

Postural Restoration

Principles:

- ◆ Repetitive faulty patterns of movement often occur in our bodies, which affect our position and posture.
- ◆ Abnormal positions can limit motion and strength, causing overuse of some muscles and underuse of others. One side of the body may commonly be overused as well.

Common patterns include:

- ◆ Overuse of the neck and back.
- ◆ Poor use or underuse of the diaphragm, abdominal obliques and hamstrings.
- ◆ The above may create a position, which leads to strain, pain and fatigue in one area or in multiple sites.
- ◆ Without proper evaluation and “retraining” these issues may remain active for years.

Goals:

- ◆ To establish a neutral position of the pelvis and trunk which allows for normal movements and postures to occur.
- ◆ The first step involves specialized manual techniques and exercise to restore normal breathing patterns and diaphragm use.
- ◆ This is followed by retraining of specific muscles and movements which allows relaxation and pain reduction of previous overused muscle sites.