

Integrated Postural Training

EXERCISE ETC. INC.

Understanding Posture

- Understand neutral spine
- Observe postural deviations
- Improve firing sequence of the core muscles
- Train in all 3 planes
- Add resistance

Common Postural Deviations

Lumbar Lordosis Thoracic Kyphosis Forward Head Good Posture

Keys To Improving Posture

- Goals for exercise to improve posture:
 - Assess curvature of the spine.
 - Evaluate reason for deviations.
 - Help client achieve a neutral spine.
 - Challenge the supporting structures in various planes of motion.

“Neutral Spine” Depends on Strong Muscles

- Local Muscles (Inner Unit):
 - Directly attach to spine
 - Provide stability and segmental control
- Global Muscle (Outer Unit):
 - Large torque producing muscles
 - Provide general stability

Essentials To Posture Training

- Establish a neutral spine
- Challenge the support structure surrounding the spine:
 - Change Position
 - Change Resistance
 - Change Speed
 - Change Vector
- Understand why muscles are “tight”

Tall Standing Relaxed

- The plumb line should fall as follows:
 - The line begins at the ear.
 - Midway through the shoulder
 - Through the lumbar spine
 - Slightly posterior to hip joint.
 - Slightly anterior to the axis of the knee
 - Slightly anterior to the ankle



Lumbar Spine and Pelvic Posture

- Stand with the head, mid back, and hips against a wall.
- Slide your hand behind your back by the lumbar curve.
- Should be able to slide hand to about knuckles



Anterior Pelvic Tilt



- Shortened Muscles:
 - Lumbar Extensors
 - Psoas
 - Rectus Femoris
 - Adductors
 - Tensor Fascia Latae
- Lengthened Muscles:
 - Abdominals
 - Hamstrings
 - Gluteus Max, Med, Min

Anterior Pelvic Tilt Corrections



Posterior Pelvic Tilt



- Shortened Muscles:
 - Hamstrings
 - Gluteus Maximus
 - Abdominals
- Lengthened Muscles:
 - Psoas
 - Iliacus
 - Lumbar Extensors

Posterior Pelvic Tilt Corrections



Thoracic Spine

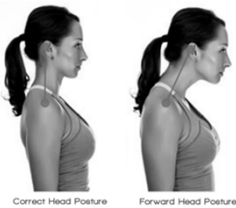


- Shortened Muscles:
 - Cervical Erectors
 - Pec Minor/Major
 - Upper Trapezius
 - Scalenes
 - Levator Scapulae
- Lengthened Muscles
 - Deep Cervical Flexors
 - Rhomboids
 - Serratus Anterior
 - Middle/Lower Trapezius

Improving Thoracic Kyphosis



Addressing Forward Head Posture

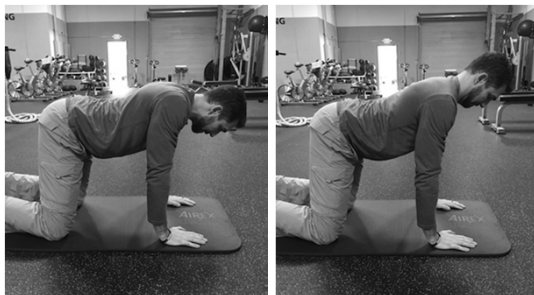


- Earlobe is anterior to AC joint.
- Often found with upper cross syndrome.
- Causes include:
 - Prolonged sitting
 - Improper desk set up
 - “Text neck”
 - Inefficient breathing
- Goals are to remove/limit causes & strengthen thoracic extensors and deep cervical flexors.

Prone Chin Tuck W/ Thoracic Ext.



Quadruped Chin Tuck



Integrating Stability Training

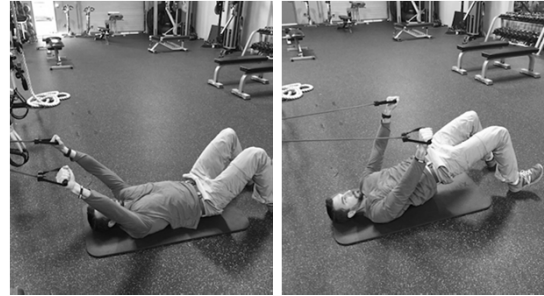


- 1st Step With Stability Training Is PREVENTING movement from occurring.
 - Anti Flexion
 - Anti Extension
 - Anti Lateral Flexion
 - Anti Rotation

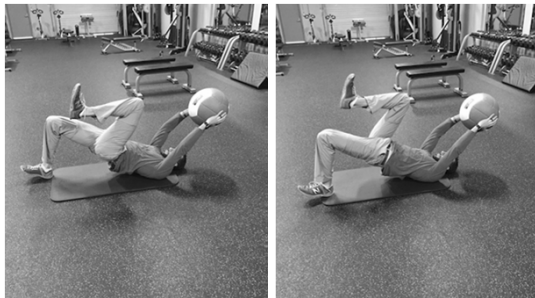
Anti-Flexion Exercises



Bridge With Core Activation



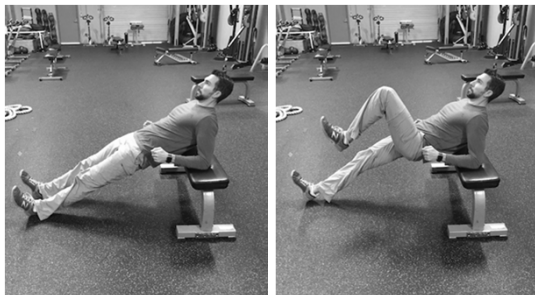
Bridge Marching



Bird Dogs



Reverse Mt Climbers



Anti Flexion Press



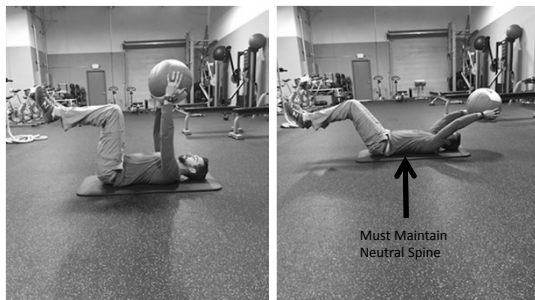
Anti Extension Exercises



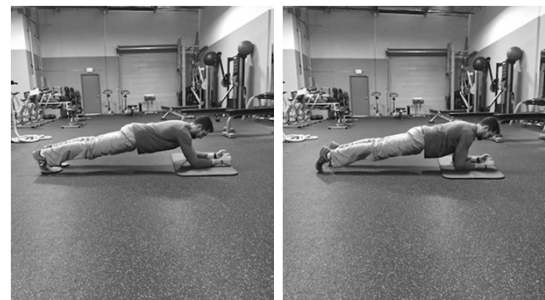
Dead Bugs



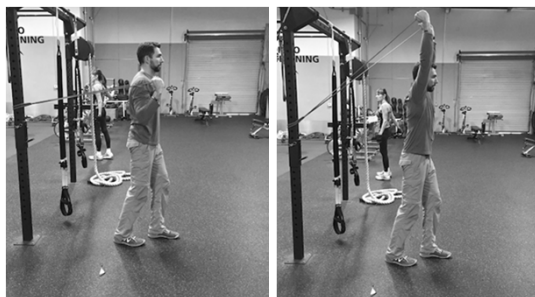
Reverse Plank



Plank Saw Variations



Anti-Extension Press



Anti Lateral Flexion Exercises



Side Plank Variations



Farmers Walk



Windmill Variations



Anti Rotation Exercises



Anti-Rotation Press



MB Plank Roll

