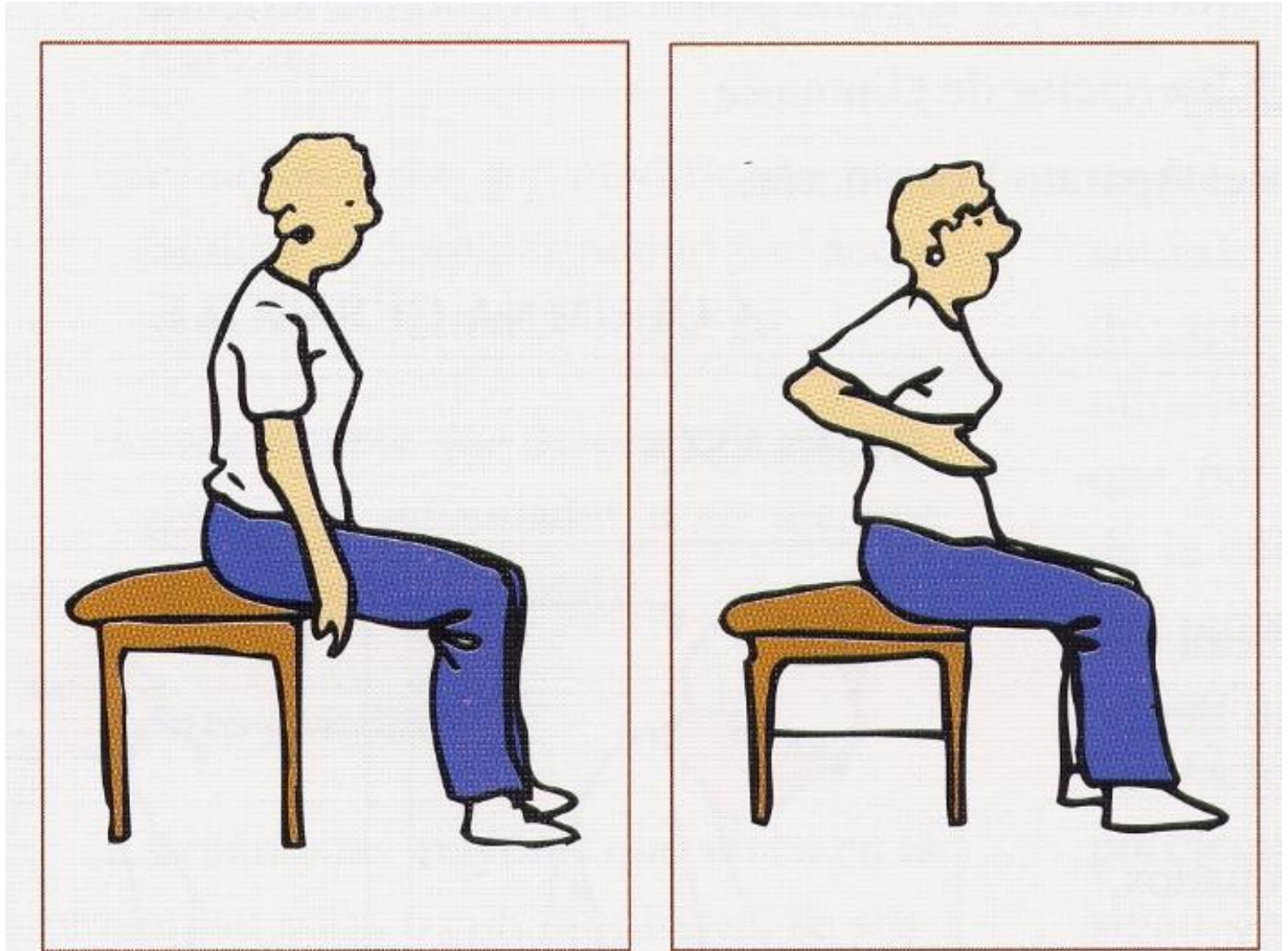
Mal



Bien

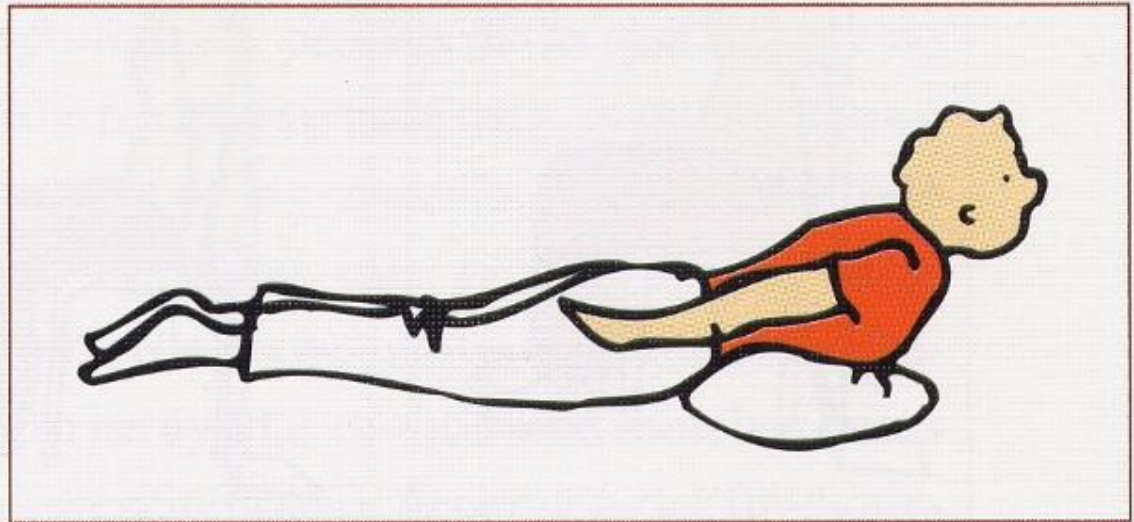
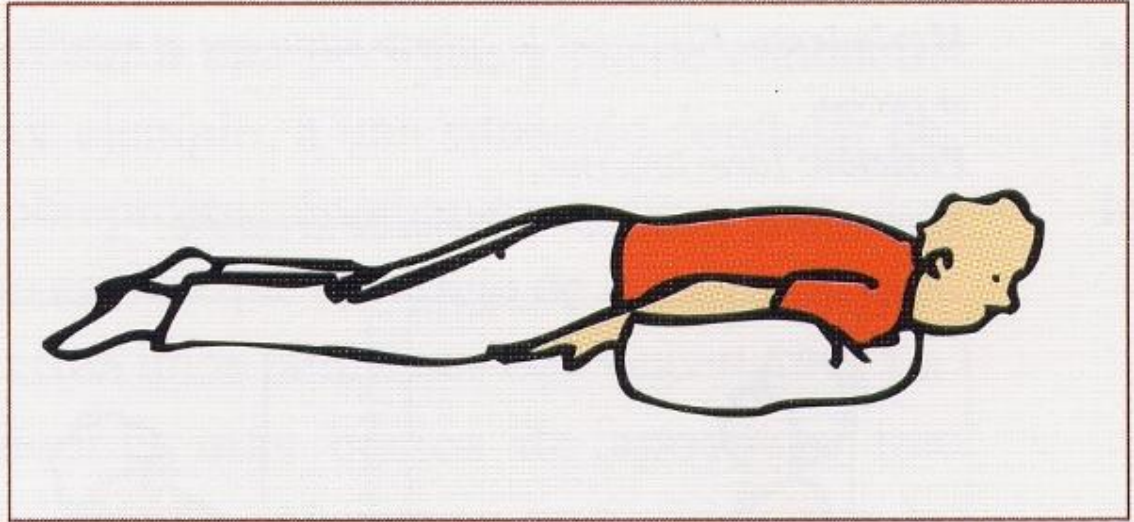
Columna Dorsal

Gimnasia



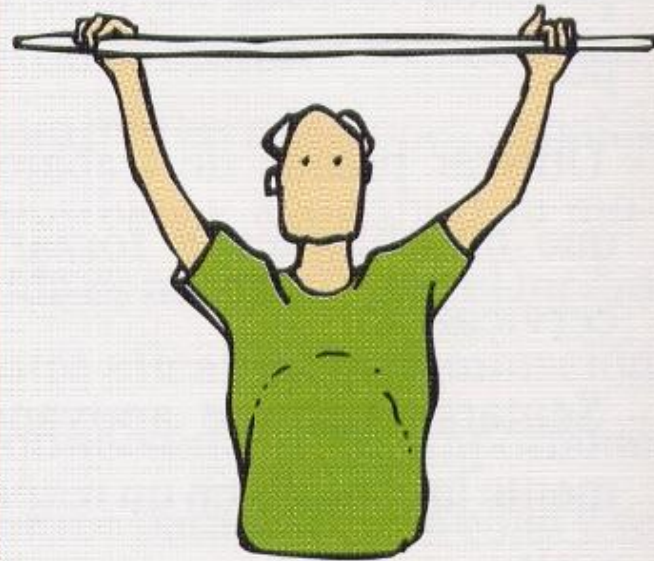
Columna Dorsal

Gimnasia



Columna Dorsal

Gimnasia



Columna Lumbar

Economía Postural

MAL

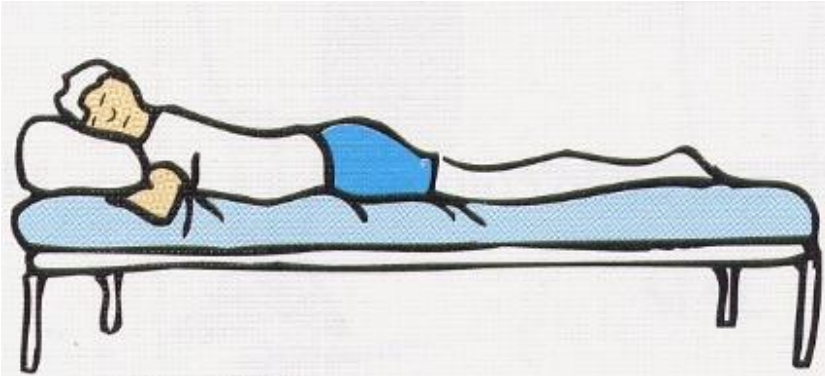


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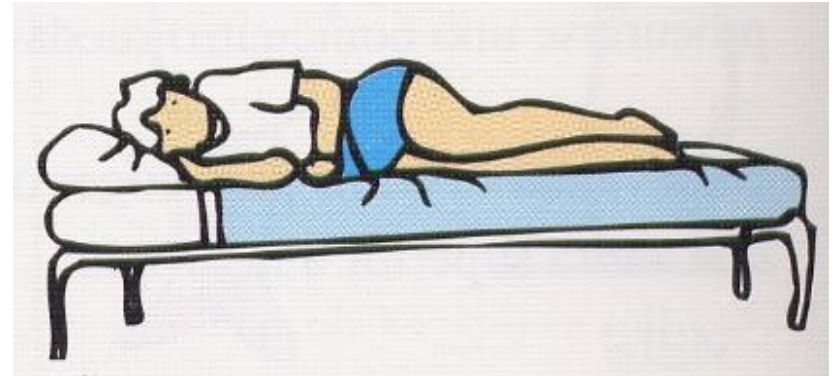


