

BREATHING

NOTICING NORMAL BREATHING PATTERN

- Begin with one hand on chest and one hand on belly
- Breathe smoothly, noticing your natural breath pattern ie: abdominal cavity, upper chest, sides or back of rib cage

BREATHING SUPINE (LATERAL AND ANTERIOR)

- Bring hands onto the lower ribs
- Inhale through nose feeling the rib cage expand up and out then exhale through pursed lips feeling the rib cage close in and down

PELVIC FLOOR CONNECTION

- Lean forward between widened legs keeping spine tall
- Diaphragm moves with pelvic floor as we inhale and exhale.
- Feel the pelvic floor muscles releasing with inhale and lifting up and in on your exhale.

TRANSVERSE ABDOMINUS CONNECTION SUPINE

- Laying on your back, with band wrapped around hips and crossed in the front of hip bones with a small amount of tension.
- Inhale through nose allowing the rib cage to expand
- Exhale through pursed lips, tightening the band as your TA engages (corset feeling)

BREATHING FLEXED FORWARD



- Begin sitting on a mat, knees bent and feet flat on floor, inhale

- Exhale and round upper body over legs
- Inhale through nose focusing breath to the back of the ribs, exhale through pursed lips. Repeat x3
- Avoid a shallow breath into the upper chest and shoulders. Breath slowly into the lower back and sides of the rib cage, encouraging expansion while allowing ebb and flow through the abdominals

BREATHING FULL ENGAGEMENT SUPINE – QUADROPED POSITION



- Hands under shoulders, knees under hips, abdominals slightly contracted to maintain neutral alignment (we don't want to sink into our back or have it arched).
- Inhale through nose, allowing the rib cage to expand in all directions, feeling very small pressure in your pelvic floor as your diaphragm moves down
Exhale through pursed lips, small contraction in the pelvic floor and TA pushing the air out closing the rib cage in maintaining length through spine

PELVIC PLACEMENT

ROCKING PELVIS

- Laying on your back with knees bent and feet flat on floor about sit bone distance apart
- Rock pelvis back and forth (pushing back to floor and then arching back) to observe the range of motion
- Neutral will be somewhere in the middle

NEUTRAL TO IMPRINT



Neutral



Imprint

- Begin laying down with knees bent and feet flat on mat. Form a triangle shape with your hands and lay this over your hip bones with fingertips over the pubic bone.
- When in neutral this shape should be parallel and level with the mat. Your tailbone should feel heavy with a small space present under the lower back
- Neutral is the most shock absorbing position for the pelvis

- Imprint combines a slight pelvic tilt with a slight flexion of the lower back (lumbar spine)

- Imagine a blueberry under the low back. In neutral your back does not touch it while in imprint the low back touches the berry but does not crush it

LEG SLIDES (IN NEUTRAL)

- Laying on your back, knees bent and feet flat on the floor. Hands on hip bones
- We want to keep the pelvis stable and in neutral as we do this exercise.
- Inhale slide one leg away from body, exhale to bring back in. Only sliding away as far as you can maintain neutral alignment.
- You can switch the breathing if it helps you to maintain neutral and feel the abdominals helping to stabilize the pelvis

LEG LIFTS (IN IMPRINT)



- Laying on your back with knees bent and feet flat on the floor in line with sit bones.
- Inhale to stay, exhale contract abdominals and tip pelvis into imprint
- Inhale to hold
- Exhale lift one leg to table top
- Inhale to release and come back to neutral.
- Repeat on other leg.

RIB CAGE PLACEMENT

BREATHING W/O ARCH OR TENSION IN RIBS

- Laying on your back, in neutral, we want to feel the ribs gently resting on the mat.
- Inhale through nose, allowing the sides of the ribs to open, avoiding arching.
- Exhale through pursed lips allowing the sides of the rib cage to close in toward each other, softening the back of the ribs towards the pelvis, avoiding any jamming into the mat.

ARM RAISES



- Laying on your back, feet in line with sit bones, arms by your side.
- Inhale raise arms up toward ceiling (palms in)
- Exhale to reach arms overhead, only going as far as you can maintain the stability of the rib cage (stomach muscles support the weight of the arms)
- Inhale raise your arms back to ceiling
- Exhale lower down to the mat.

SCAPULAR PLACEMENT & MOVEMENT

PROTRACTION/RETRACTION



Protraction



Retraction

- Lay on back, knees bent, feet hip width apart, arms up toward ceiling.
- Find your neutral spine and pelvis. The motions during this exercise will occur at your shoulder blades.
- Inhale to separate shoulder blade apart, reaching finger tips to the ceiling and squeezing from the chest
- Exhale to return to neutral
- Inhale to stay in neutral, exhale to squeeze the shoulder blade together towards spine
- Inhale back to neutral.

ELEVATION & DEPRESSION



UPWARD & DOWNWARD ROTATION

ARM SCISSORS

- Lay on back, knees bent, feet hip width apart, arms down by your sides, slightly wider than the mat. Find your neutral spine and pelvis.
- Inhale to glide your shoulder blades up towards your ears without shrugging shoulders. Gentle pressure into backs of hands
- Exhale to glide shoulder blades down toward your bum, be careful to not jam your rib cage as you glide down.

- Your shoulder blades can move in a lot of directions, good to be aware to avoid any injuries.

- Laying on your back, in neutral, arms by your side, feet in line with sit bones
- Inhale raise your arms up toward the ceiling, palms in toward each other
- Exhale lower one arm overhead and the other toward mat
- Inhale to raise arms, exhale to switch, opposite arm overhead and other toward hip.

ARM CIRCLES



- Laying on your back, in neutral, arms by your side, feet in line with sit bones
- Inhale raise your arms up toward the ceiling
- Exhale scooping out and around back to hips.
- Then go the opposite direction. Inhale to scoop out and around up toward ceiling, exhale to press down toward hips.
- Keep ribs soft to the mat and torso in neutral throughout

HEAD AND CERVICAL PLACEMENT

HEAD PILLOWS

- We use these to support our head and put our bodies in the best neutral position when we are laying down.

HEAD NODS



- Start laying down, in neutral, arms by your side, with feet in line with sit bones
- Inhale to nod head (fist distance from your chest) slightly, lengthening the back of neck
- Exhale to return to neutral.
- Make sure to leave your head on the mat..

