

God Made Man Upright

But.....

Ecclesiastes 7:29

Definition of Gravity

- Gravity is the force that draws an object or living thing downwards.
- The word comes from the Latin *gravis*, meaning “heavy”
- Objects that have mass pull on each other
- The larger the mass, the stronger the pull of gravity
- The shorter the distance, the stronger the pull of gravity



7 Cervical vertebrae

12 Thoracic vertebrae

5 Lumbar vertebrae

Sacrum

Coccyx

ADAM

Scoliotic spine



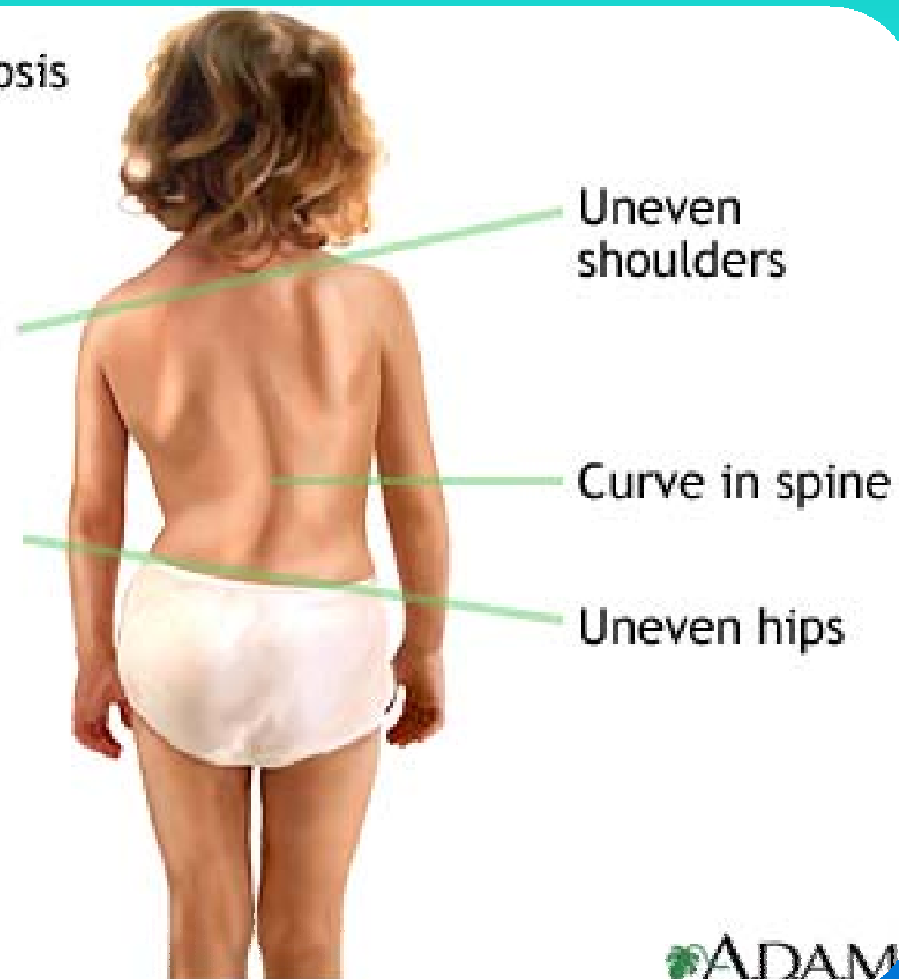
Normal spine



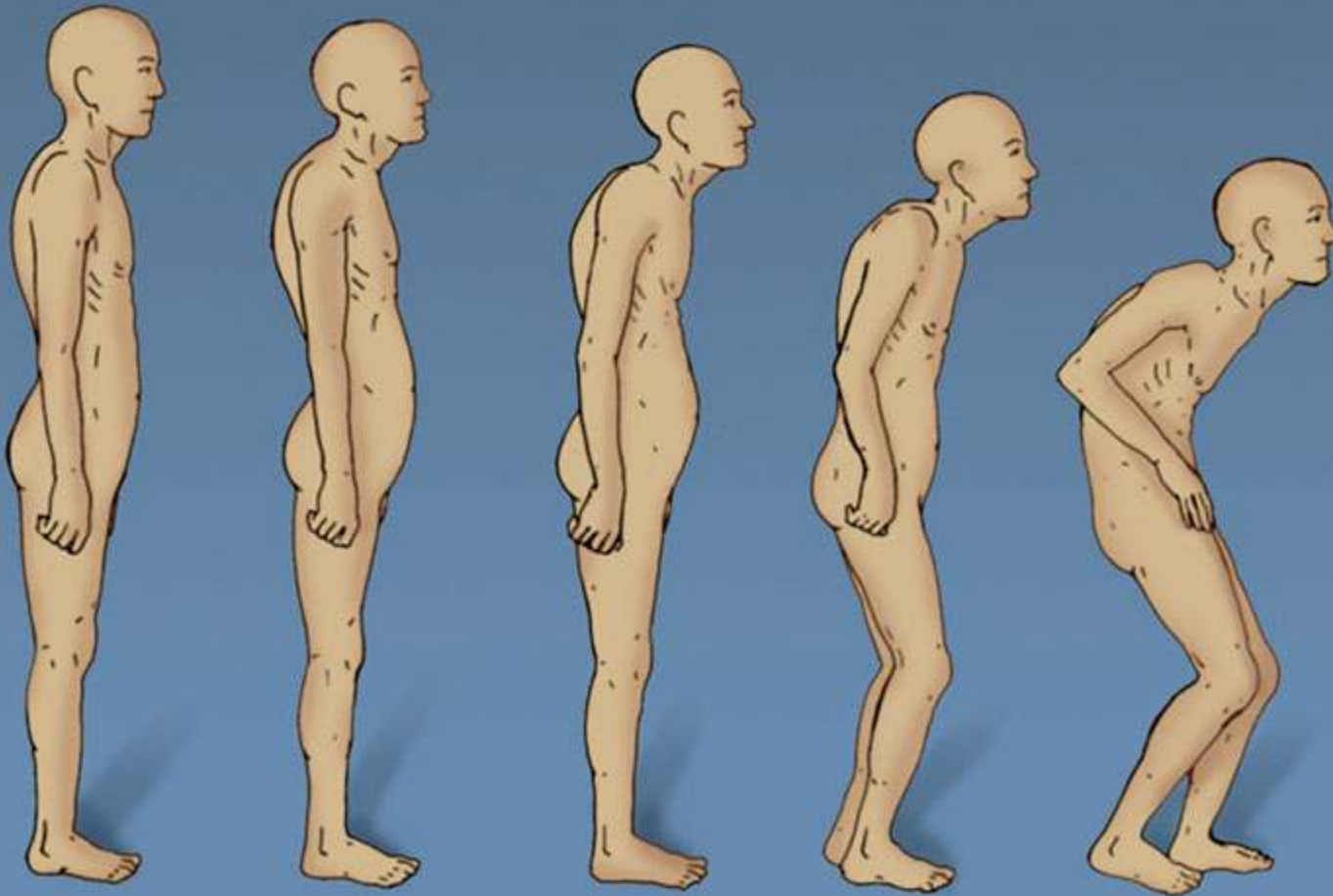
ADAM.