Columna Lumbar

Economía Postural



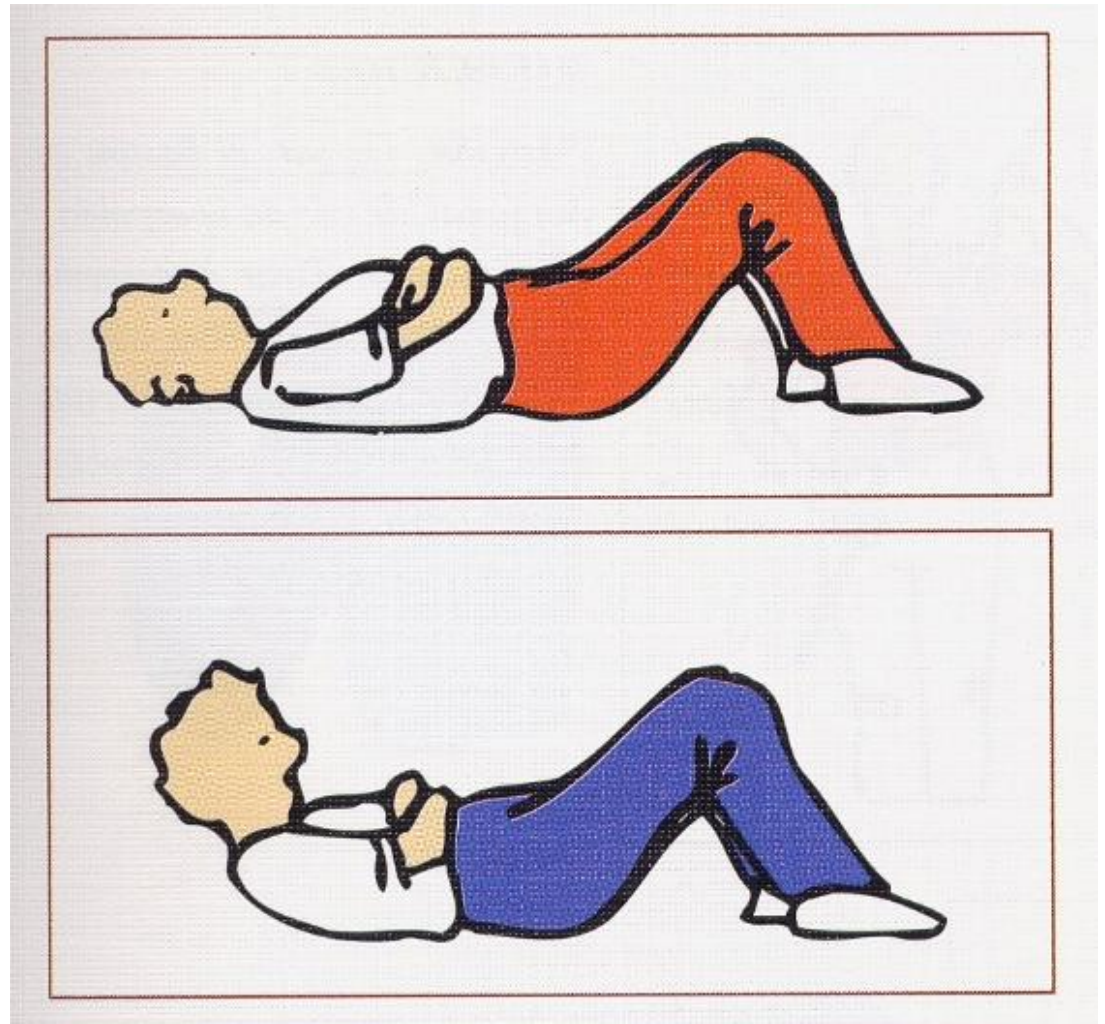
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Bien

