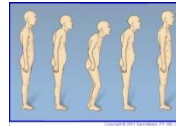


THE POSTURE REVOLUTION

One Day Workshop Agenda



REGISTRATION AND INTRODUCTION

Assessments

- Posture Photo
- Height Measurement
- Spine Curve Measurement
- Posture Assessment

TRAINING SEQUENCE

Posture / Take Home Message

- Alignment
- "Strong" Standing
- "Active" Sitting: Avoid Bone "Creep"
 - Chairs, Sofa
 - Cars, Other
- To Bend or Not To Bend...Forward

Realignment

- Safe Movement Body Mechanics
 - Instruction and Demonstration
 - Lower to the Floor and Rising to Stand with Optimal Alignment
- Alignment Lying On Your Back
 - Shoulder and Arm Motion Assessment
- Re-Alignment
 - Instruction, Demonstration, and Assessment
 - Lengtheners and Presses
- Pelvis, Hip, and Leg Stretches with Strap
 - Hip Motion Assessment
 - Instruction and Demonstration

Training the Posture Muscles of the Spine

- Mini Lecture: Posture, Back Muscle Strength, and Spine Health
- Training the Core and Deep Posture Muscles of the Spine
- On Your Belly 4-Step Set (OYB4) Overview
- Motion and Strength Assessment of Core and Deep Posture Muscles
- On Your Belly 4-Step Set (OYB4)
 - Instruction and Demonstration
 - Pelvis Stabilizer Assessment

- OYB4 Lengtheners
- OYB4 Arm Raise Position and Sequence
- Warm-Up
- Endurance Training

Functional Balance Assessment and Training

- Mini Lecture: Training Your Central Nervous System For Better Balance
- Posture Alignment with Balance Training
- Functional Balance Assessment
- Balance Isometrics to Smooth Movement

Smooth Walking with Optimal Alignment

- "Smooth Walking"
- Walking Assessment
- Training for "Smooth Walking" with Optimal Alignment

Body Mechanics

- Mini Lecture: Spine Stability For Changes In Load and Carrying Capacity
- Body Mechanics For Spine Health
- Movement Assessment
- Safe Movement with Optimal Alignment
 - Lift
 - Carry
 - Reach
 - Household and Outdoors

Guidelines For Movement

- Safe Movement and Optimal Alignment for:
 - Pilates
 - Yoga
 - Tai Chi
 - Exercise Classes
 - Weight Training
- What about other sports and classes?

CLOSING

- Training Progressions
- Where do you go from here?
- Posture Photos
- Feedback