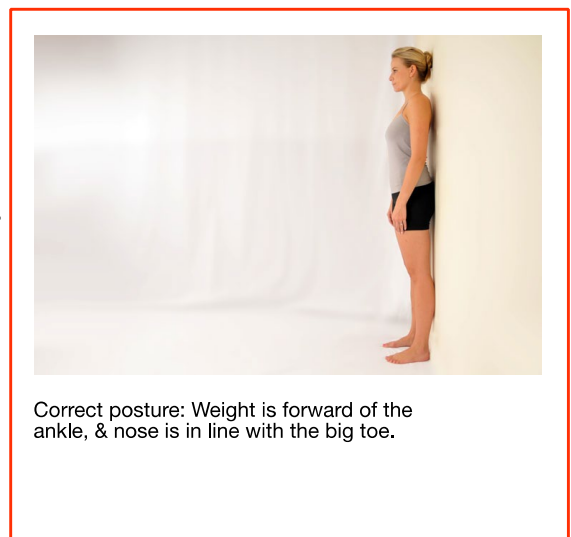
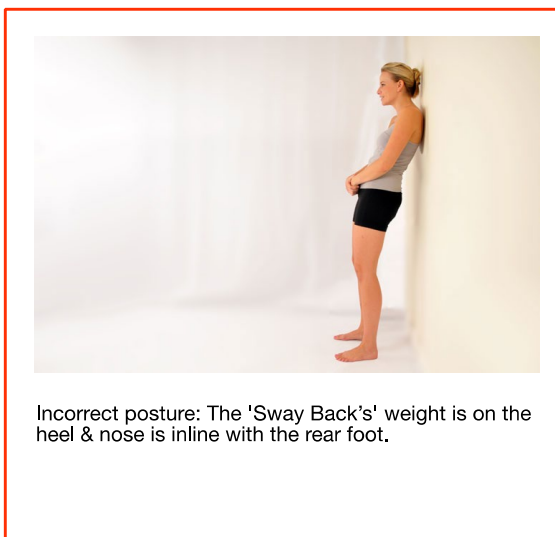


STANDING POSTURE

What we need in order to possess a healthy spine

- Correct Postural alignment, especially in sitting & standing.
- To be able to separate lumbar from pelvic movement (lumbo-pelvic disassociation). This will allow us to find 'neutral spine' at will.
- Optimal muscle balance between hip extensors (eg hamstrings) & hip flexors (eg quadriceps) to allow us to find 'neutral spine'.
- Good 'Core' Stability or motor control of our deep segmental stability system. Essential to prevent unwanted movement at each segment, causing pain & dysfunction.
- Muscle imbalances need to be corrected to restore normal movement patterns.

1) Use the wall to give you feedback on your standing posture



2) Pelvic rocking in standing



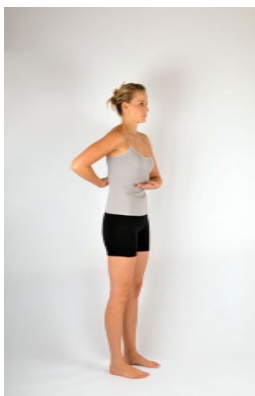
'Headlights up'



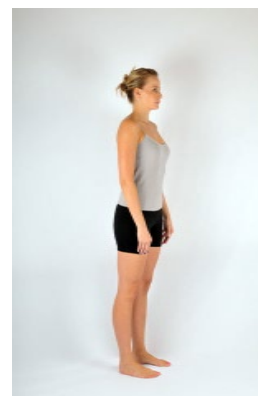
'Headlights down'



Part 1: Correcting the sway back posture: Correct lumbo-pelvic position to neutral ie halfway between headlights 'Up' & 'Down'. You may feel your tummy muscles contract.



Part 2: Bend 2 or 3 degrees forward at the junction between thoracic & lumbar spine, near the last rib.



Part 3: Sway your whole trunk a few degrees forward. Nose in line with big toe. Weight is forward, NOT on heel. You may feel your tummy muscles contract.