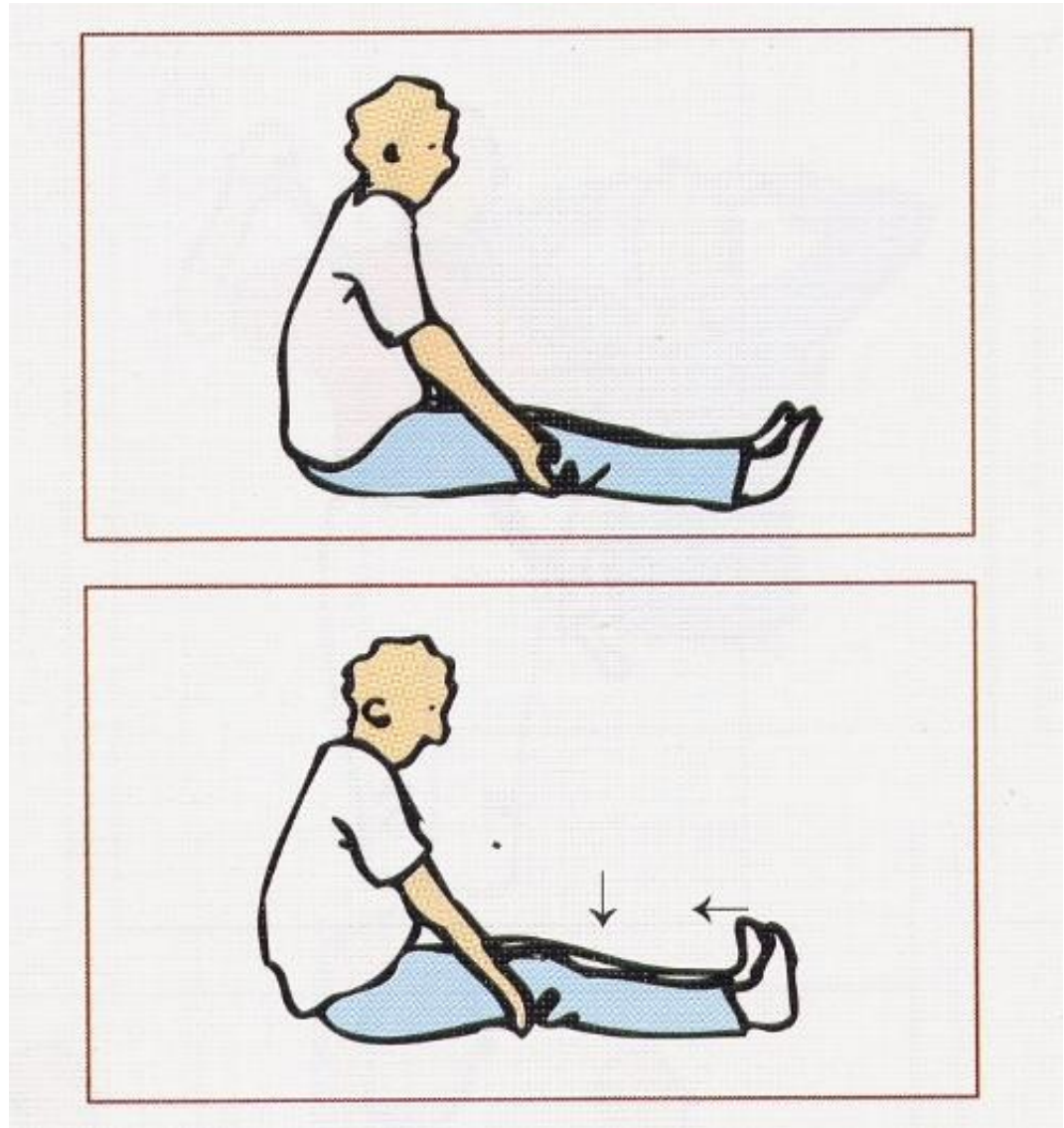
Columna Lumbar

Gimnasia



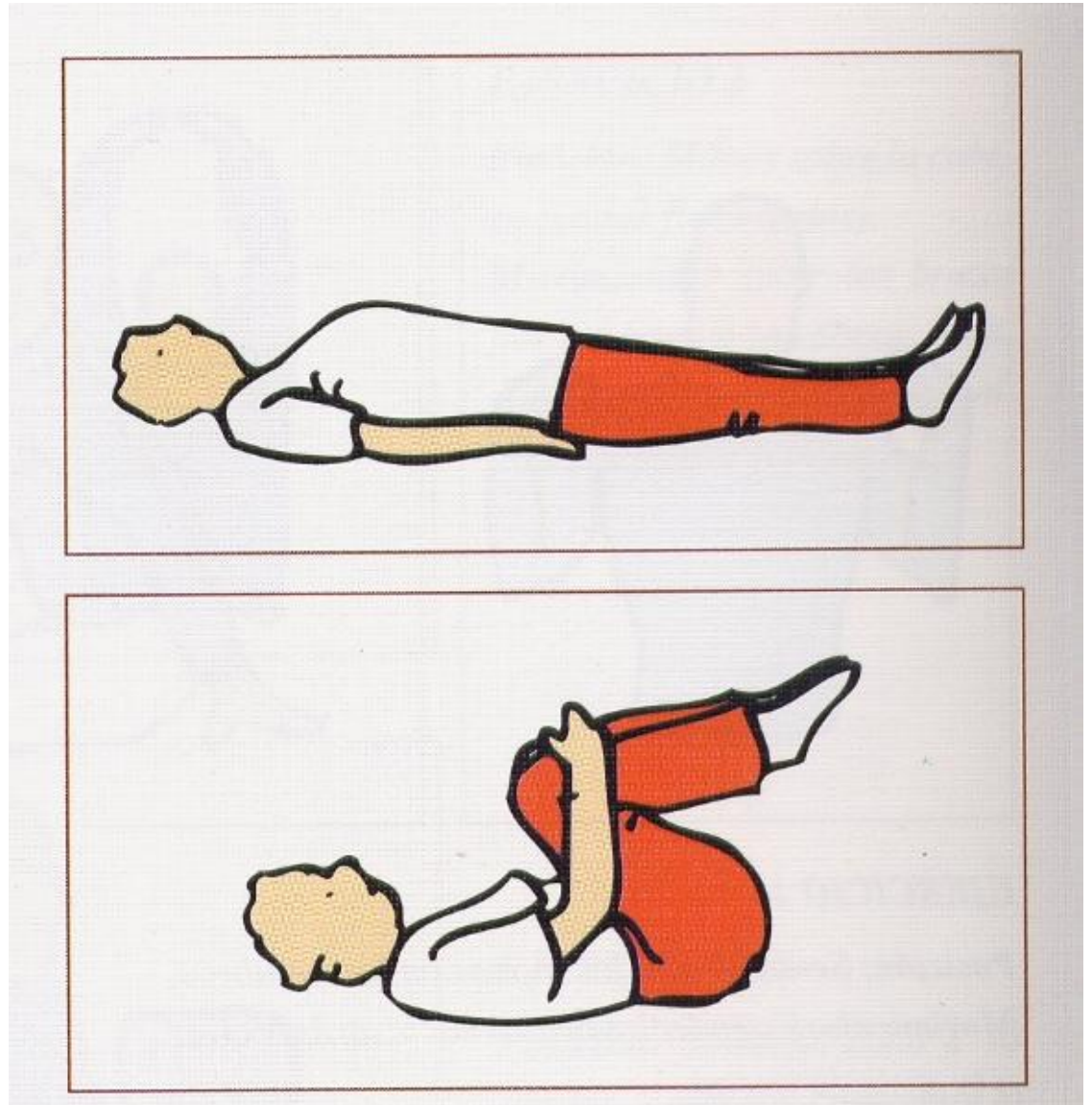
Columna Lumbar

Gimnasia



Columna Lumbar

Gimnasia



Hombro

Economía Postural



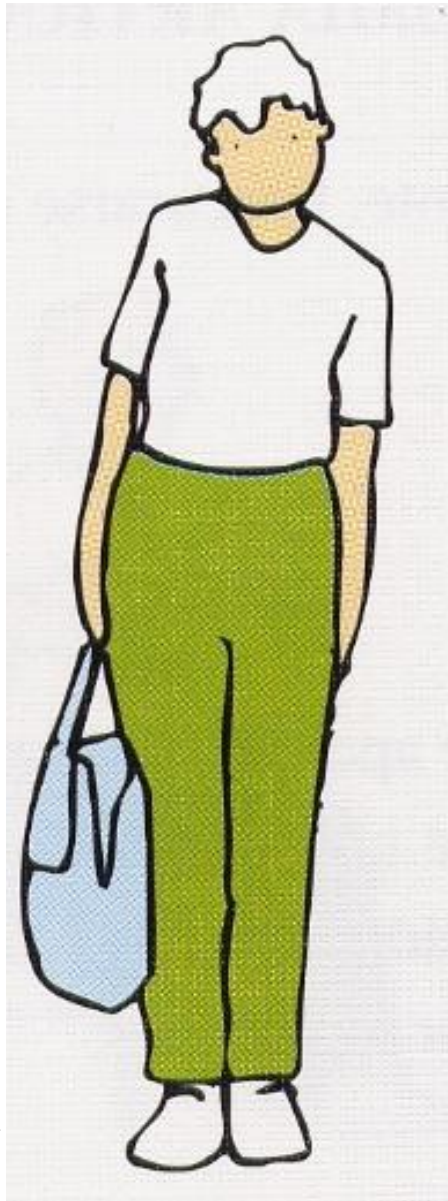
MAL



BIEN

Hombro

Economía Postural



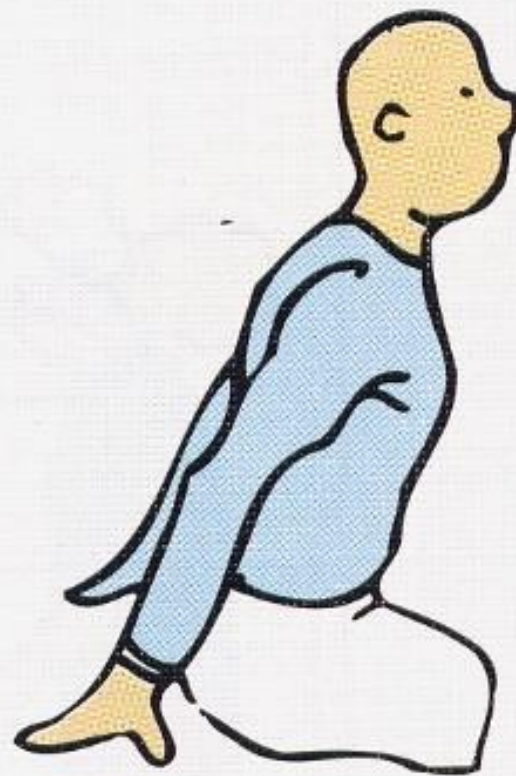
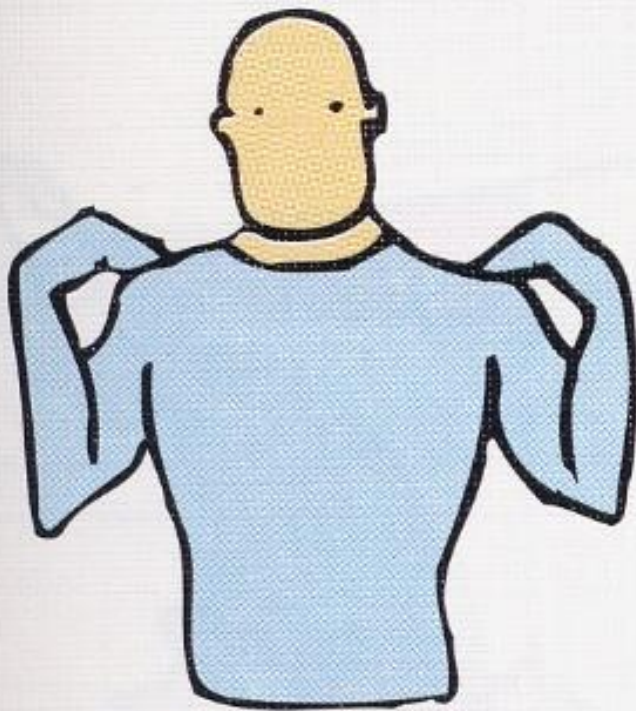
Mal



