

1. Bitte notiert euch in welchen Situationen ihr euren Rücken oder euer Kniegelenk beansprucht
2. Denkt darüber nach, ob die Bewegungen schädigend oder förderlich sind und begründet dieses kurz

Beanspruchung des Kniegelenkes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Beanspruchung des Rückens

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a thin black border around its edges.