VDW

Signs of scoliosis

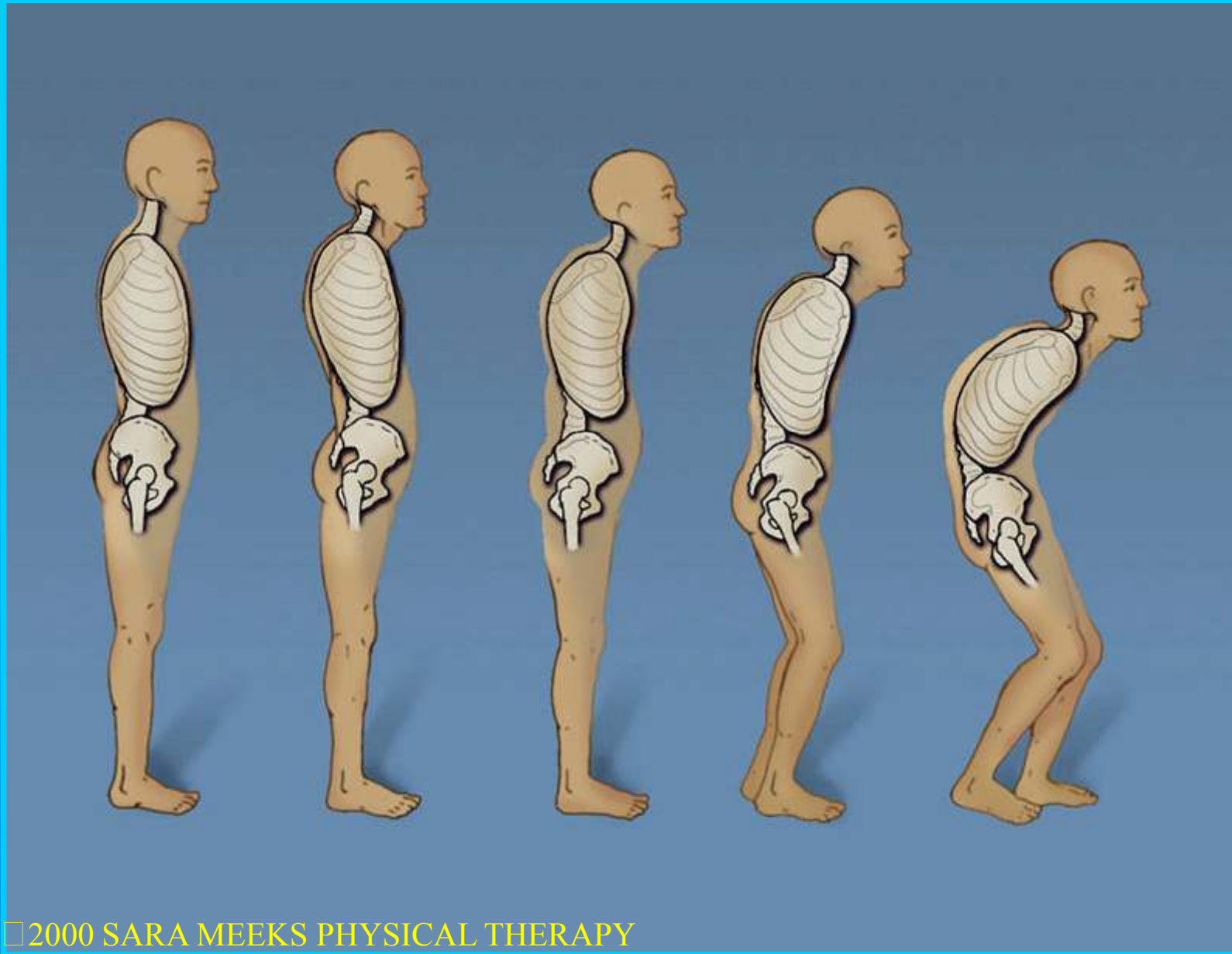


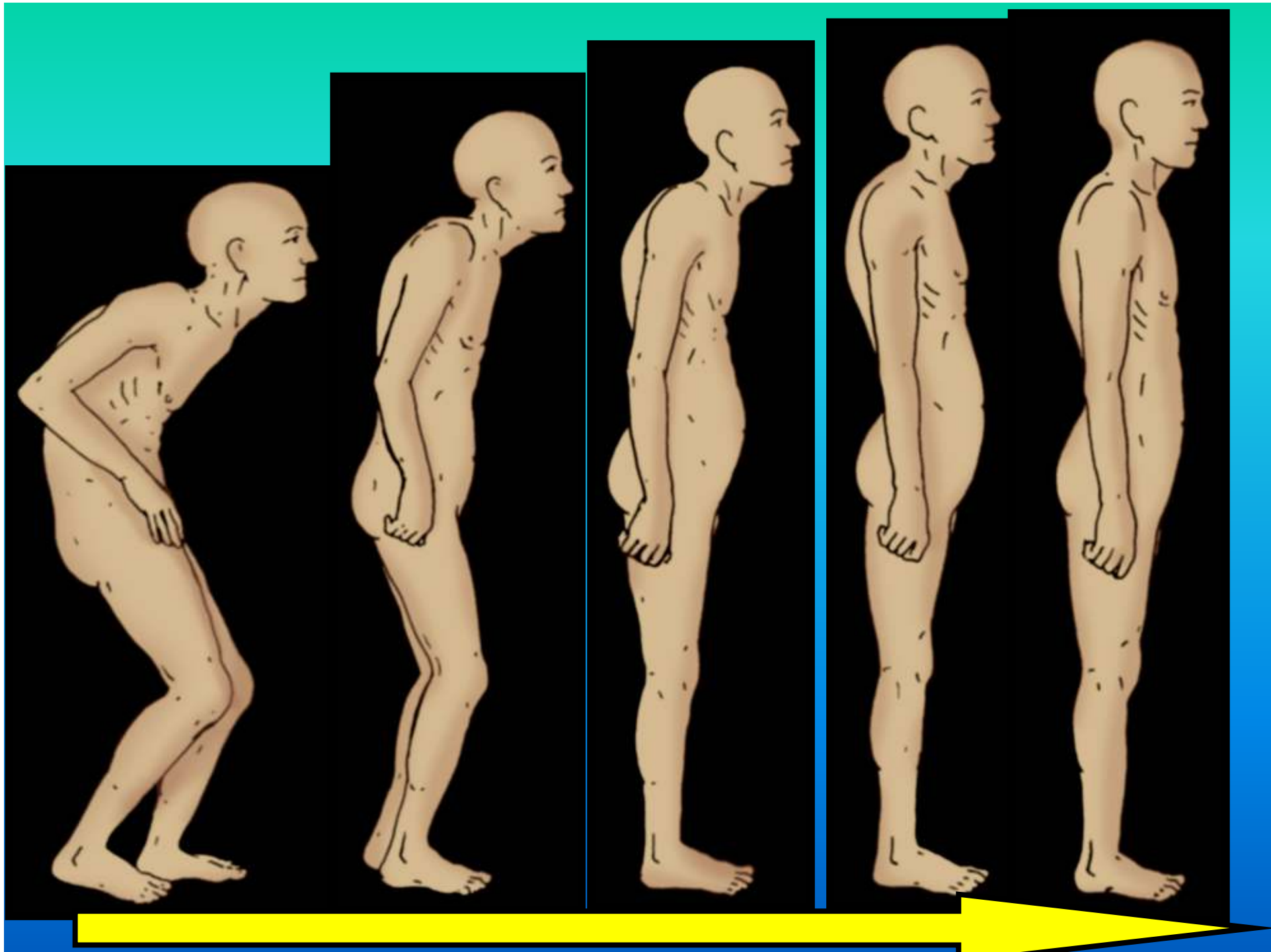
PATTERNS OF POSTURAL CHANGE

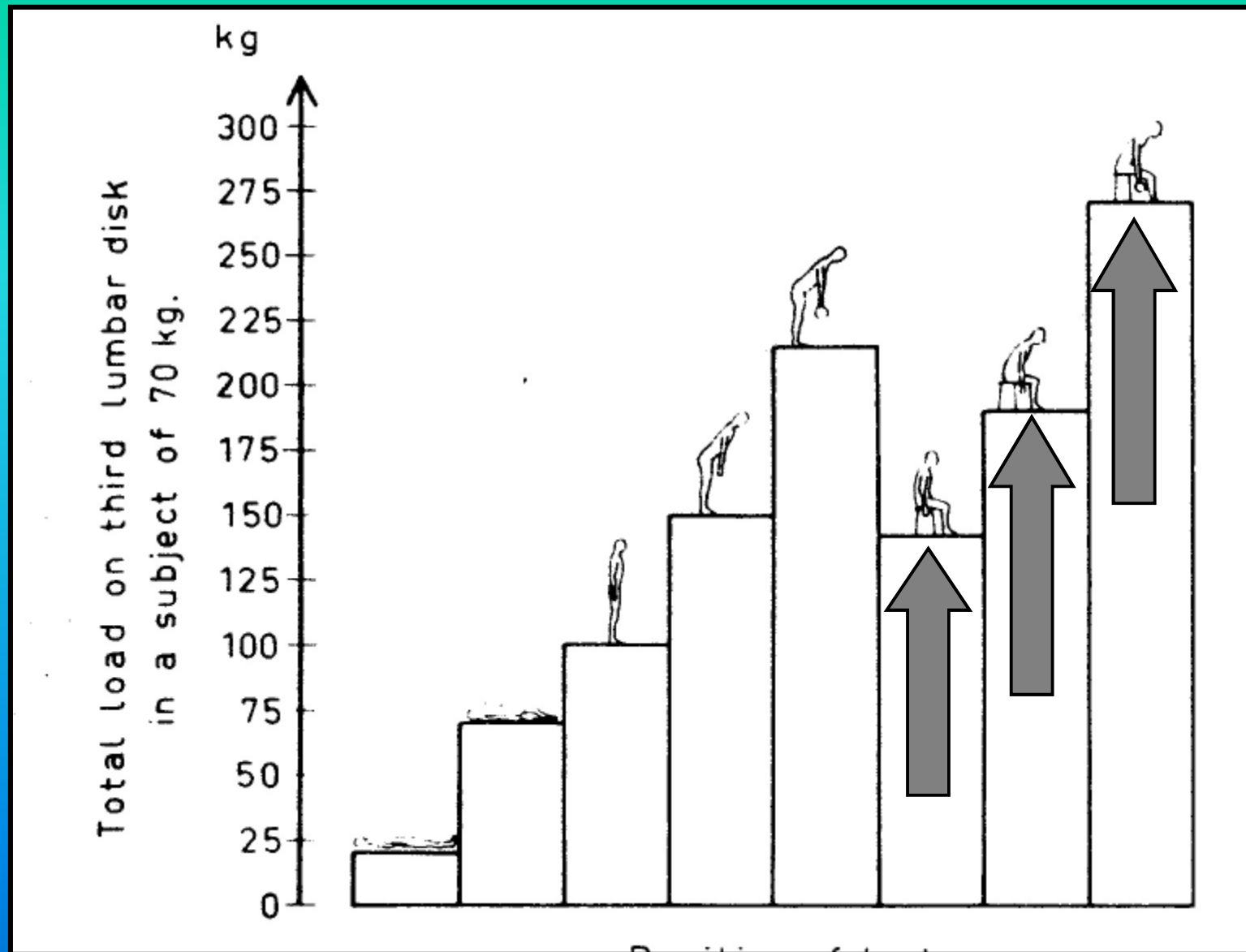


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PATTERNS OF POSTURAL CHANGE







Nachemson, A. The Load on Lumbar Disks in Different Positions of the Body. From the Department of Orthopaedic Surgery, University of Gothenburg, Gothenburg, Sweden

EXERCISE:

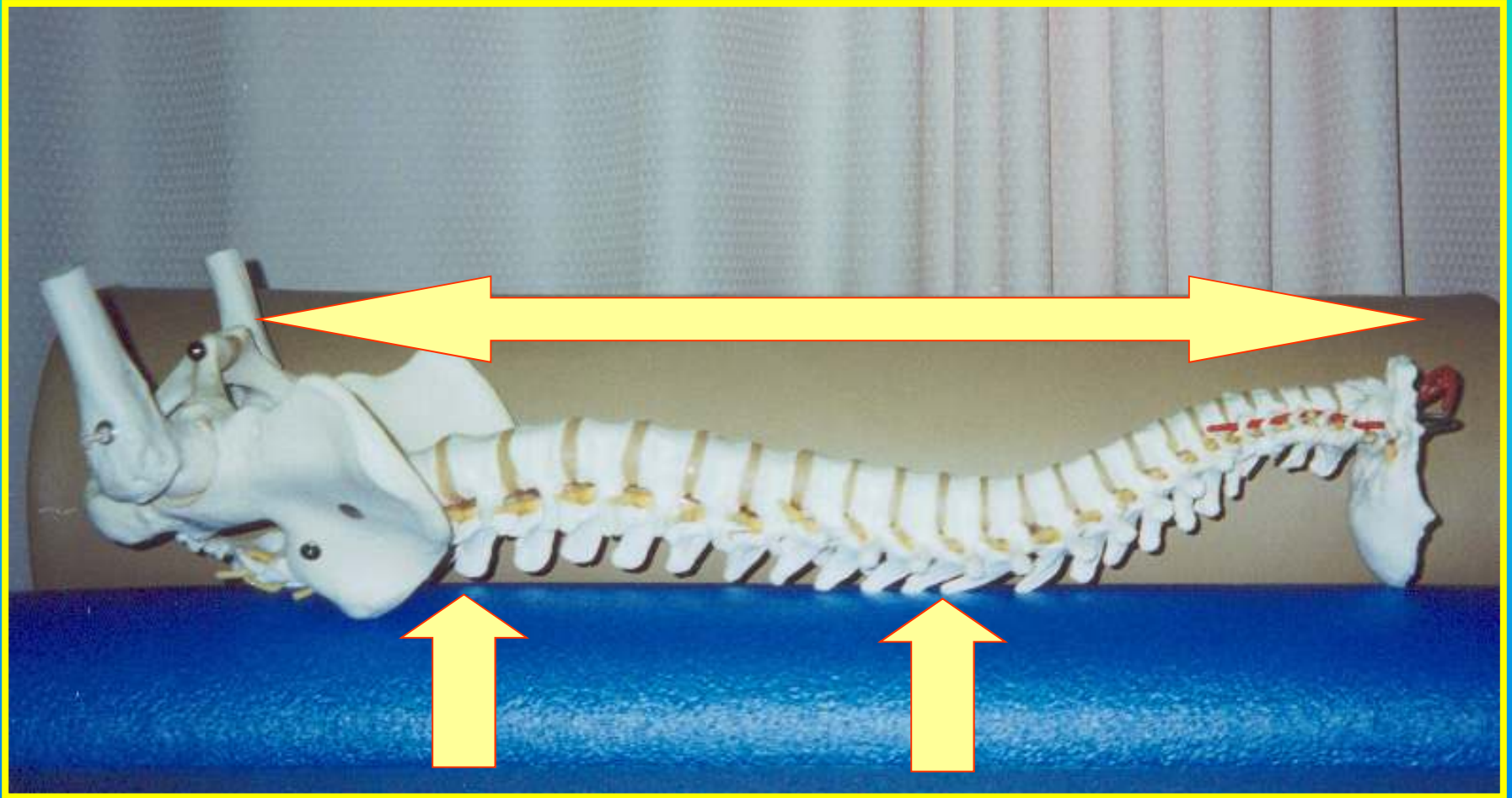
THE

“E”

PILL



DECOMPRESSION EXERCISE



DECOMPRESSION



homo computerus

homo computerus

SEATED EXERCISE EXPERIENCE

SEATED

PERCH

STANDING

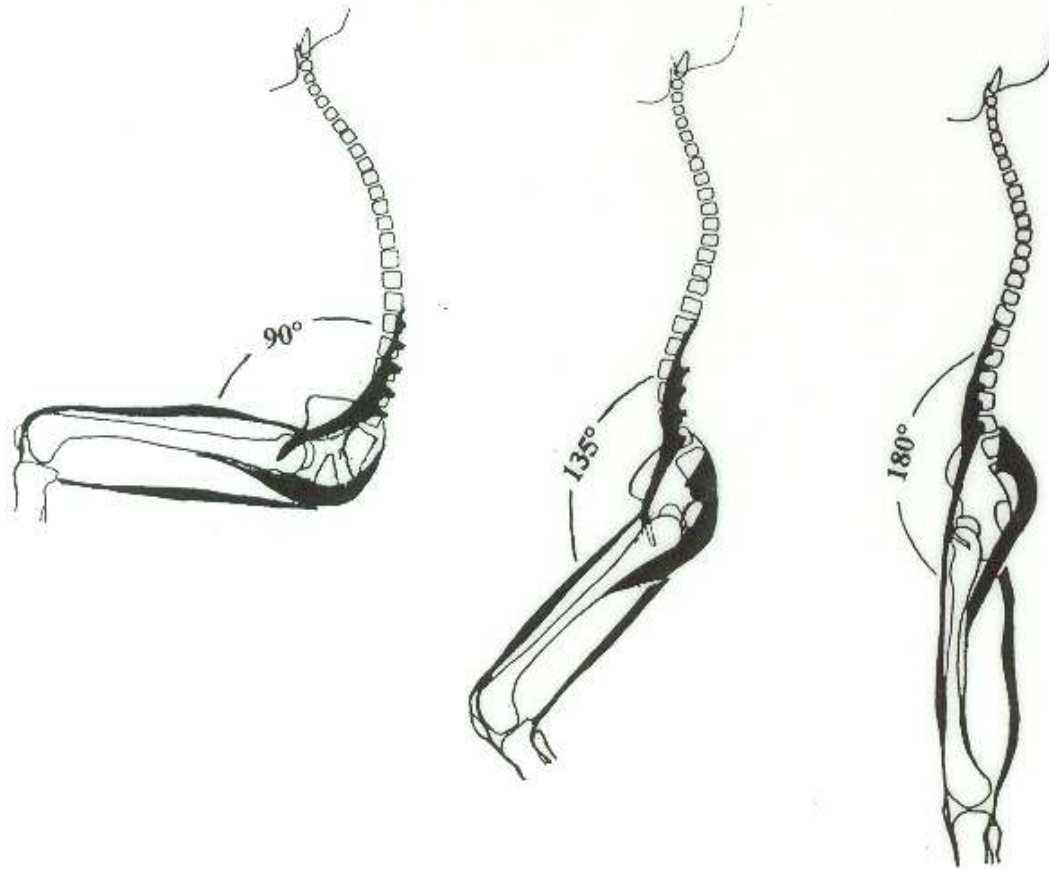


Figure 44. Right-angle seating produces a C-shaped spine. Perching is halfway between sitting and standing, but retains the postural advantages of standing—the S-shaped spine.

