

# Physical Therapy

## Session 3

# The Root of It All

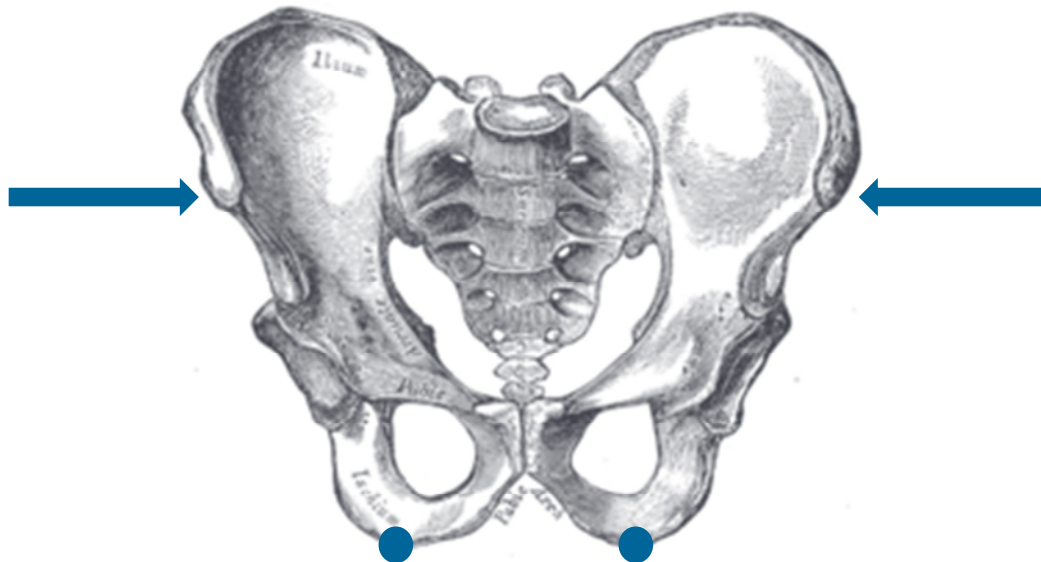
**Mind/ Brain:** Body Awareness, Modification, ***Ease vs Effort***

**Body:** Breathing, Posture, Core, ***Positioning***, Qigong



# SIT Bones

A subtle pelvic tilt forward or backward can ease tissues especially in prolonged sitting or standing



# Let's Stand

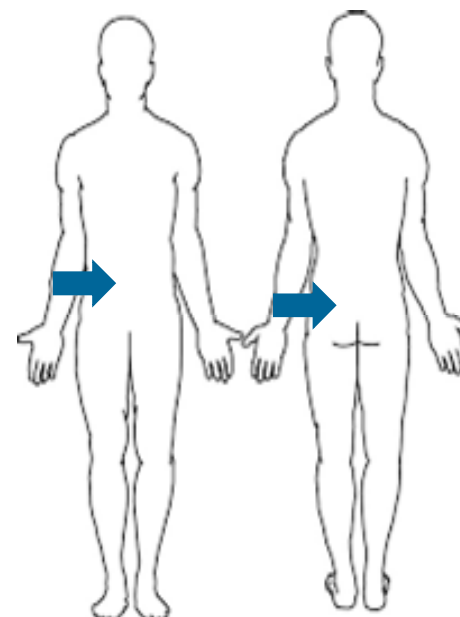
Notice the position of your pelvis

Pull in your *belly button* to activate your core

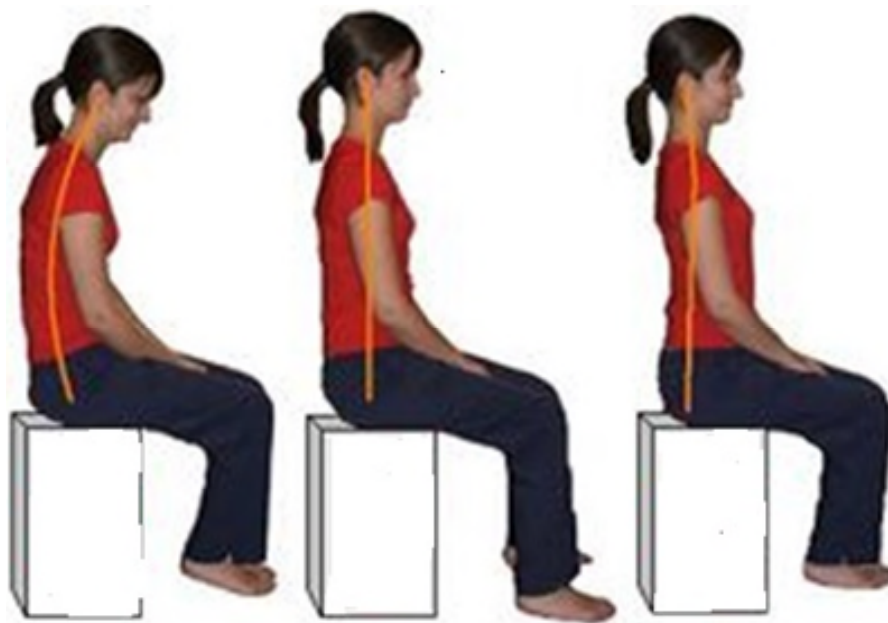
What do you notice?

Now, squeeze your *gluts* (buttocks)?

What do you notice?



# Sitting with Ease



# Sitting with Ease



# Positioning





# Positioning





# Positioning



# Getting Out of Bed



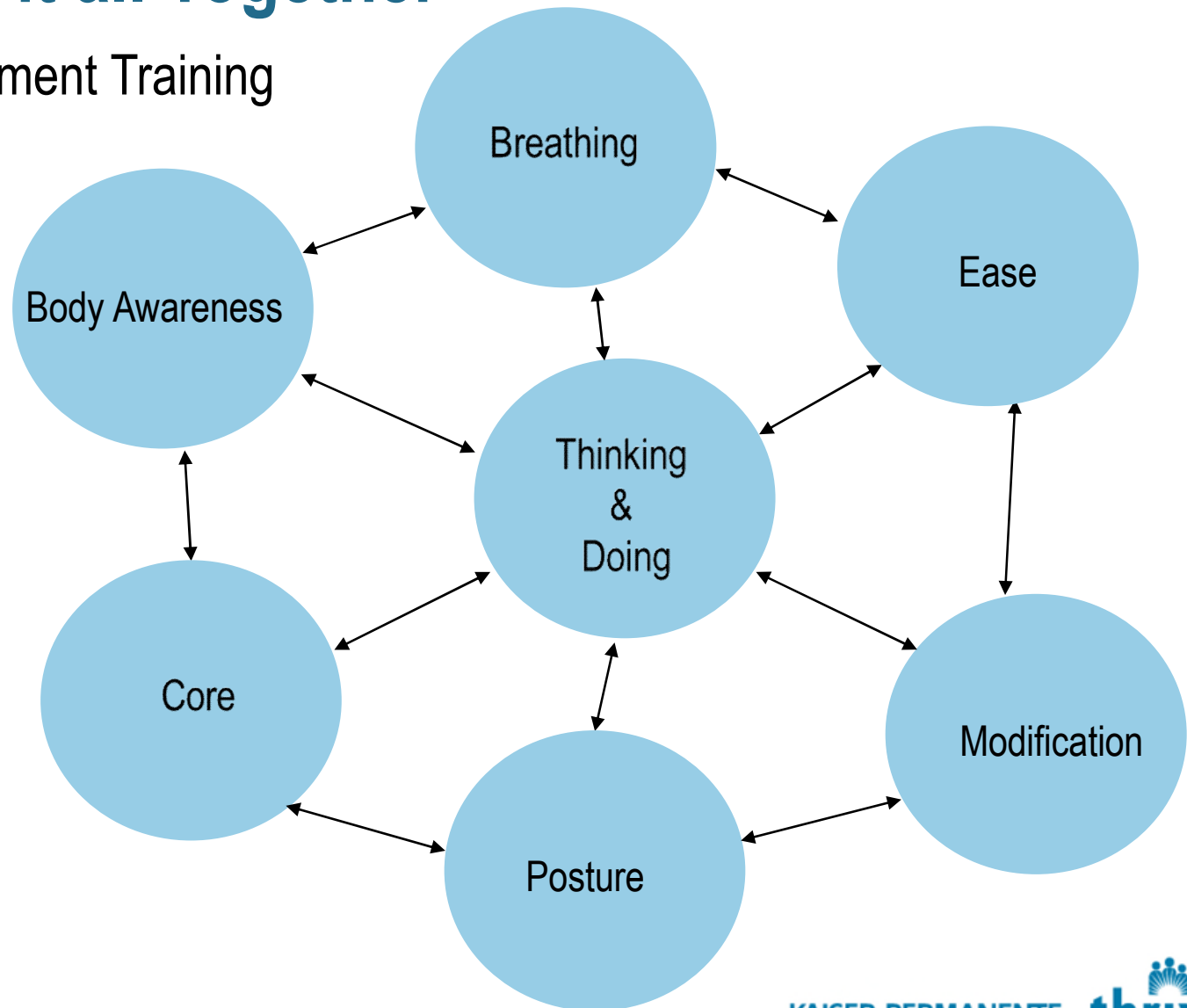
# Standing up with Ease

- Scoot to front of chair
- One foot forward, one backward
- Lengthen spine
- Engage core- “belly button in”
- Lean forward from hips (hinge)
- Use arms to push off as needed
- Keep eyes forward
- Breathe with ease




# Bringing it all Together

This is Movement Training



# Friendly Reminder



Don't forget to  
bring your towel  
if it was helpful