

Annie Murphy SESSION #1

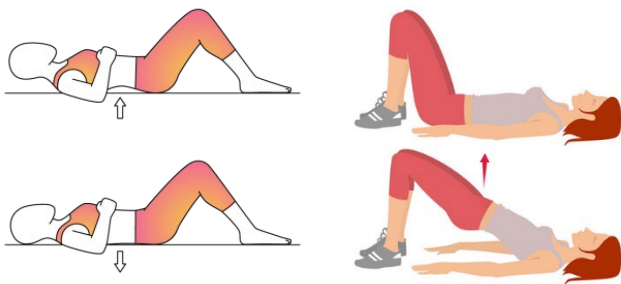
1. Review Five Basic Principles Handout and Baseline Postural Assessment
2. Practice foundation exercises: Scapular stabilization, rib cage placement, chin nods, pelvic rocks and bridging

Postural Findings

Annie has a slight forward head position, medially rotated humerus bones (upper arm), tight pecs and thoracic spine. Her left shoulder is slightly elevated, showing tight upper trapezius muscles on both sides.

Her femurs rotate medially, the left side slightly more. Her cervical spine is a little more convex because of the forward tilt of her chin. Her thoracic and lower spine are both somewhat flat. Scapula sit mostly against her ribcage with the left one slightly tipping outward.

Foundation exercises



1. **Imprint and release (zip up the jeans)/Bridging.**

Lie supine with knees bent, pelvis in neutral spine (headlights straight ahead, quarter pressed under the tailbone). Keeping shoulders and ribs still, exhale as you pull your lower abs inward and upward to rock hip bones back towards rib. Avoid using your butt to change pelvic position. Do 5-8 with just your abs.

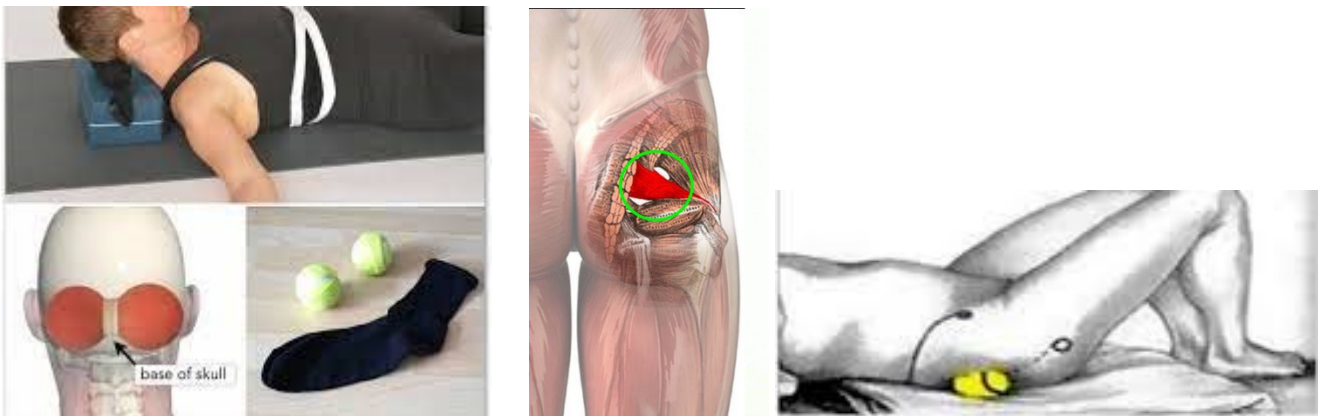
To bridge, squeeze butt muscles after you've imprinted to lift bone by bone upward into a bridge. Push downward into feet as you lift upward with glutes and abs-(head lights looking up towards ceiling and hip bones tipped backward towards ribcage. Keep glutes contracted and abs pulled inward as you slowly roll down, articulating each bone of the spine as you roll down. Take care to localize contraction in lower body-keeping shoulders soft and relaxed.



2. Shoulder Stabilization and ribcage placement.

Lie supine, knees bent, spine in neutral. Raise arms straight above you but a little lower than pictured above- in line with the bottom of your cleavage to more easily use the mid rather than upper traps to lower the shoulders down and away from the ears. Remember the feeling of drawing them downward from underneath the armpits across the rib cage and not the muscles on top of your shoulders. Think of your collar bone melting east and west to keep tension below the chin.

Keep the shoulders melted down into the floor and ribs closed as you alternate arm scissors. This is pictured using the foam roller, which we can do in the future. Think of that pulley system keeping your shoulder pulling downward towards the closed ribs as you take the arm backward towards the head. Don't grip your neck and shoulders, let the ribs pop open, or shrug your shoulder near the ears. Exhale as you reach arms parallel to floor using abs to hold any tension in neck and shoulders.



3. Tennis Ball Trigger-point release.

Please refer to fascia handout for detailed instructions.

Use a sock or panty hose to create your own trigger point release tool. You can lie on the ball for sustained pressure on tender trigger point or massage roll around on it to massage it; both work. When the ball is under the occiput (base of skull), practice your chin nods to release tension and lengthen tight neck muscles.

Remember, you can also practice melting your collar bone east and west, nodding chin and pressing occiput into head rest at stop lights. Awareness and practice are the first steps towards any change.

Five Basic Principles

Using Contemporary Pilates Principles to Achieve Optimal Fitness

The aim of contemporary, anatomically-based Pilates training such as STOTT PILATES®, is to develop optimal neuromuscular performance by focusing on core stability, while safely balancing muscular strength with flexibility. Whether performed on a Mat or on specialized equipment, Pilates that incorporates modern theories of exercise science and spinal rehabilitation should involve the following biomechanical principles: breathing, pelvic placement, rib cage placement, scapular movement and stabilization, and head and cervical placement. By introducing these principles and reinforcing them, awareness of how the body moves is developed.

This mind-body awareness ensures focus on precision and control in any Pilates program. The STOTT PILATES Five Basic Principles that follow are accompanied by simple exercises to help illustrate them.

1. Breathing

Breathing properly promotes effective oxygenation of the blood, focuses the mind on each task and helps avoid unnecessary tension, particularly in the neck, shoulders and mid-back. Exhaling deeply can also help activate the deep support muscles of the body.

A three-dimensional breath pattern is encouraged, expanding the rib cage in all directions without neglecting anterior, lateral or posterior portions. During exhalation the rib cage closes in and down while the spine flexes slightly. For this reason, an exhale is suggested to accompany and facilitate spinal flexion. During inhalation, the rib cage opens out and up while the spine extends slightly. Therefore, an inhale is suggested to accompany and facilitate spinal extension. An exhale may be used during spinal extension in order to maintain abdominal recruitment to stabilize and support the lumbar spine.

In all exercises, the breath and awareness of stabilization should precede the actual movement.

EXPERIMENTING WITH BREATHING

Noticing Natural Breath Pattern

With body supine, breathe smoothly, noticing the natural breath pattern. Is one area affected more than others: the abdominal cavity, upper chest, sides or back of the rib cage?

Breathing while hugging knees

Sit on a Mat, upper body and head rounded forward, hands resting on knees or shins, neck relaxed.

Focus on sending breath into the entire rib cage, allowing the abdomen to expand slightly. Avoid a shallow breath solely into the upper chest and shoulders.

Facilitate this breath pattern by palpating the lower posterior-lateral rib cage and encouraging full expansion. There should be light engagement of the abdominal wall, allowing the diaphragm to depress, and subsequently expand the abdomen slightly.

