

## ***PRONE (FACE DOWN) STABILIZATION PROCEDURE***

*“A position of Dynamic Tension”*

- Tighten legs and buttocks, pulling pubic bone up and tailbone down and forward (do not bend knees or lift legs)
- Push stomach out (tighten without shortening- *eccentric contraction*). Alternate between abs in and abs out
- Shoulders down toward feet, then back
- Head back, chin in, nose pointed down/forward
- Lift chest
- Bring ribcage back towards spine and pubic up toward ribcage
- Recheck legs, buttocks, abs out, chest, shoulders, neck, and head
- Imagine a line from between your legs up to your heart
- Recheck legs, buttocks, pubic bone, abs, ribcage, chest, shoulders, neck and head
- Inhale and hold your breath as you hold the position, eyes open and closed
- Exhale as you relax



## ***STANDING STABILIZATION PROCEDURE***

*“Taking Dynamic Tension to Tensegrity”*

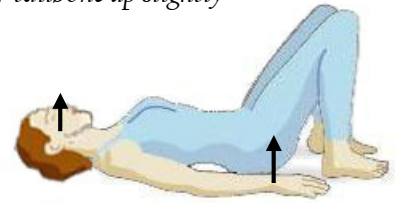
- Stand with feet about 4 to 6 inches apart, feet point straight ahead and your weight distributed evenly on both feet
- Perform the “Rock and Roll” with pelvis ending in forward position
- Chest up, shoulders down and back, ribcage back toward spine, pubic bone up toward ribcage
- Hip bones roll in, pull up through your arches shifting weight to the heels and big toes. Notice a tightening of gluts and abs (*eccentric tightening*)
- Head back, chin in and nose points forward
- Chest up to the chin, neck back and in, ribcage stays back towards spine
- Keep your chest up, shoulders down and back, ribcage back toward spine, pubic bone up toward ribcage
- Imagine a line extending from between your legs out the top of your head
- You may need to alternate between these awarenesses to get the peak standing experience
- You should feel able to go into any type of movement (walking, running, bending, skiing, skating, etc.) from this position of standing tensegrity

## SUPINE (ON THE SPINE) STABILIZATION PROCEDURES

### “Creating Dynamic Tension”

1. After performing “Rock & Roll” and with shoulders down and back, flatten back by pushing stomach muscles out (eccentric abdominal contraction) *You may need to roll your tailbone up slightly pulling pubic bone toward ribcage and ribcage toward the spine.*

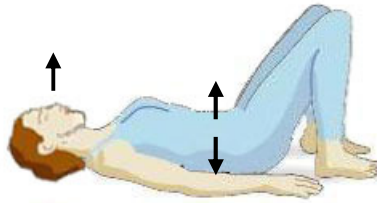
- Hold 5-10 seconds
- Relax



2. Do the Rock position, allowing chin to pull in
  - Slowly lower head, keeping chin tucked in
  - Hold head slightly above the surface allowing the chin to release enough for the nose to be pointed straight up. *Do not tip head back.*
  - Hold 5-10 seconds

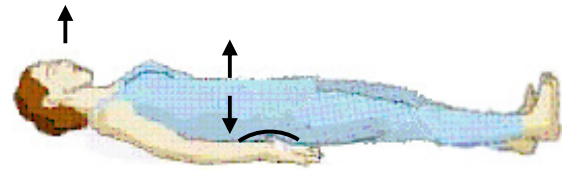
3. With chin engaged, nose pointing up and head slightly lifted, keeping the shoulders down and back repeat step 1. to flatten the back. *Abs long and tight, pubic bone toward ribcage, ribcage toward spine (eccentric abdominal contraction)*

- Hold 5-10 seconds



## ABDOMINAL EXERCISE

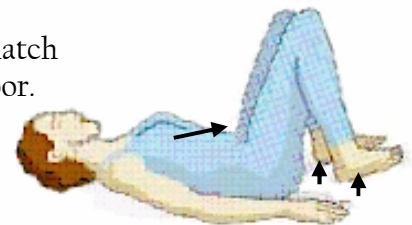
- Repeat above procedure with the legs down and straight. Remember to push your stomach muscles out and your back muscles down. Pubic bone to ribcage, ribcage to spine Roll your hips in. Keep the toes up and vertical. (There will be a *slight* curve in the low back in this position.)



- Check that the shoulder blades are flat on the surface
- Bend one leg up and place the foot on the floor. Bring the other leg up and hold that foot just off the floor. Bring the first foot up to match the position of the second leg. Keep your body from arching off the floor.

(optional)

- Initiating motion from abdominals, bring ribs toward the pubic bone, lifting the torso slightly (*do not bend the neck forward*)



*This procedure can also be repeated with knees bent at a ninety degree angle.*