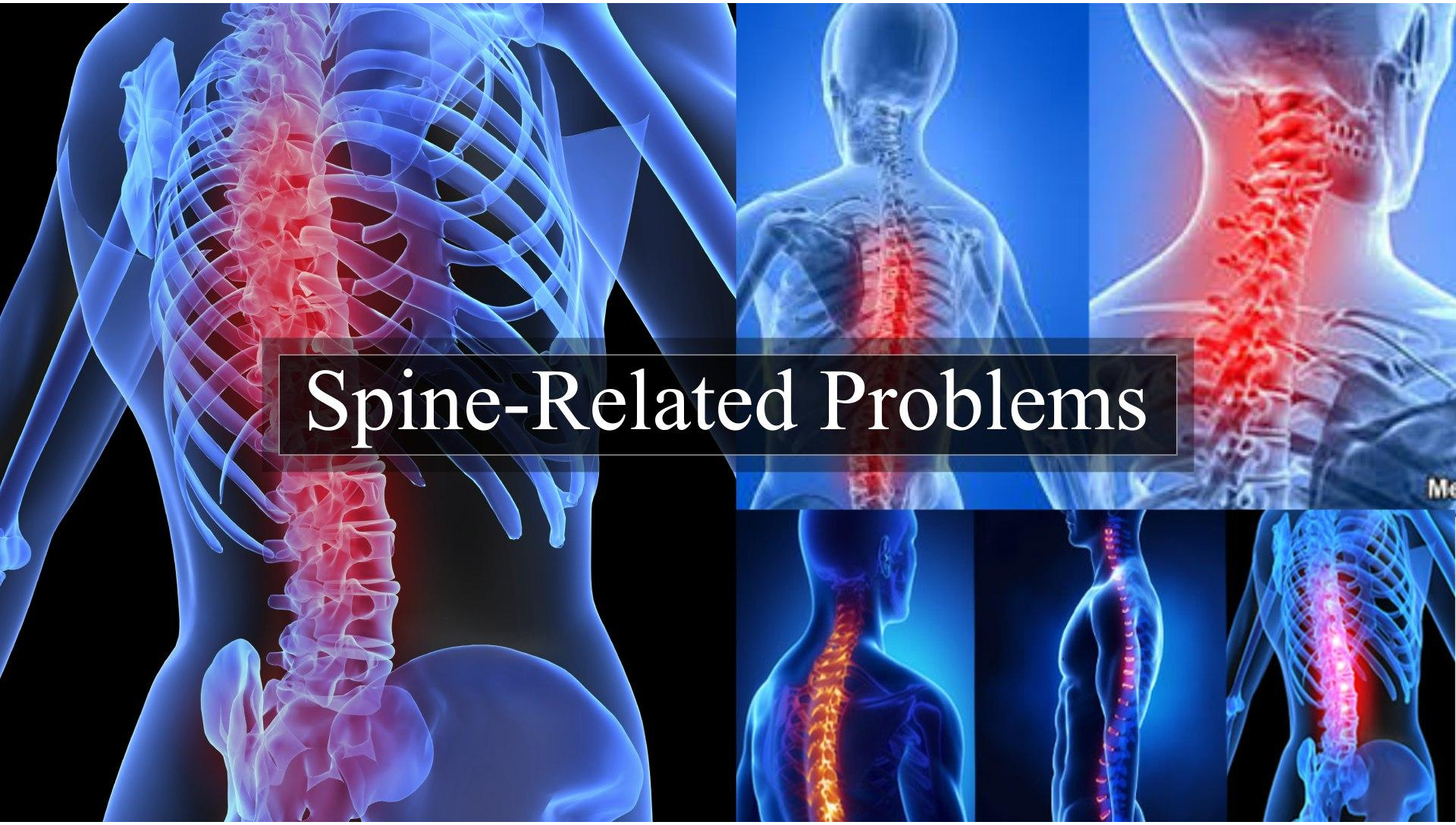


Created by: Adilbek Asylkhan  
Problems with Spine



# Spine-Related Problems

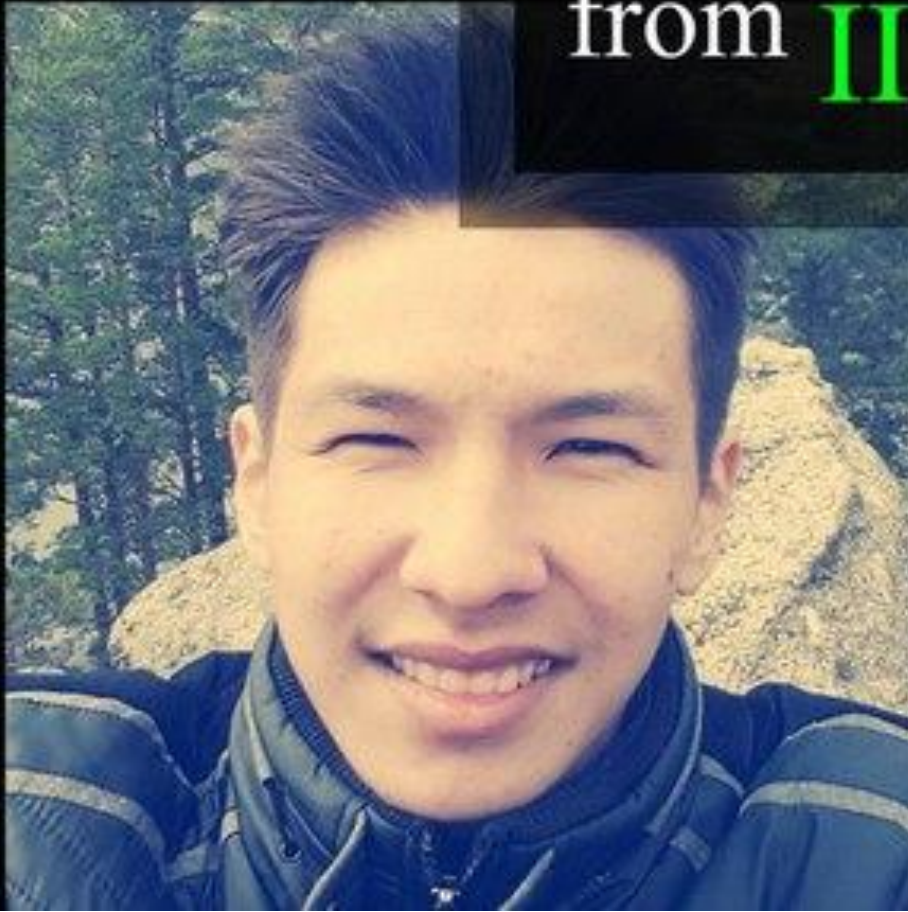


