Myofascial Release, Centering Alignment & Corrective Exercise Connection

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Specialty Week at Rancho La Puerta

Schedule for week of June 8th 2024

Opening the week with a Brief intro & explanation of Fascia dehydration (causes of discomfort/pain) -therapeutic exercises to help alleviate discomfort. Followed by - The importance of centered posture and corrective exercise and its connection ….

(Kinetic connection -the chain of movement starting at the bottom and moving up)

Sunday 6/9 – Focus is on:

Feet, Ankles, Calves, Shins

Monday 6/10 – Focus is on:

Knees, Thighs (Quads & Hams), Hips (Ad & Ab-ductors), IT band

Tuesday 6/11- Focus is on:

Pelvis, Hip Flexors (psoas), Glutes, Low Back (QL), Abs

Wednesday 6/12- Focus is on:

Mid back, Shoulders, Chest, Ribcage

Thursday 6/13- Focus is on:

Neck, Head, Arms, Hands

Friday 6/14- Focus is on:

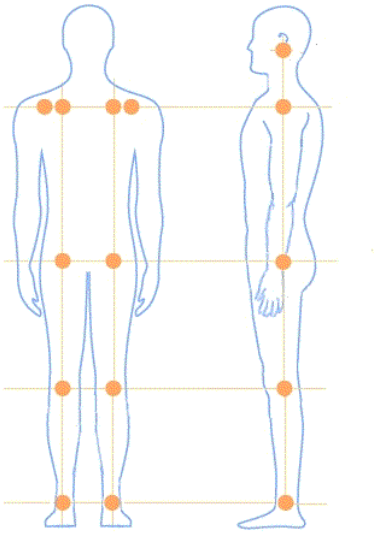
Full Body (putting it all together), Overall Restoration, Fascia in Motion mvmt

Centering Alignment and "Proper" Posture of the Body 101

Posture muscles help to fix or stabilize a joint; they prevent movement, while other muscles create movement. They are composed of muscle fibers that have a particular capacity for prolonged work. For instance, as a person leans forward slightly to walk up a flight of stairs (the movement), the posture muscles surrounding the spine help to prevent the upper body from falling too far forward (they help keep the body upright).

There are three natural curves in a healthy vertebral spine. The low back (lumbar spine) curves inward (toward the anterior part of the body) and is referred to as a lordotic curve. The middle back (thoracic spine) is curved outward (posterior to the body) referred to as a Kyphotic curve. The neck (cervical spine) curves slightly forward and thus have a lordotic curve.

The term "Neutral Spine" usually refers to the lumbar region. Neutral spine is a pain-free position of the lumbar spine attained when the pressures in and around the pelvis joint structures are evenly distributed. The pelvis is balanced between its anterior and posterior positions.



Good posture—when you are standing:

Is the **straight vertical alignment of your body from the top of your head, through your body's center, to the bottom of your feet**. The feet should be relaxed with the body's weight resting on three points: the heel, the base of the big toe, and the little toe.

There are five principles of posture and movement that outline the ways our bodies work:

Posture Principle 1 – Movement. Your body is designed to move and stay moving. ...

Posture Principle 2 – Balance. ...

Posture Principle 3 – Movement Patterns. ...

Posture Principle 4 – Compensation. ...

Posture Principle 5 – Adaptation.

Fascia Loves

1. Hydration (think a sponge)
2. Movement (think water transportation)
3. Touch (think floorwork, massage, soft foam rollers)
4. Slow Stretch (think cats)
5. Bouncing (think jumping, dancing, running)

Fascia Hates

1. Static positions (sitting, slouching)
2. Repetitions (one-sided work or workouts)
3. Too quick stretches (it's slower than muscles)
4. Too deep stretches (it can break)
5. STRESS (it's one of our richest sensory organs)