Abdominal Wall Engagement

The abdominal wall (transversus abdominis in particular), which is a support for the inner organs, also aids in forcing air out of the body as it compresses the abdominal cavity. Contraction of the deep pelvic floor muscles will achieve co-contraction of the transversus. Activation of these deep stabilizing muscles should be incorporated into the breath pattern. Feel the pelvic floor muscles gently contracting and lifting. Try seated or on all fours. To feel activation

of the transversus, lie in a neutral position and place fingertips just medially to ASIS (anterior superior iliac spine). On an exhale, perform a submaximal contraction of the transversus, feeling it become taut beneath the fingers. There may also be a flattening sensation along with a submaximal contraction of the pelvic floor. Avoid the feeling of hollowing or pulling the belly button toward the spine and there should be no muscle bulging beneath the fingers.

Breathing in through the nose and out through the mouth can help regulate the breath and encourage a fuller breath pattern. Exhaling through slightly pursed lips may bring more awareness to the contraction of the abdominal muscles.

Breathing Supine (lying on back)

Inhale Breathe in through the nose, expanding rib cage three-dimensionally.

Exhale Focus first on gentle pelvic floor and transversus engagement. As you exhale more deeply, the obliques will be engaged to help press the air out.

Inhale Breathe in through the nose, maintaining engagement, feel three-dimensional expansion of rib cage and abdomen.

Exhale As before.

hugging knees



breathing supine



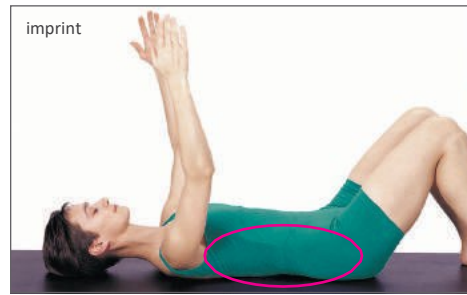
2. Pelvic Placement

It is key to emphasize stabilization of the pelvis and lumbar spine both statically and dynamically in all positions and throughout all movements. The two positions most often used are neutral and imprint. In a neutral position, the natural anteriorly convex curve of the lumbar spine is present. In most cases, when lying supine, the triangle formed by the ASIS and the symphysis pubis should be parallel to the Mat. This is the most stable and optimal shock-absorbing position and a good place from which to promote efficient movement patterns.

Neutral alignment should not be achieved by forcibly arching the back, but rather by allowing the weight of the sacrum to rest on the Mat. With the transversus abdominis engaged, no strain should be felt through the spinal extensors in the lumbar area. If muscular tension occurs, shift the pelvis slightly toward a posterior placement. It is more important for the lumbar area not to strain than for the ASIS and symphysis pubis to lie in the same horizontal plane. For example, someone with large gluteals might actually create an exaggerated lordosis in the lumbar spine by trying to have the ASIS and symphysis pubis lie in the same plane.

An imprinted position combines a slight posterior pelvic tilt with slight lumbar flexion. The normal curve of the lumbar spine lengthens toward flexion by engaging the oblique abdominals to approximate the pelvis and the rib cage anteriorly. When supine, the pubic bone may be slightly higher than the ASIS. The pelvis is not so tilted that the sacrum curls off or loses contact with the Mat.

It is not necessary to press the lower back all the way into the Mat or to tuck under by overusing the rectus abdominis and gluteal muscles as this may decrease stability.



The degree of contact between the lumbar spine and the Mat will differ from person to person.

An imprinted position should be used to ensure stability of the pelvis and lumbar spine, if neutral alignment cannot be stabilized. When there is weakness in the obliques and other abdominals, placing them in this slightly shortened position can help maintain their engagement. This will often

be useful when certain postural tendencies are present (for example, lordosis). When the lower limbs are secure on the Mat or other apparatus in a closed kinetic chain, the pelvis and lumbar spine are ideally neutral.

Performing an open kinetic chain exercise with the pelvis and lumbar spine in an imprinted position will increase stabilization. Once enough strength has been developed through the abdominal muscles to achieve stability, a neutral position can be maintained in an open kinetic chain.