Bien

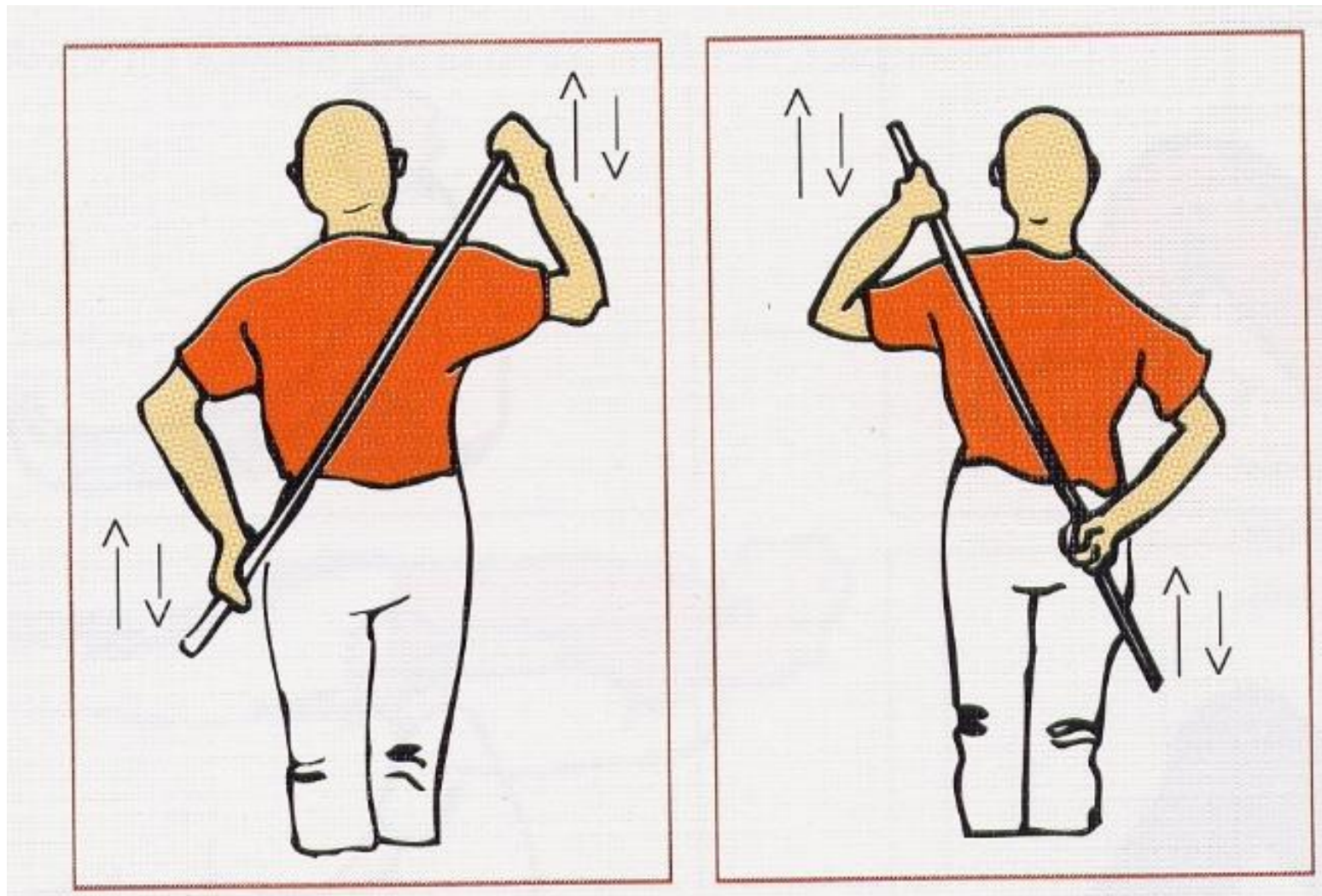
Hombro

Gimnasia



Hombro

Gimnasia



Hombro

Gimnasia



Codo

Economía Postural

Mal



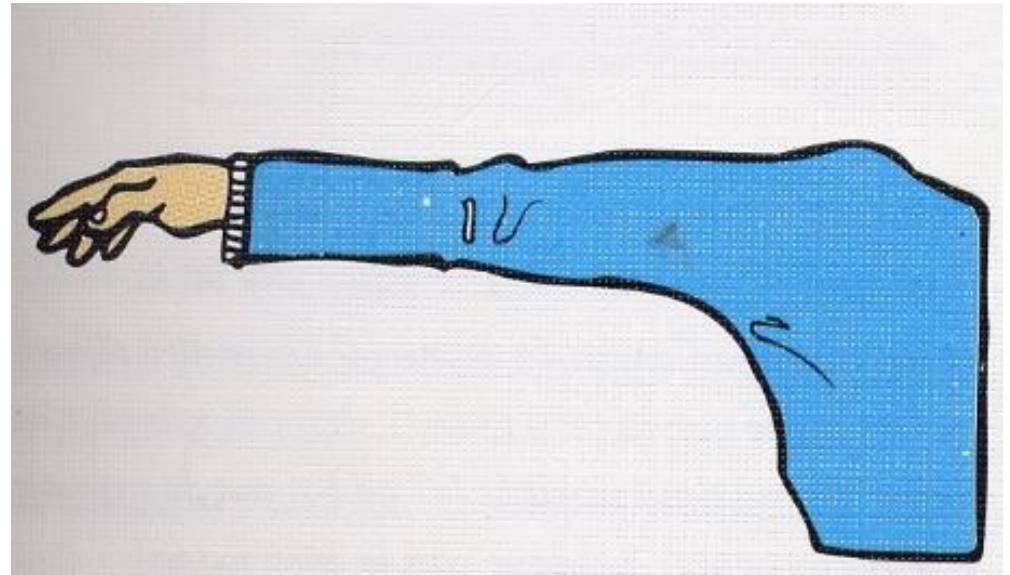
Bien





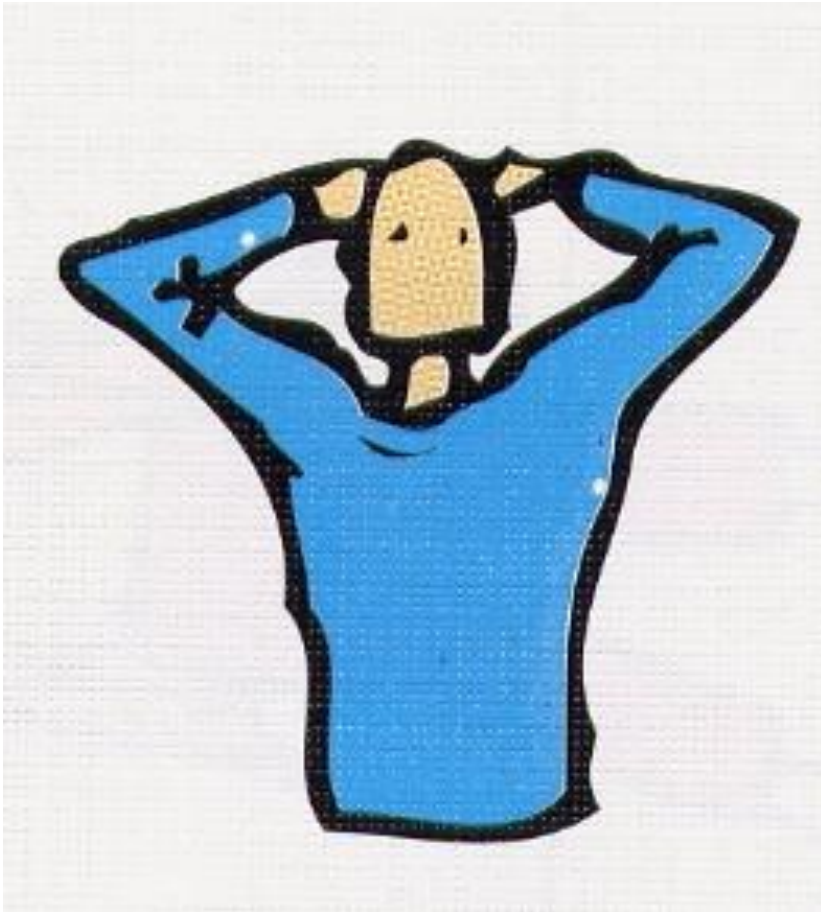
Codo

Gimnasia



Codo

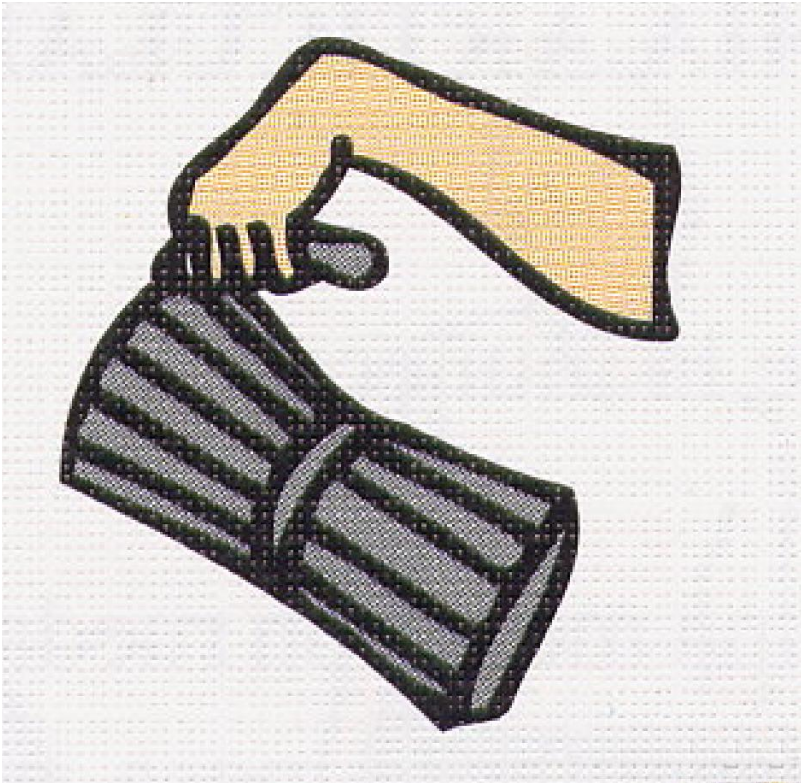
