

## **Important Definitions**

### **Static Tension**

Muscles working against each other to hold you up; Survival Physiology.

*Abnormal tension leading to abnormal movement, locking of joints and progressive wear and tear.*

### **Dynamic Tension**

Equal muscle tension on both sides of the spinal curves. Muscles in both the front and back are contracting in the eccentric or long state, producing stability and alignment. *\*from Glickstein*

*Important for creating foundation for posture and stable position for resistance training.*

### **Tensegrity**

Equal distribution of weight throughout the body. Integrity of the tension throughout the body.

Allows stability, flexibility and movement to coexist. *\*from Lubitsch*

*Important for proper ergonomic movement and the basis for sports and Yoga-type activities.*

## **Movement Protocols**

### **Movement 1**

- Rock n' Roll
- Dynamic Tension
- Seated Fold

### **Movement 3**

- Shoulder Spirals
- Short Lunge
- Psoas Stretch

### **Movement 2**

- Standing Stabilization
- Forward Fold
- Twists

### **Morter March**

- Phase 1
- Phase 2
- Phase 3

All movements will be explained during *Therapeutic Exercise* sessions interspersed throughout your treatment program. These protocols are designed to use the body the way it is designed to move and work which aids in updating and reprogramming your nervous system. As you to incorporate these principles of Tensegrity into daily activities your life becomes more therapeutic.

## **Resistance Training Protocol**

**ENGAGE** Lift weight a short distance

**STABILIZE** Chest up, shoulders down first then back, abs long and tight, gluts tight

**CONTRACT** Engage muscle to perform as complete a movement as the stabilizers will allow

**SQUEEZE** Squeeze the muscle group being isolated

**LENGTHEN** Return muscle to as long a position as the stabilizers will allow

**REPEAT**