



## Live Postural Correction Class

### *Intro, Review of Ergo 101, Initial Posture Assessments*

**Please ensure you have completed all six classes of the Ergo 101 series via SABA prior to registering for the Live Postural Correction Series.**

Welcome to our live Postural Correction Series! This is a 6 class series that will provide a pre- and post-assessment of your posture and provide you the tools to correct your posture on your own.

It's important to take the classes in order and with a week between each class. This will give you ample time to work on the concepts you have learned in the class and have the best chance at correcting your posture.

#### Class Outline:

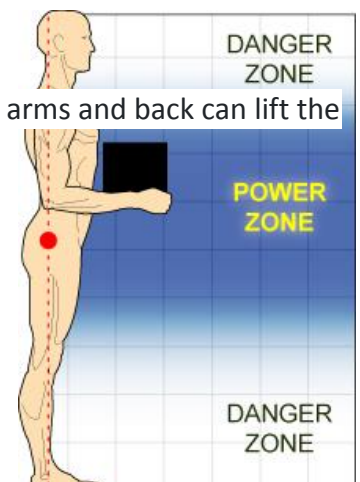
- **Class 1: Intro, Review of Ergo 101, Initial Posture Assessments**
- Class 2: Core Stabilization
- Class 3: Upper Crossed Syndrome
- Class 4: Lower Crossed Syndrome
- Class 5: Extremities and Self-Myofascial Release
- Class 6: Conclusion and Post-Postural Assessment

#### Neutral Posture:

- Ears, shoulders, elbows, hips, knees, ankles
- The weight of the spine is evenly distributed across each vertebral disc
- Maintain the curves > Cervical, Thoracic, Lumbar
- Body is most efficient in neutral posture, our bodies WANT to be in neutral posture

#### Power Zone

- The area between mid-thigh and mid-chest height, this is the area where the arms and back can lift the most with the least effort





Three Point Contact: NEW!

- The back of your head; make sure your nose and gaze point straight up towards the ceiling (if you're lying down) or to the line of the horizon (if you're standing, kneeling or sitting).
- The space between shoulder blades, your bra strap line, or the area of the lowest rib pair.
- The lower part of the sacrum, very close to the tailbone.

Types of Posture Assessments:

- Wall Angel Stretch
- Plumb line Assessment > Posture Grid
- Palm Placement



Goal(s) for series, be as specific as possible:

S:

M:

A:

R:

T: