



MICAEL NYDÉN
AUKTORISERAD KROPPSTERAPEUT
CERT. MEDICINSK MASSAGETERAPEUT

DEEP TISSUE MASSAGE EDUCATOR
UTBILDARE I ANATOMI OCH
FYSIOLOGI
DRIVER EN MASSAGESKOLA
GÖR MASSA ANNAT SOM ÄR ROLIGT
INOM HÄLSA



An abstract graphic on the left side of the slide, consisting of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

VAD ÄR DET VANLIGASTE SKÄLET TILL ATT
TERAPEUTER SLUTAR?

FÖRSLITNINGSSKADOR

The background is a blue gradient with decorative white circuit-like lines in the corners. These lines consist of straight segments and small circles, resembling a stylized electronic circuit or data flow diagram.

FÖR ATT UNDVIIKA DET:



**ANDVÄND
KROPPSTYNGDEN**

BRA ARBETS STÄLLNING



The background is a blue gradient. In the corners, there are white line-art illustrations of circuit boards or neural networks, with lines connecting to small circles.

LUTA DIG IN I GREPPEN
TRYCK EJ MED ARMARNA

The background is a blue gradient with decorative white circuit-like lines in the corners. The text is centered in a bold, dark blue font.

VARIERA DINA TEKNIKER

The background is a blue gradient. Decorative white circuit lines with circular nodes are located in the corners: top-left, top-right, bottom-left, and bottom-right.

**MIXA DJUPGÅENDE
MED TEKNIKER SOM
KRÄVER MINDRE
KRAFT**

The background is a blue gradient. In the corners, there are decorative white line art elements resembling circuit boards or neural networks, with lines and small circles.

TYNGDLAGEN
SJUNK IN I GREPPET
UNDVIK TUMMAR(ATROS)
ANDVÄND FÖRSTÄRKTA
GREPP

The background is a blue gradient with faint concentric circles. White circuit-like lines with circular nodes are positioned in the corners: top-left, top-right, bottom-left, and bottom-right.

TRÄNA PÅ RÄTT SÄTT

The background is a blue gradient. In the corners, there are white line-art illustrations of circuit boards or neural networks, with lines connecting to small circles.

Visa hur
25-30 grader
45 grader
Jobba smart

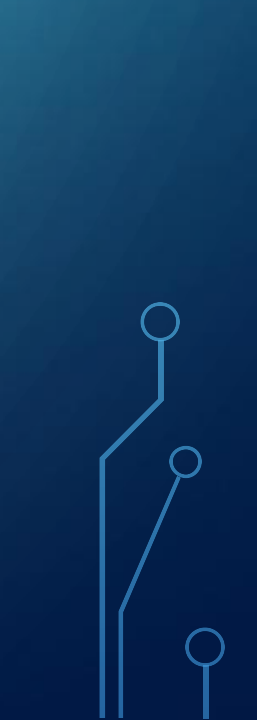
A decorative graphic on the left side of the slide, consisting of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

VIKTIGA MUSKLER ATT HÅLLA STARKA



BALEN
CORE
ROTATOR CUFFEN
KRAFT: FRÅN VAR?

RÖRLIGHET
SKORPIONEN
OMVÄND SKORPION
BRETZEEL





TACK FÖR MIN TID

FRÅGOR

www.micaelnyden.se