EXPERIMENTING WITH PELVIC PLACEMENT

Start supine, with pelvis and spine neutral. Knees flexed, feet abducted hip-distance apart on the Mat. Arms long by sides, palms down.

Rocking Pelvis

Rock pelvis through anterior and posterior tilts to explore the range of movement. Neutral position will be somewhere between the two.

Leg Slides

Test stability in a neutral position by sliding one foot along the Mat, then drawing it back in. Limit the range of motion to where the lumbo-pelvic region can be stabilized.

Inhale To slide foot away.

Exhale To return.

Neutral to Imprint

Inhale Maintain a neutral alignment.

Exhale Contract abdominals and imprint.

Inhale Maintain an imprinted position.

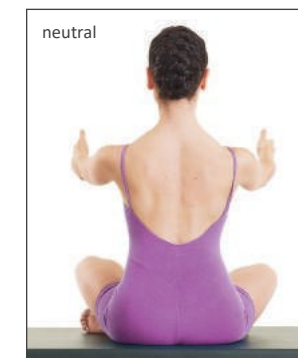
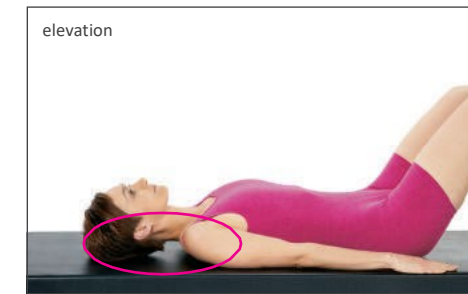
Exhale Return to neutral.

The transversus abdominis remains engaged throughout while the obliques shorten during imprint, and lengthen during return to neutral. Try lifting one or two feet off the floor to test the stability of the imprint.

4. Scapular Movement and Stabilization

Stabilizing scapulae on the rib cage is as important as contracting the abdominal muscles during the initiation of every exercise. When stability is absent, there is a tendency to overwork muscles around the neck and shoulders.

Be aware of scapular stabilization at all times, whether there is movement of the arms and spine or not. Since they lack a direct bony attachment to the rib cage and spine, the scapulae have a great deal of mobility. In making a greater range of motion available to the arms, the scapulae can glide upward, downward, inward and outward, and can also rotate upward or downward.

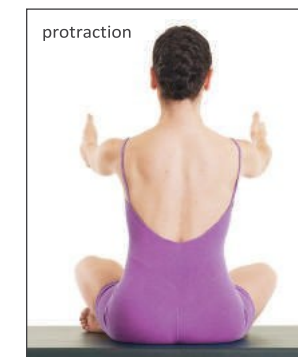
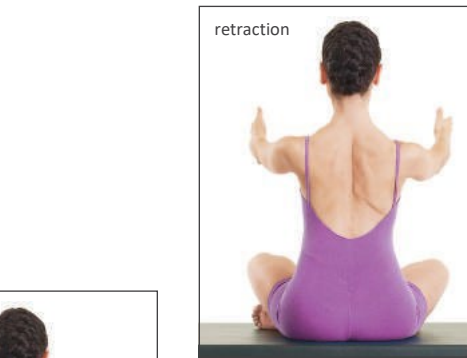
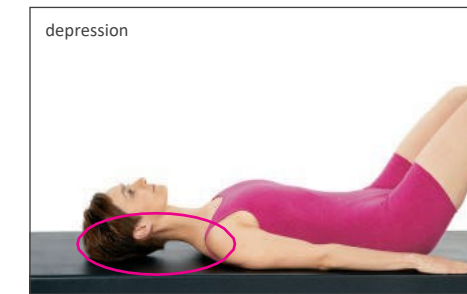


Through the whole shoulder girdle, a sense of stability, not rigidity, should always be maintained.

A sense of width should be maintained across the front and back of the shoulder girdle.

The shoulders should not be allowed to overly round forward or squeeze completely together. The scapulae should lie flat on the rib cage and glide across it without coming away from it.