****From THE CHAIR by Galen Cranz W.W.Norton & Co. NY,NY**

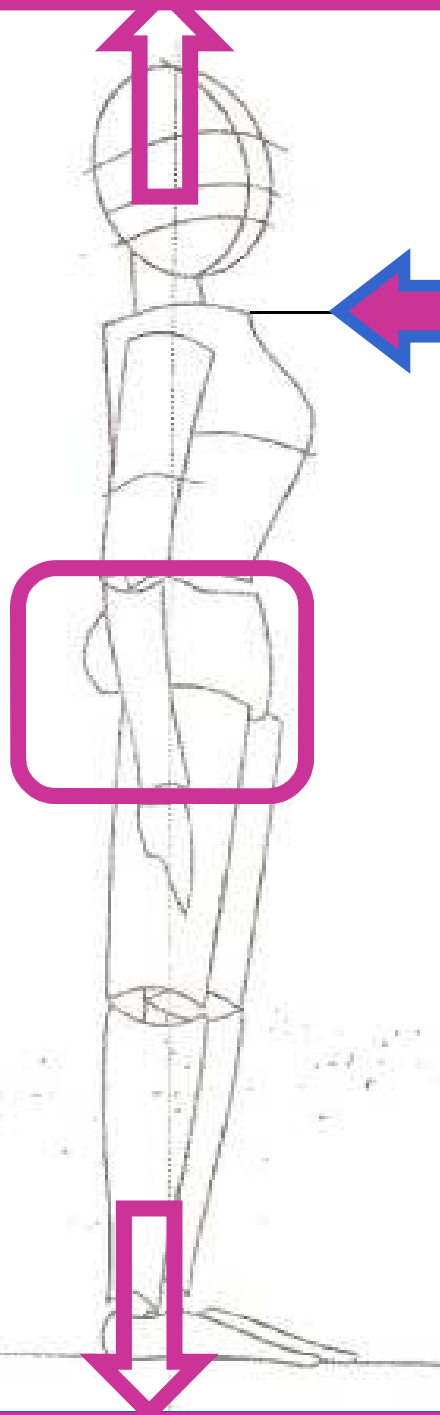
STANDING EXERCISES

POSTURAL

CORRECTION

**USE WALKER OR ASSISTIVE
DEVICES AS NECESSARY FOR
SAFETY**

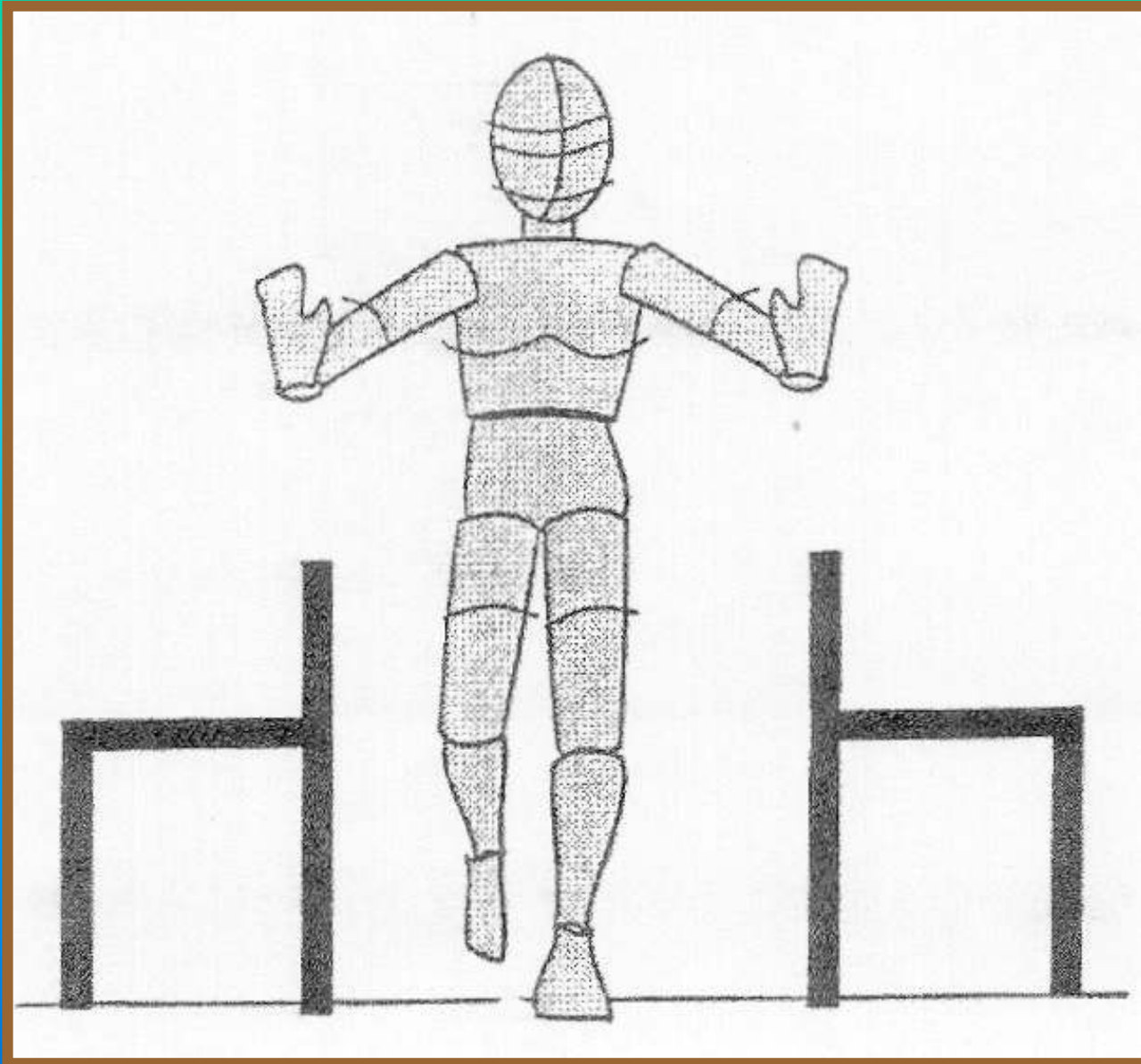
POSTURAL CORRECTION VISUAL IMAGERY



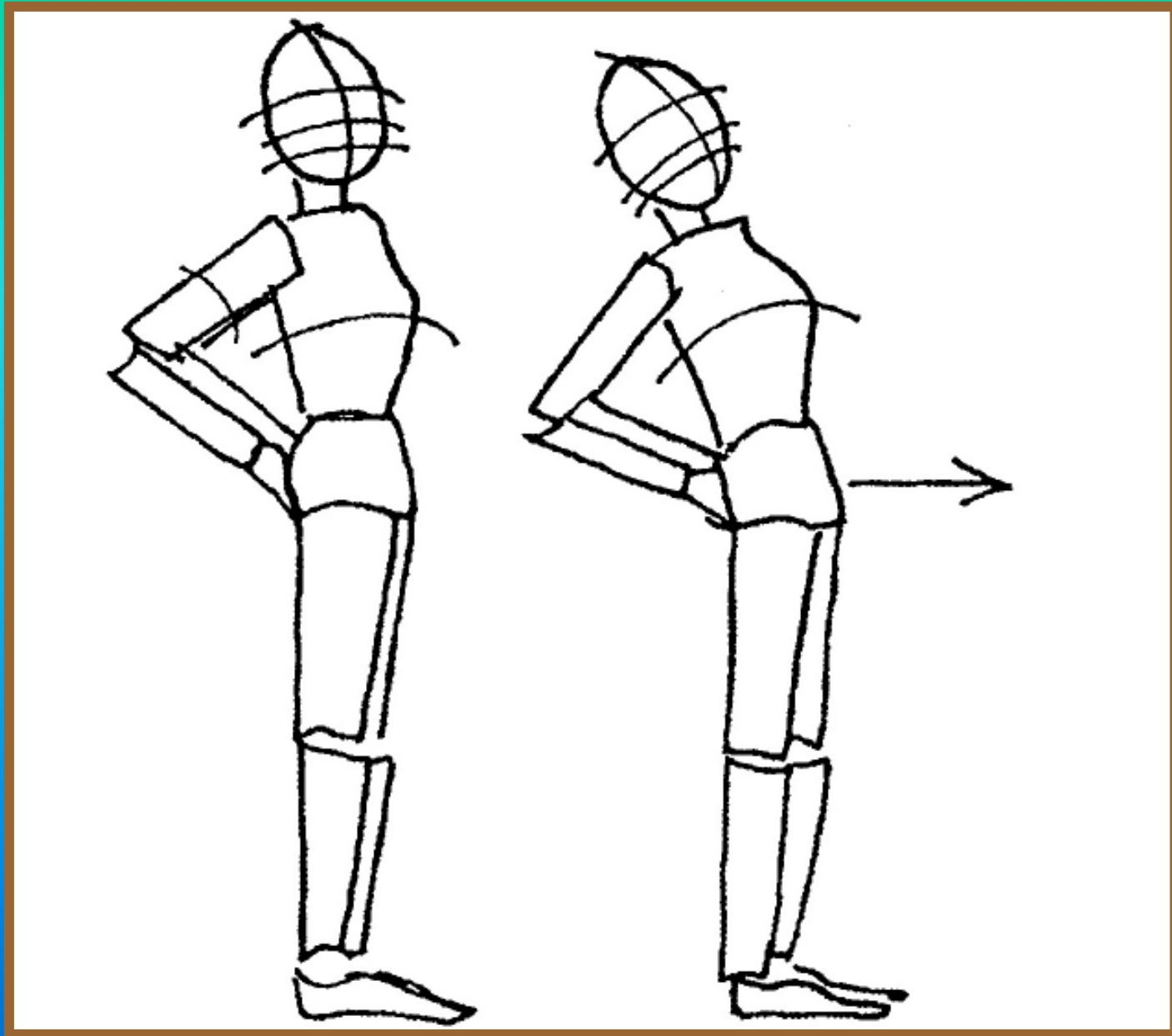
Turn “ON” the Muscle Switch

- Plumb Line
- “2+” Taller
- Scruff of neck
- Shelf, Jewel, “Tie High”
- “Bucket”--Abdominal “Set”
- The “Prost Pillow Press”
- The Box with the Gift Bow
- Spread your “wings”

FROM: WALK TALL! An Exercise Program for the Prevention and Treatment of Osteoporosis. Sara Meeks, P.T., M.S., G.C.S.
Triad Publishing, Gainesville, FL 1999

