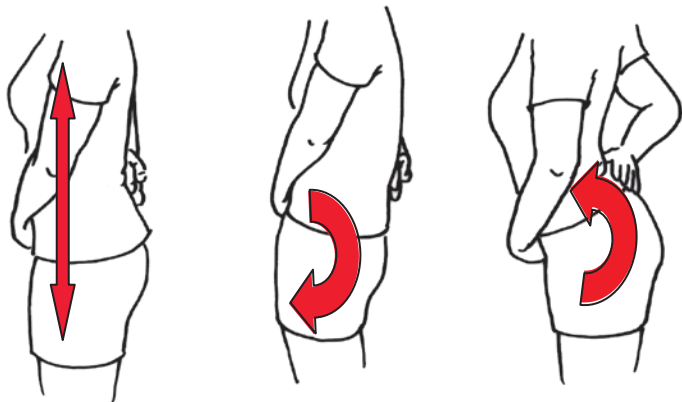


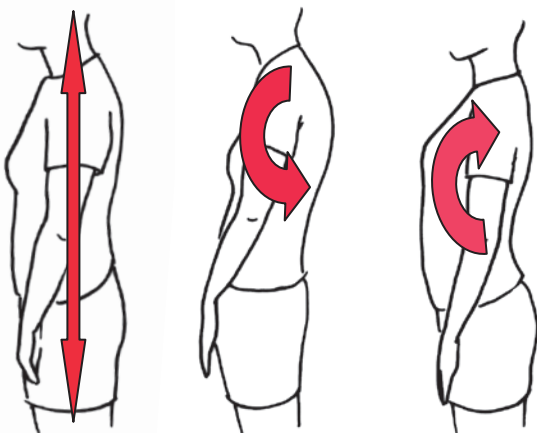
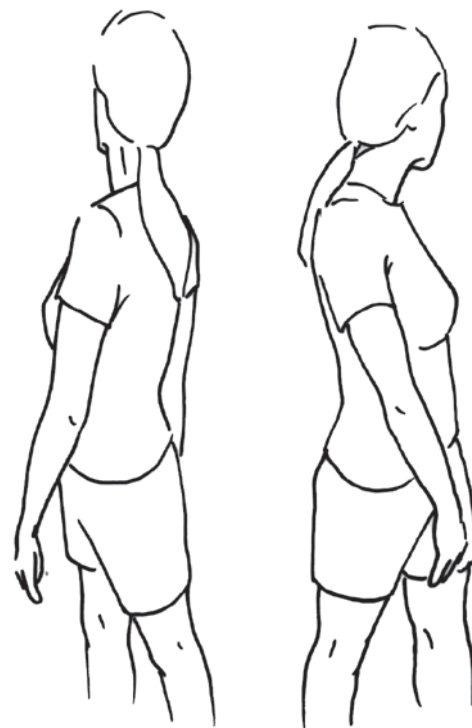


Performing  
Arts  
Physical  
Therapy



Pelvis

Place your hand on the front and back of the pelvis. Slowly tuck the pelvis under to the end of the motion without pain in the hips or back. Then reverse this motion, going through neutral to the non-painful arched position of the pelvis. Repeat 3-4 times then stop in the midrange position equidistant between arched and tucked in the pelvis. This is your functional neutral pelvic position. See figures above. Then rotate side to side from your pelvis and stop in the midrange. See figures at the right.



Ribs

Slowly rotate the rib cage down and back (slouched) to the end of the motion without pain in the ribs or back. Then reverse this motion, going through neutral to the non-painful up and forward (arched) position of the rib cage. Repeat 3-4 times then stop in the mid-range position equidistant between slouched and arched in the rib cage. This is your functional neutral rib cage position. See figures at left.

Head

Slowly rotate head down with the chin towards the chest to the end of the motion without pain in the neck or back. Then reverse this motion, going through neutral to the up and back position of the head without pain in the neck or back (there should not be an extreme arch in the neck and the eyes should be looking to the ceiling). Repeat 3 to 4 times and stop in the mid-range position equidistant between chin down and head back. This is your neutral head position. See figures above.



Now recheck your weight placement. You should find yourself more centered.