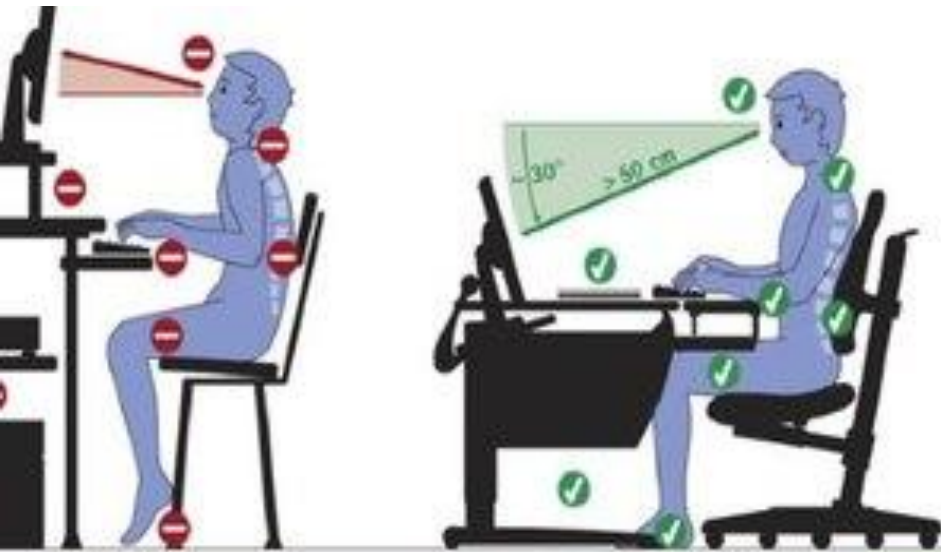
# When we use computer





two students  
from IITU





How **to solve** it?

- 1) to sit correctly
- 2) play sports
- 3) to sleep

Thank you for attention

