

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 2

- Standing Stabilization
- Forward Fold
- Twists

Movement 3

- Shoulder Spirals
- Short Lunge
- Psoas Stretch

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