Gimnasia



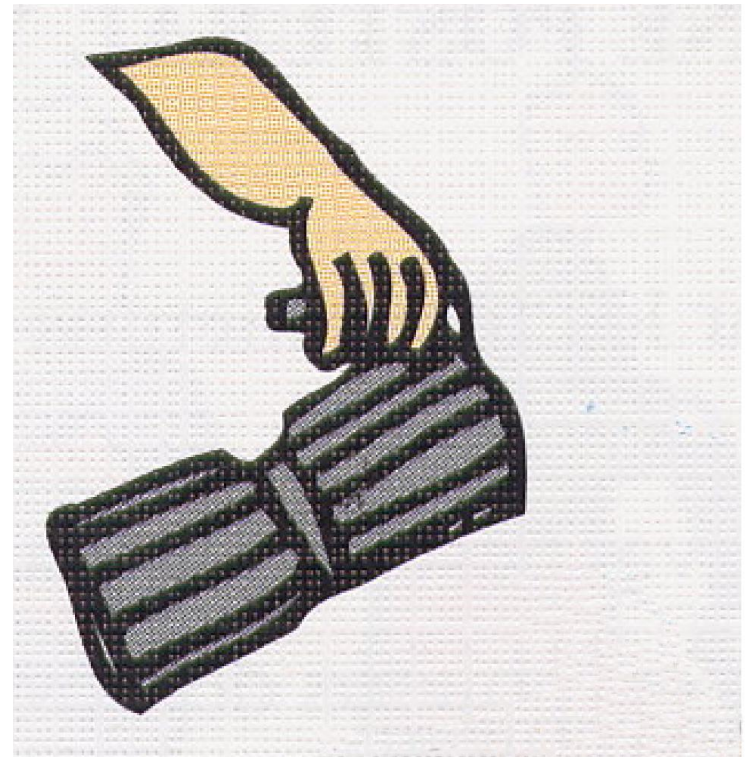
Codo

Gimnasia



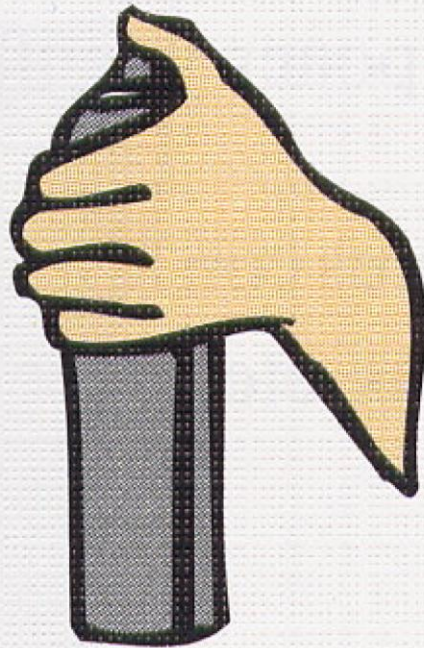


Mal



Bien

MAL

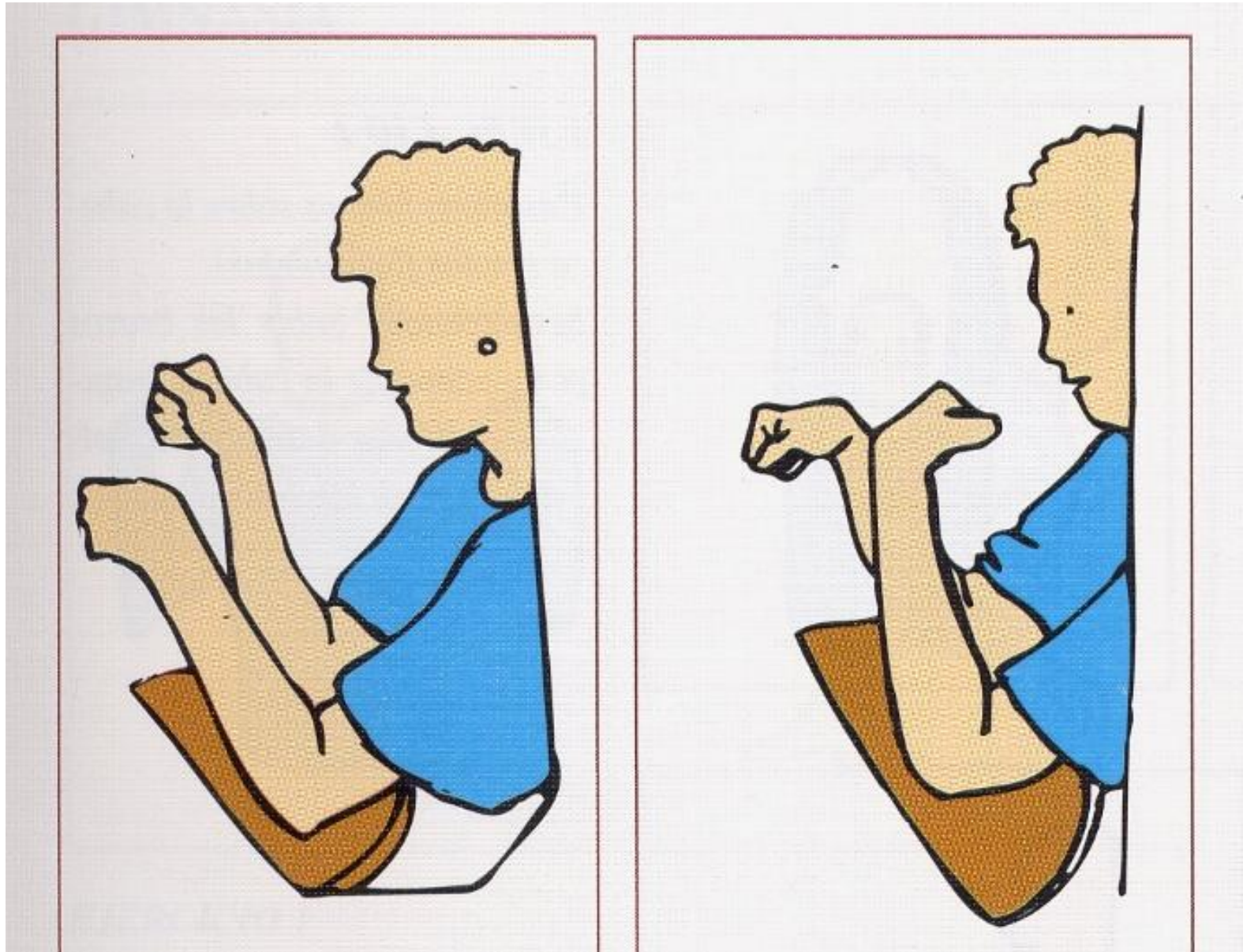


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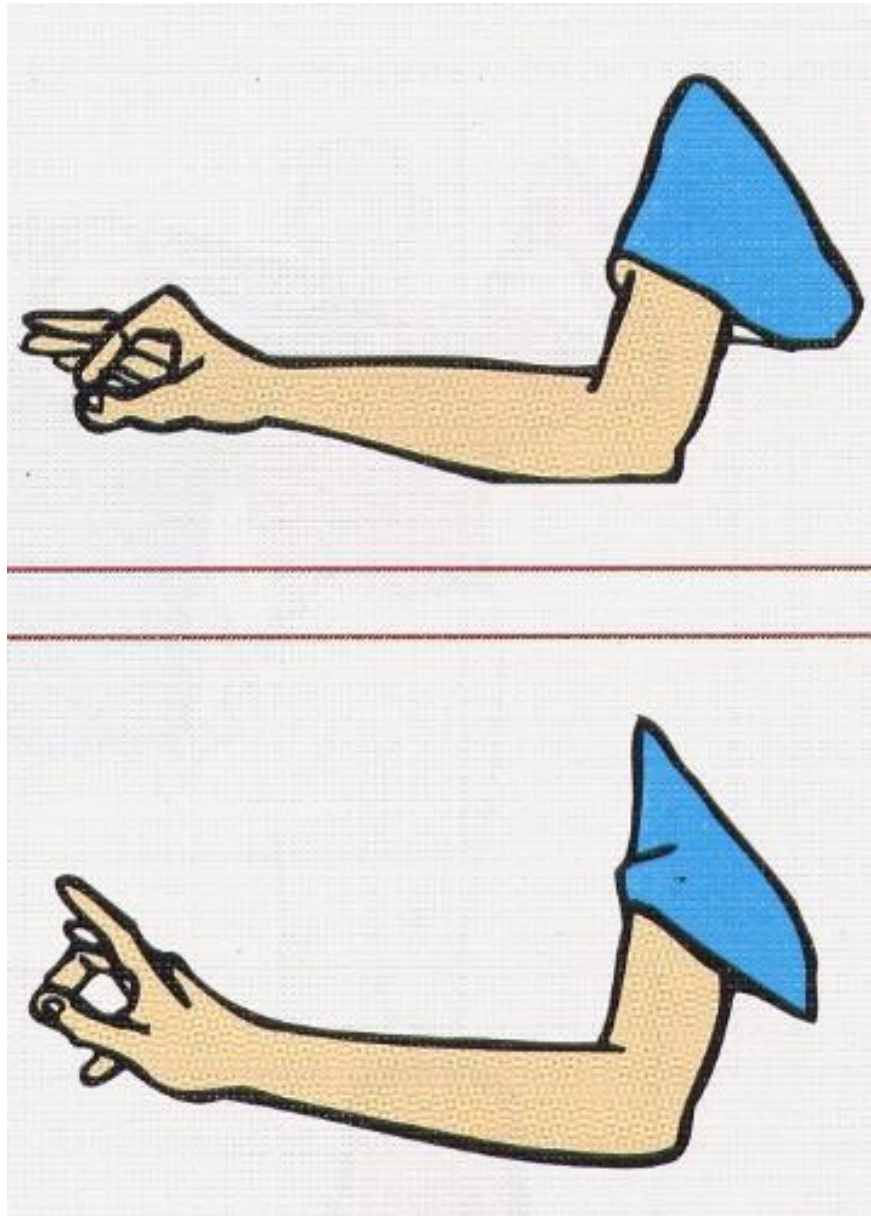
Mano y Muñeca

