



## Live Postural Correction Class

### *Core Stabilization*

**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

What does the core consist of?

- LPHC = \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Muscles of the core are any muscles that cross over or directly act upon the LPHC.

Diaphragmatic Breathing:

Diaphragmatic breathing, or “belly breathing,” involves fully engaging the stomach, abdominal muscles, and diaphragm when breathing. This means actively pulling the diaphragm down with each inward breath. In this way, diaphragmatic breathing helps the lungs fill more efficiently.

Remind yourself of your goal here:



- Inhale > push your belly out
  - Exhale > contact belly
1. Lie down on a flat surface with a pillow under the head and pillows beneath the knees. Pillows will help keep the body in a comfortable position.
  2. Place one hand on the middle of the upper chest.
  3. Place the other hand on the stomach, just beneath the rib cage but above the diaphragm.
  4. To inhale, slowly breathe in through the nose, drawing the breath down toward the stomach. The stomach should push upward against the hand, while the chest remains still.
  5. To exhale, tighten the abdominal muscles and let the stomach fall downward while exhaling through pursed lips. Again, the chest should remain still.

#### Three Point Contact:

- 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.

#### 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

#### Exercises:

1. Three Point Contact Practice
2. Cat-Cow
3. Floor Prone Cobra
4. Bridge
5. Plank
6. Side Plank

Remind yourself of your goal here: