



Fig. 16.1 Results of a poll of 18 experts asking which sporting activities they considered beneficial or harmful to the intervertebral disks. The experts were asked for their overall judgment of each sport, with a grade ranging from 1

to 6, in view of the typical movements associated with doing it as a leisure-time activity, rather than competitively (from Krämer, Wilke, and Krämer: *Wirbelsäule und Sport*, Deutscher Ärzte-Verlag, Cologne 2005).