Gimnasia



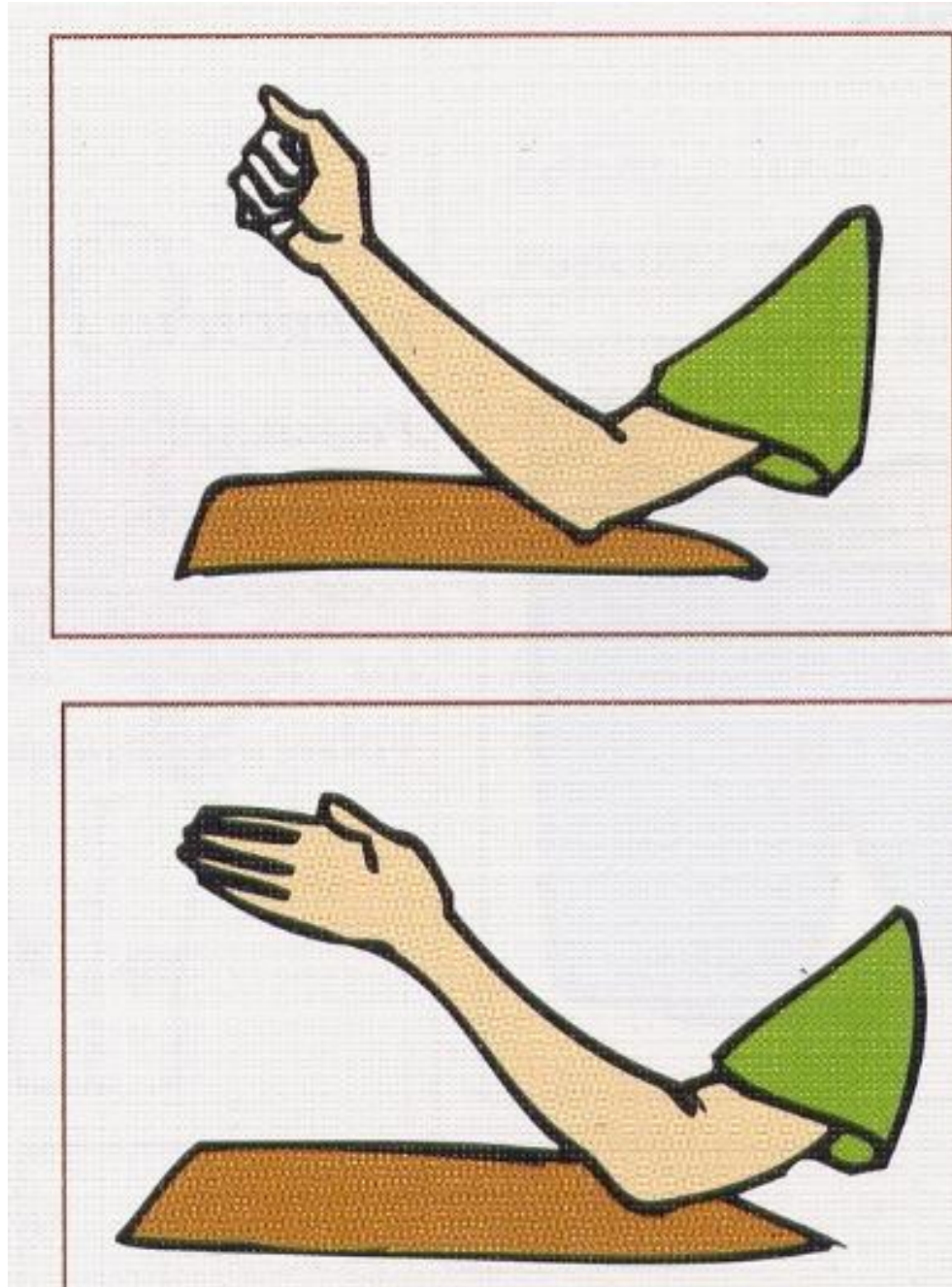
Mano y Muñeca

Gimnasia



Mano y Muñeca

Gimnasia



MAL

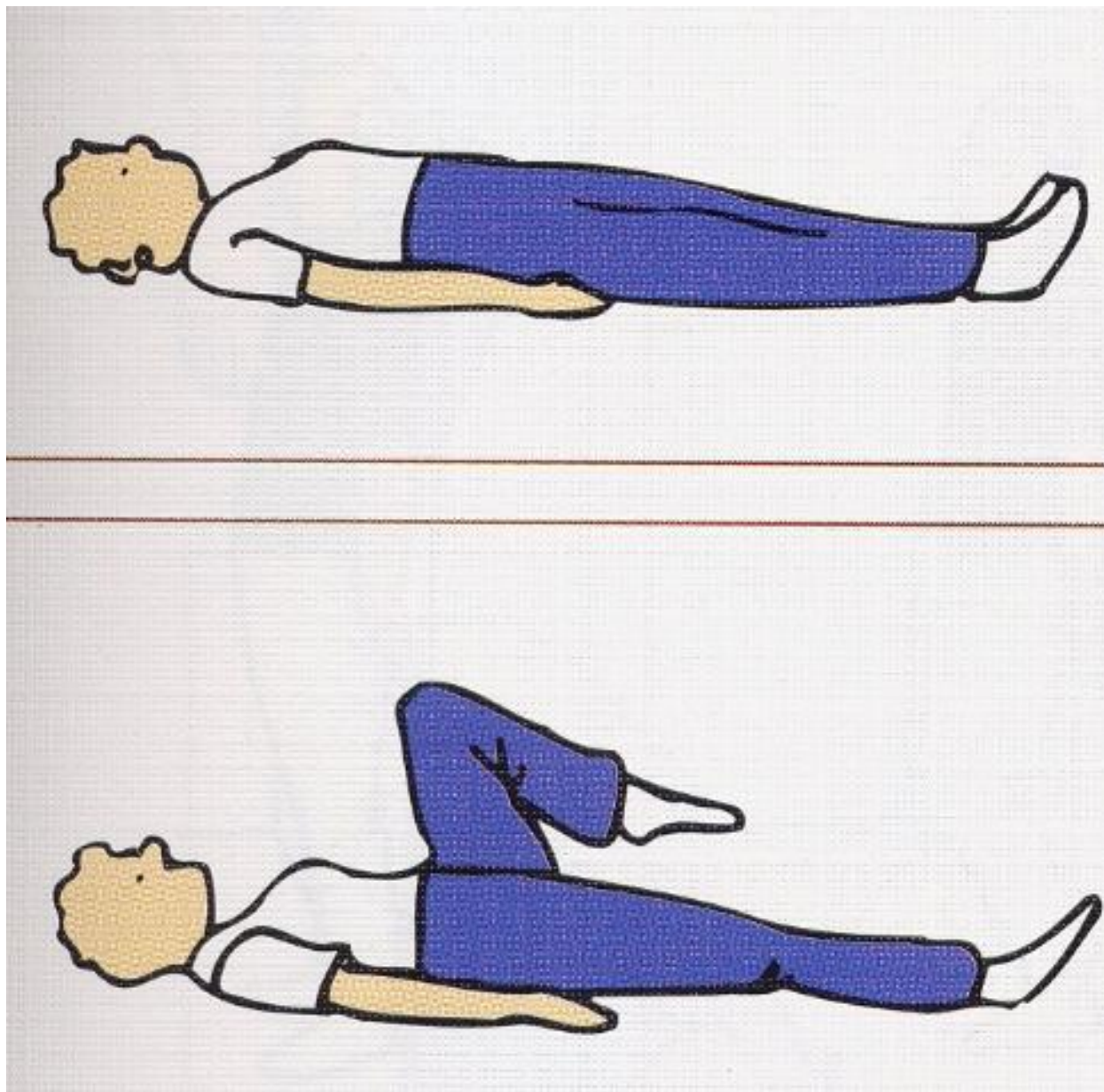


BIEN



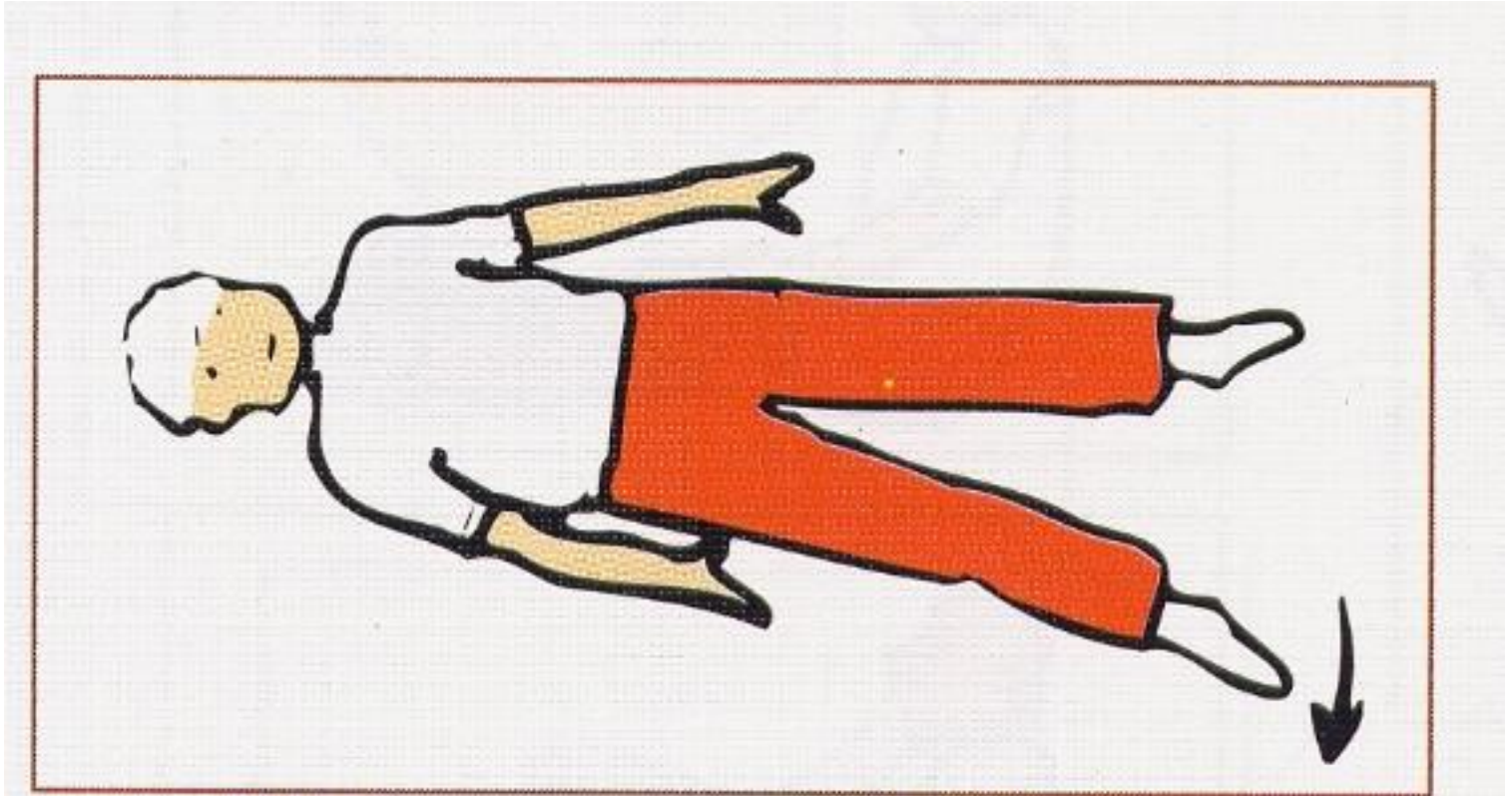
Cadera

Gimnasia



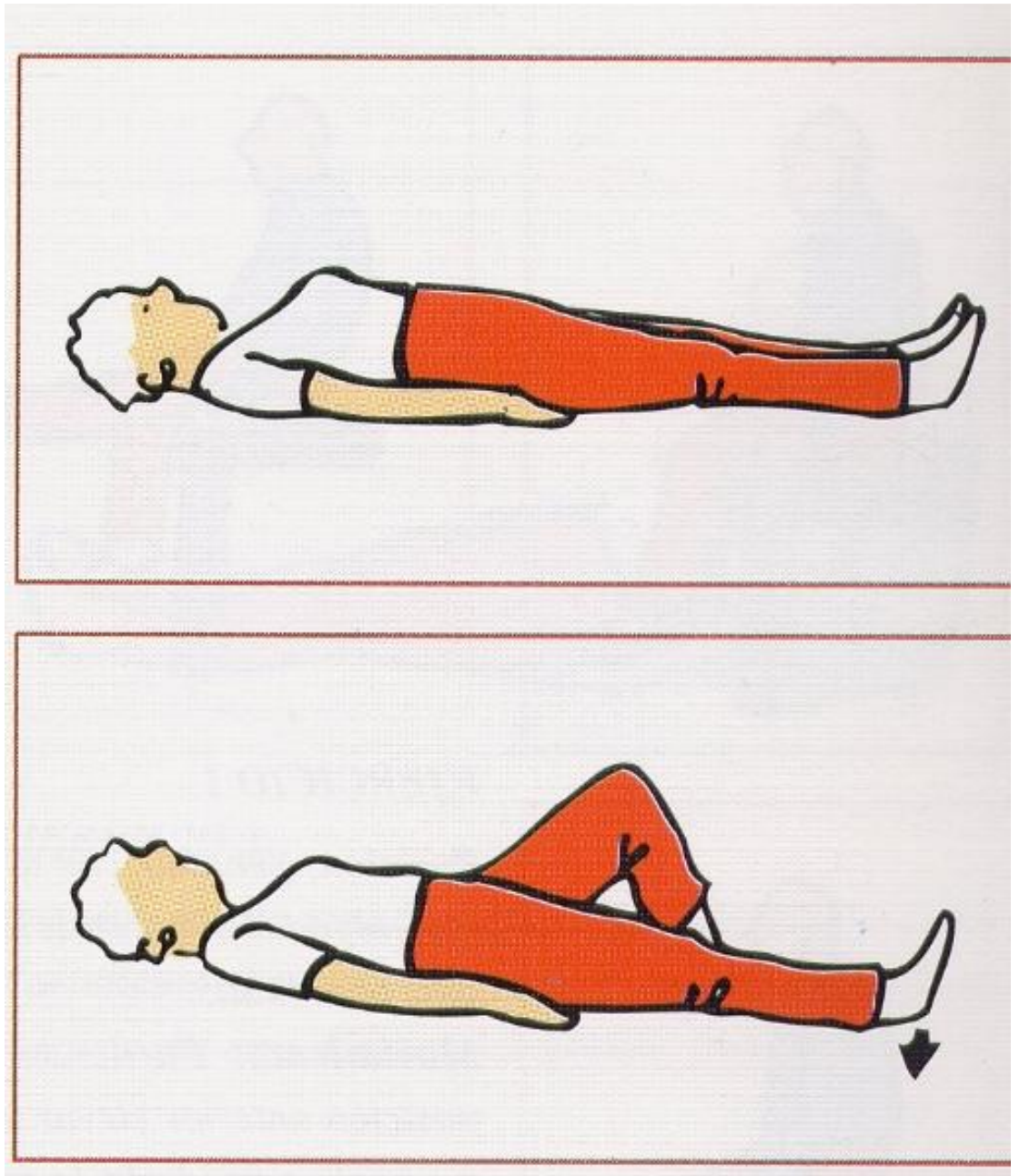
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Gimnasia