Keep in mind that the scapulae will react to movements of the arms and thoracic spine. For example, the scapulae will naturally elevate during overhead arm movements and protract during thoracic flexion.



Be aware that an individual's neutral placement of the scapulae may be slightly different from their natural resting position. An ideal working alignment must be established for each individual.

EXPERIMENTING WITH SCAPULAR MOVE AND STABILIZATION

Start supine, with pelvis and spine neutral. Knees flexed, feet abducted hip-distance apart on the Mat. Arms long by sides, palms down.

Scapul Isolations

(ELEVATION, supine)

Inhale Elevate scapulae, lifting shoulders toward ears.

Exhale Return scapulae to neutral, sliding shoulders down away from ears (avoid rounding shoulders forward as they slide down).

Scapul Isolations

(DEPRESSION, supine)

Inhale Depress scapulae, drawing shoulders away from ears.

Exhale Return scapulae to neutral.

Scapul Isolations

(PROTRACTION, seated or supine)

Inhale Protract scapulae, widening between shoulder blades.

Exhale Bring scapulae back to neutral, with feeling of opening collarbone.

Scapul Isolations

(RETRACTION, seated or supine)

Inhale Retract scapulae, bringing shoulder blades closer together.

Exhale Return scapulae to neutral.

3. Rib Cage Placement

The abdominal wall attaches to the lower ribs. The abdominal muscles must often be recruited to maintain the rib cage and the thoracic spine, in proper alignment. Often the rib cage will tend to lift up in the supine position or deviate forward

in a sitting position, extending the thoracic spine. Pay particular attention while inhaling or elevating

the arms. Engagement of the obliques will ensure proper alignment at all times.

When supine in neutral, maintain a sense of the weight of the ribs resting gently on the Mat, neither lifting away nor pushing into the Mat. Emphasize breathing three-dimensionally into the rib cage and abdomen during inhalation.

Allow the two sides of the rib cage to close toward each other during exhalation, softening the back of the rib cage toward the Mat. Avoid overly depressing the rib cage, which will flex the thoracic spine, possibly extending the cervical spine and may deactivate the transversus abdominis.

When flexing, the rib cage will slide toward the pelvis anteriorly. When extending, allow the rib cage to open to facilitate thoracic extension. It is important to not completely relax the abdominals during extension; otherwise a loss of spinal stability will result.

EXPERIMENTING WITH RIB CAGE PLACEMENT

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and spine neutral. Knees flexed, feet abducted hip-distance apart on the Mat. Arms long by sides, palms down.

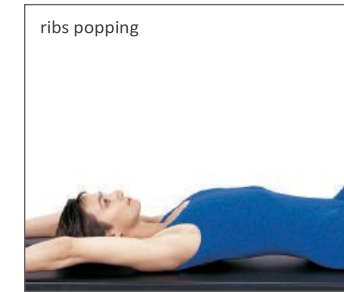
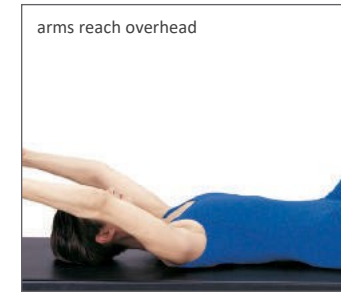
Arm Raises

Inhale Reach arms to the ceiling, palms facing one another.

Exhale Reach arms overhead, only as far as abdominal connection and contact between the rib cage and Mat can be maintained.

Inhale Reach arms to the ceiling.

Exhale Lower arms down by sides.



5. Head and Cervical Placement

The cervical spine should hold its natural curve with the skull balancing directly above the shoulders when sitting in neutral. This position should also be maintained when lying on the back. If there is a kyphosis or forward head posture, pads or pillows under the head may be necessary to support the head, and prevent overextension and unnecessary tension in the cervical spine.

In most instances, the cervical spine should continue the line created by the thoracic spine in neutral, or during flexion, extension, lateral flexion and rotation.