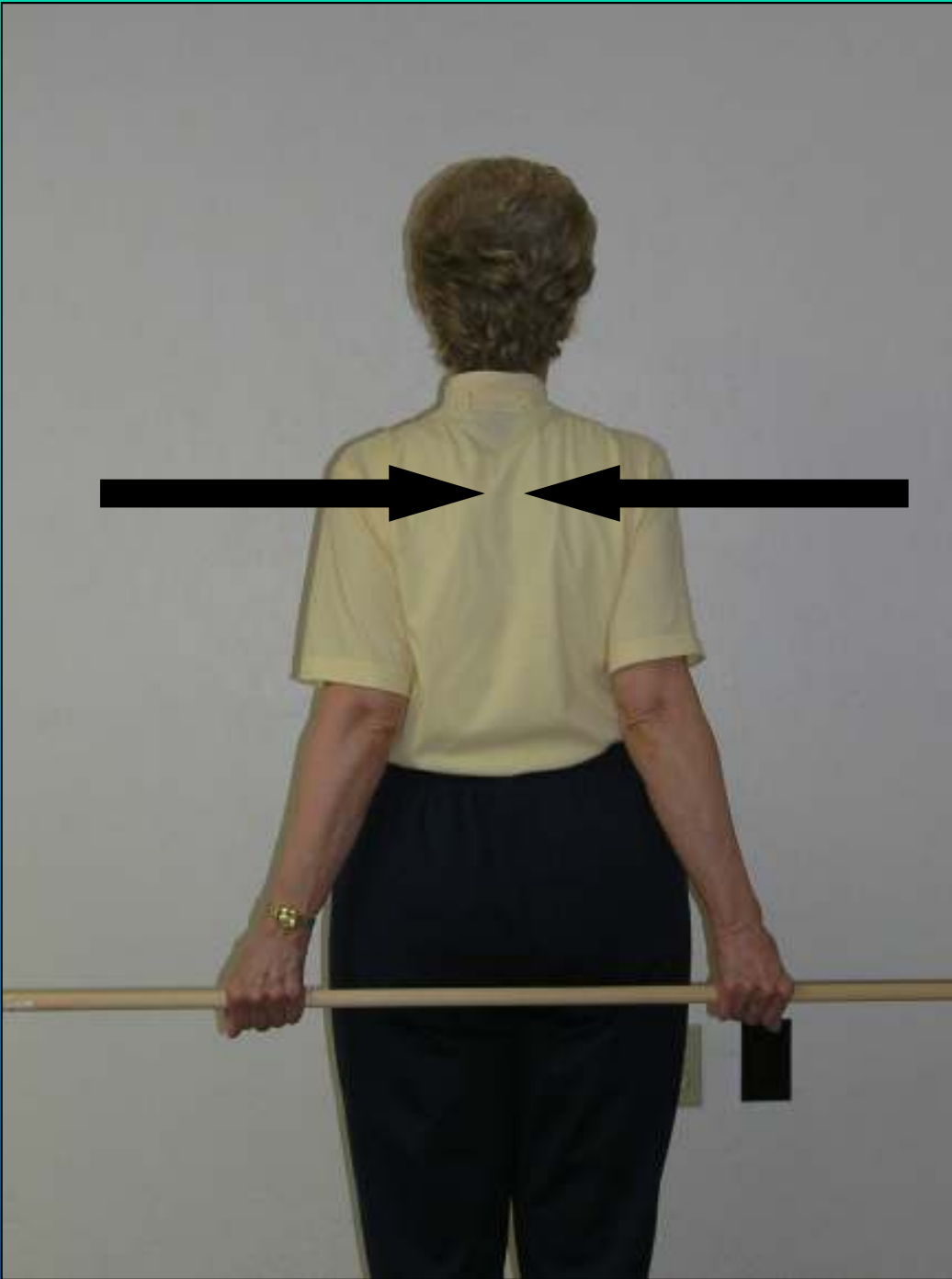


BALANCE

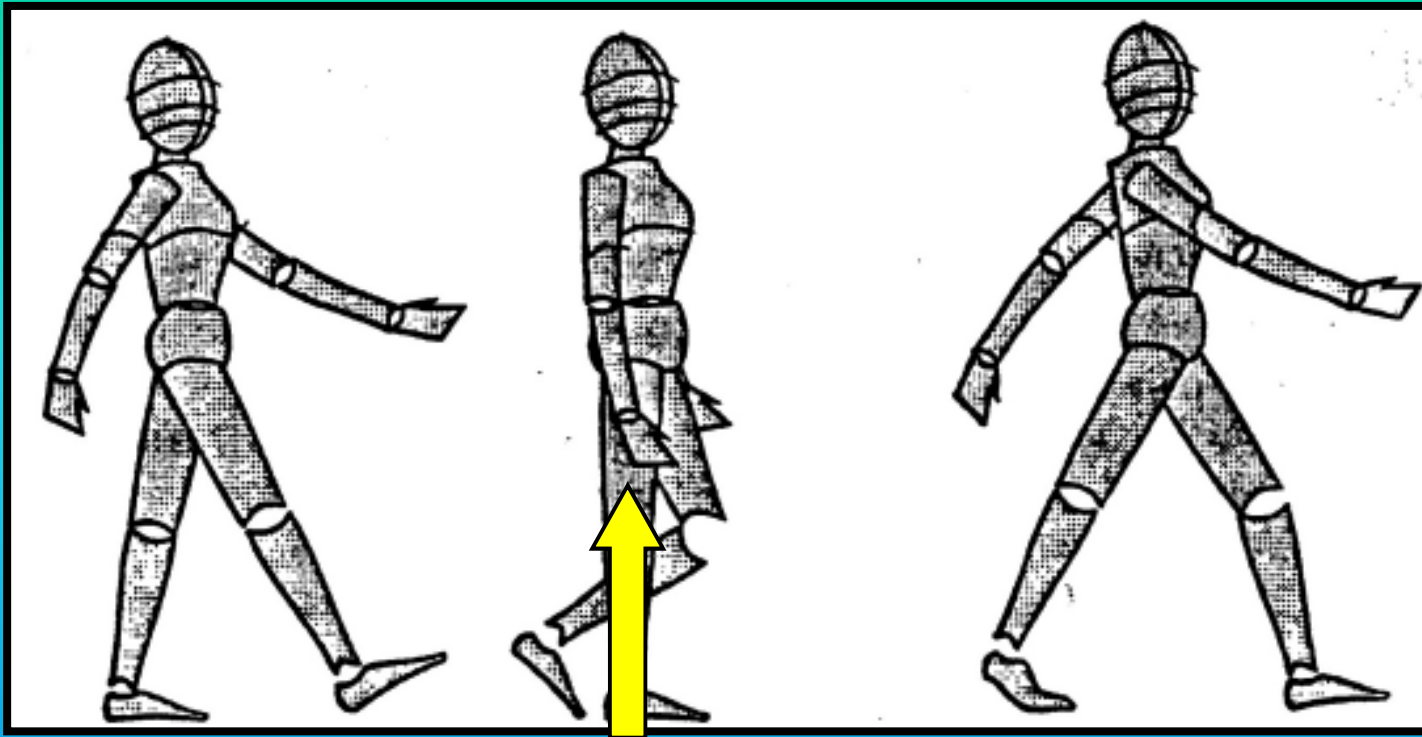


EXTENSION-IN-STANDING

SHOULDER RETRACTION



W
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The Single Best Exercise for Most
People at Most Anytime
Promotes Weightbearing through
the Hip Joints and the Bones

“SURPRISE” THE BONES

Walk backward, sideward, on uneven surfaces

DEFINITELY AVOID

- Abdominal Crunches
or Sit-Ups



- ABDOMINAL ROLL-UPS



- ABDOMINAL MACHINE
Brings Ribcage towards
Pelvis



Perform Exercise

To

Arrest and/or Reverse

The

PATTERNS OF POSTURAL CHANGE