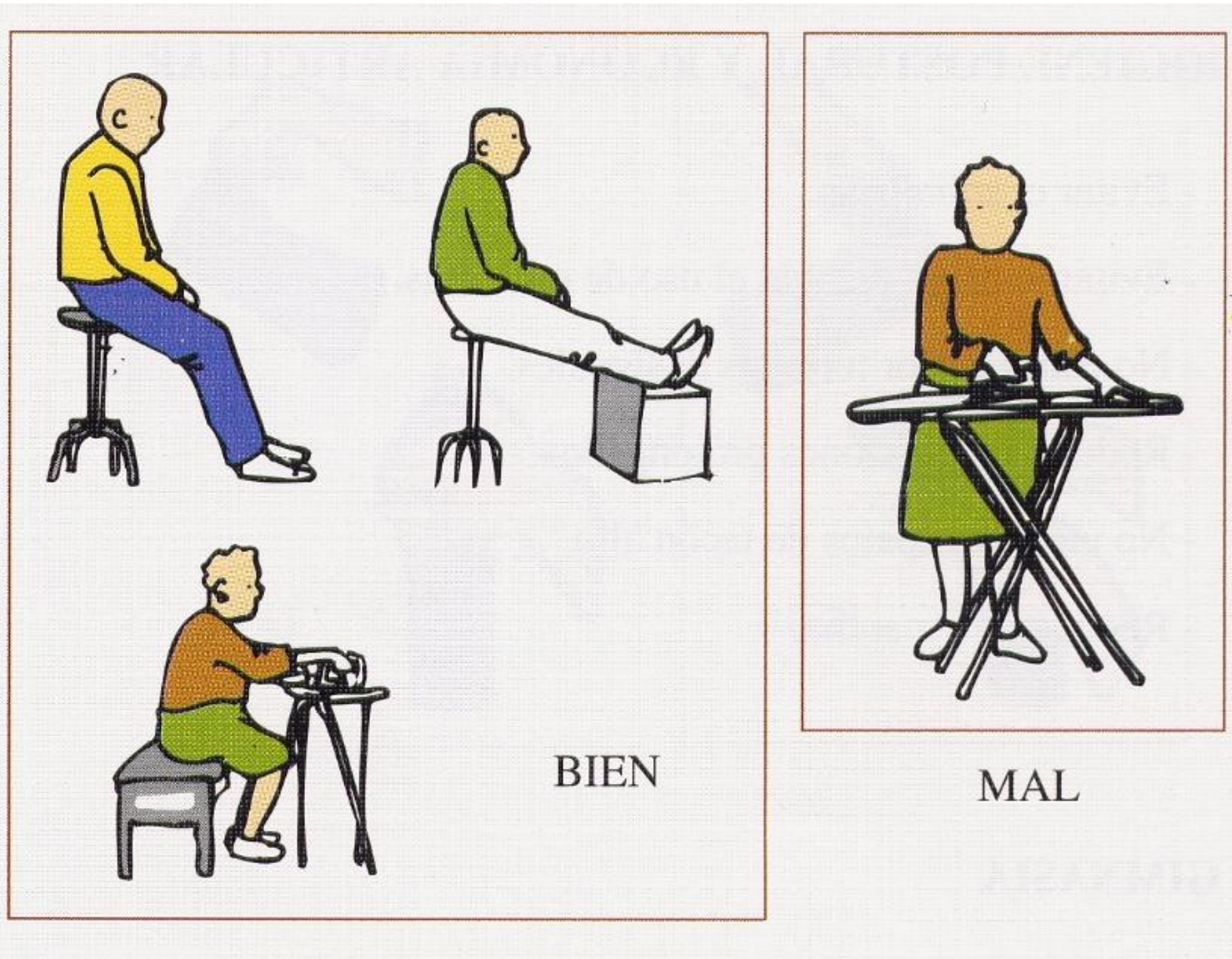
Cadera

Gimnasia



Rodilla

Economía Postural



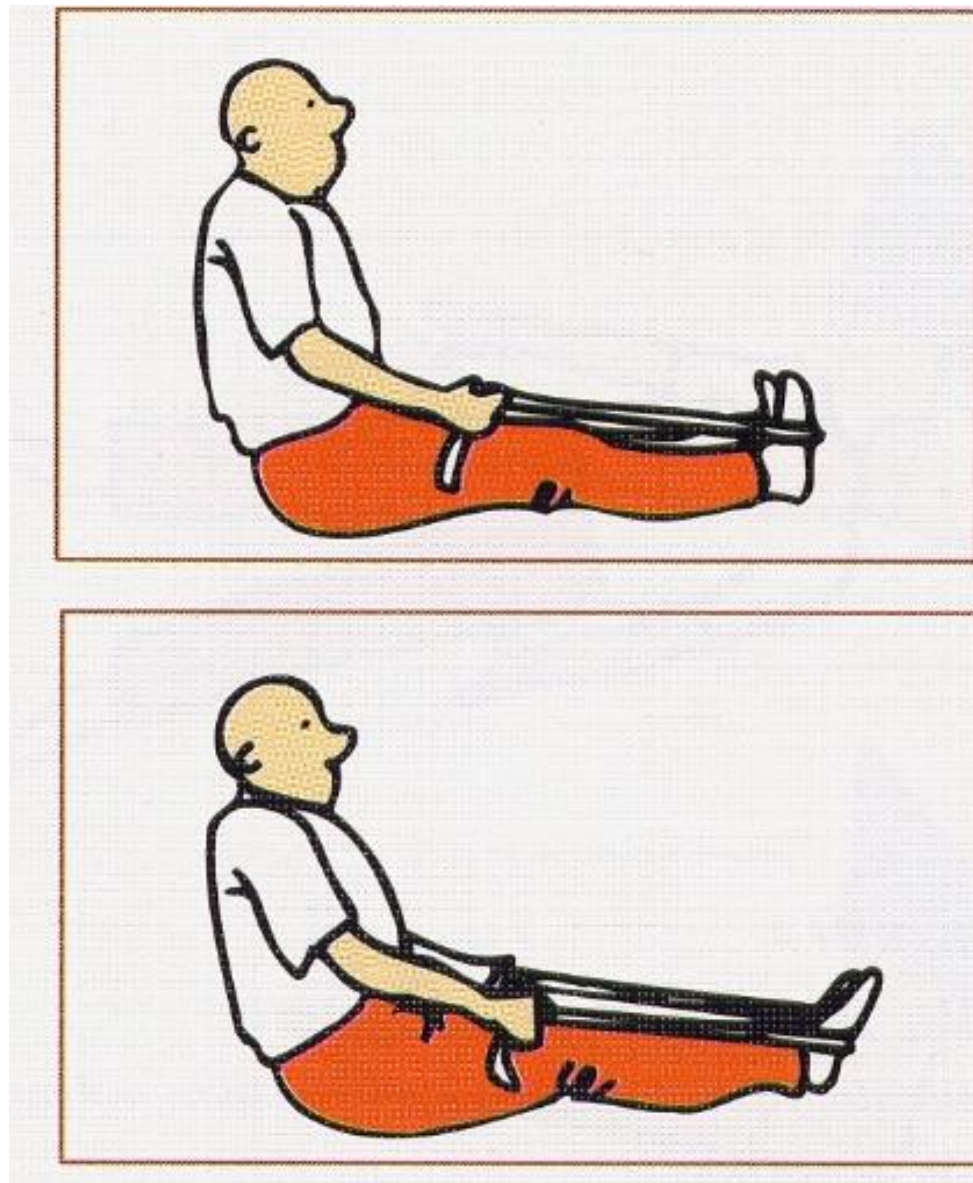
Rodilla

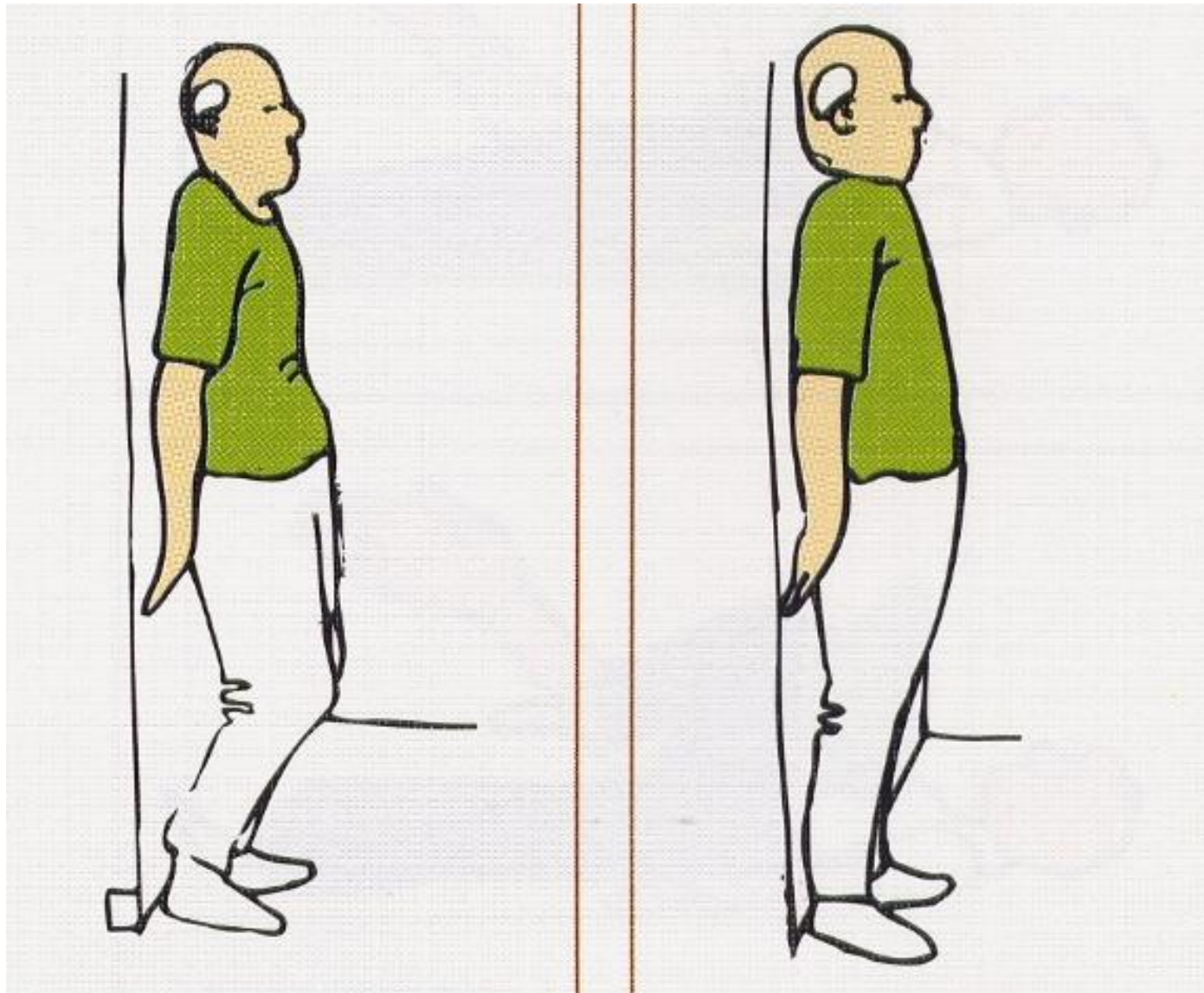
Gimnasia



Rodilla

Gimnasia





Pie y Tobillo

Economía Postural