Cervical flexion should begin with a slight head nod, referred to as cranio-vertebral flexion. Avoid jamming the chin into the chest. There should be enough room between chin and chest to fit a small fist. Once cranio-vertebral flexion and scapular stabilization are established, the upper torso can be flexed by contracting the abdominals to slide the rib cage toward the pelvis.

When flexing the upper torso, focus on creating an even flexion through the thoracic and cervical spine.

When extending the upper torso, focus on creating an even extension through the thoracic and cervical spine. Avoid creating overextension and compression in the cervical area.

EXPERIMENTING WITH HEAD AND CERVICAL PLACEMENT

Start supine, with pelvis and spine neutral. Knees flexed, feet abducted hip-distance apart on the Mat. Arms long by sides, palms down.

Cranio-Vertebral Flexion (also known as Head Nods)

Inhale Drop eye focus slightly, tipping head forward. Leave head on the Mat.

Exhale Return to neutral.

Modified Abdominal Preparation

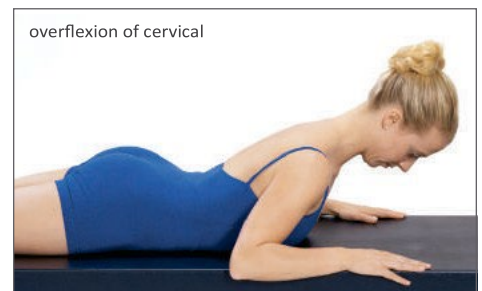
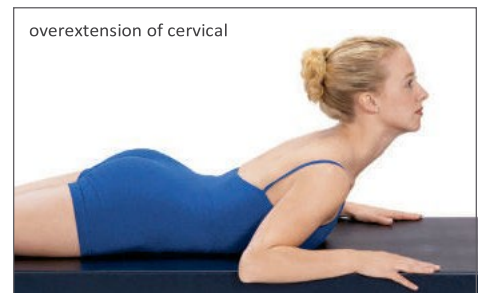
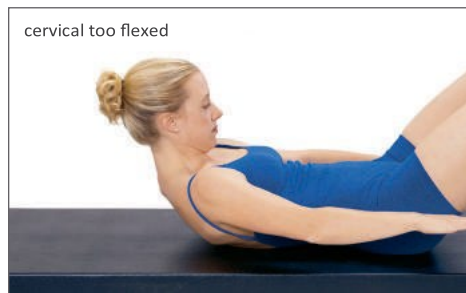
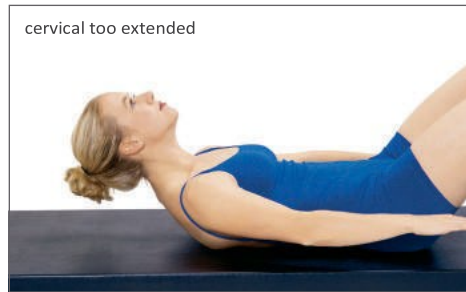
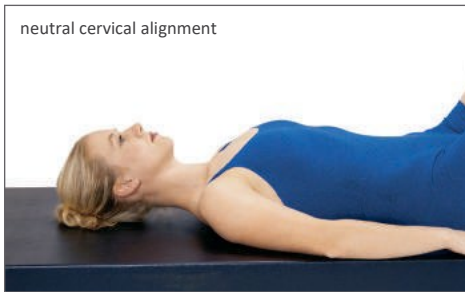
Inhale Lengthen back of neck.

Exhale While maintaining length through back of neck, stabilize scapulae, then flex thoracic spine.

Maintain neutral pelvis throughout the exercise, ensuring engagement of transversus abdominis.

Inhale Hold flexion by maintaining abdominal contraction while back and sides of rib cage expand. Maintain length in back of neck.

Exhale Return upper body to the Mat, allowing cervical spine to return to neutral once head is on the Mat.



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