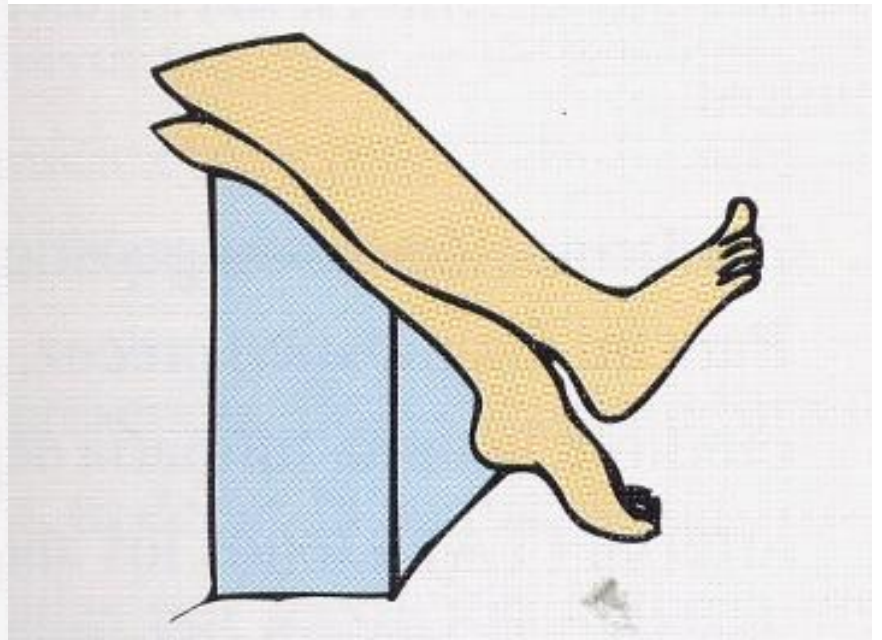
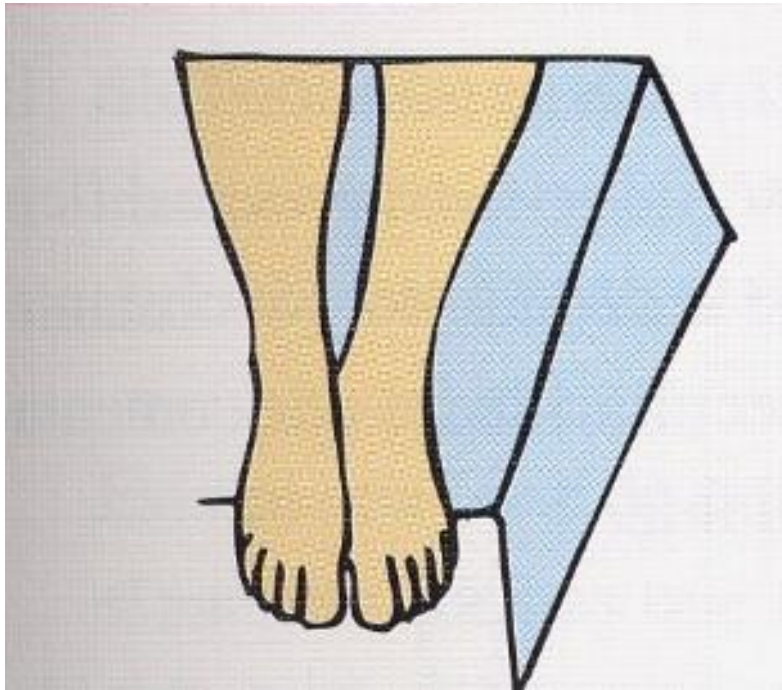
MAL



BIEN

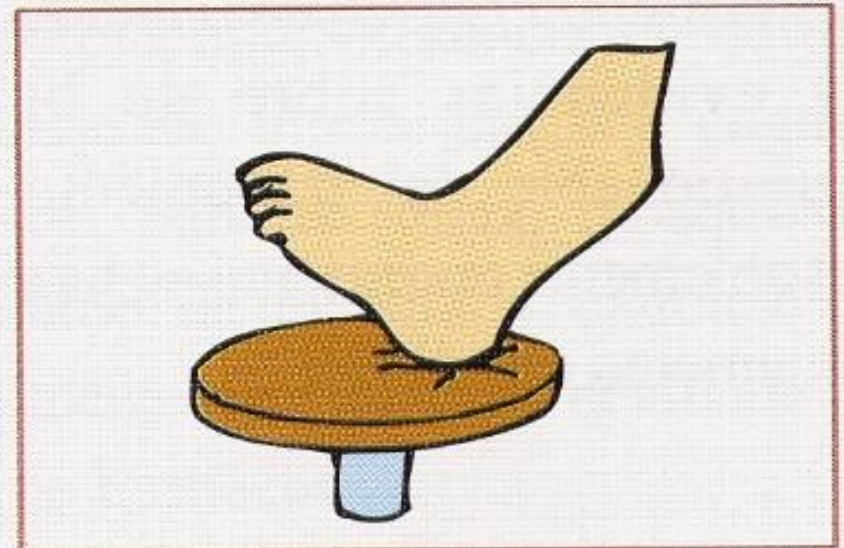
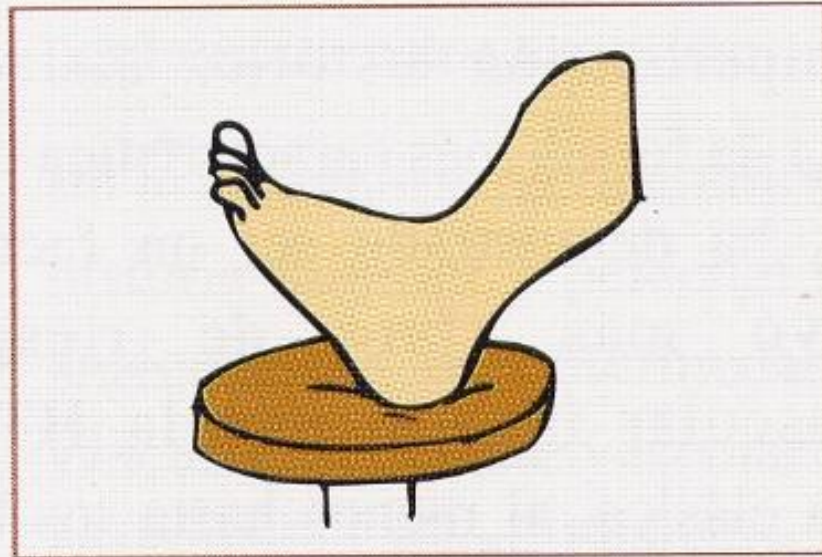
Pie y Tobillo

Gimnasia



Pie y Tobillo

Gimnasia



Pie y Tobillo

Gimnasia

