God Made Man Upright

But..................

Ecclesiastes 7:29
Definition of Gravity

• Gravity is the force that draws an object or living thing downwards.
• The word comes from the Latin *gravis*, meaning “heavy”
• Objects that have mass pull on each other
• The larger the mass, the stronger the pull of gravity
• The shorter the distance, the stronger the pull of gravity
7 Cervical vertebrae

12 Thoracic vertebrae

5 Lumbar vertebrae

Sacrum

Coccyx
Signs of scoliosis

- Uneven shoulders
- Curve in spine
- Uneven hips
Nachemson, A. The Load on Lumbar Disks in Different Positions of the Body. From the Department of Orthopaedic Surgery, University of Gothenburg, Gothenburg, Sweden
EXERCISE:

THE

“E”

PILL
DECOMPRESSION
EXERCISE
DECOMPRESSION
homo computerus
Figure 44. Right-angle seating produces a C-shaped spine. Perching is halfway between sitting and standing, but retains the postural advantages of standing—the S-shaped spine.

**From THE CHAIR by Galen Cranz W.W.Norton & Co. NY, NY**
STANDING EXERCISES

POSTURAL CORRECTION

USE WALKER OR ASSISTIVE DEVICES AS NECESSARY FOR SAFETY
Turn "ON" the Muscle Switch

- Plumb Line
- 2+" Taller
- Scruff of neck
- Shelf, Jewel, "Tie High"
- "Bucket"--Abdominal "Set"
- The "Prost Pillow Press"
- The Box with the Gift Bow
- Spread your "wings"

FROM: WALK TALL! An Exercise Program for the Prevention and Treatment of Osteoporosis. Sara Meeks, P.T., M.S., G.C.S.
Triad Publishing, Gainesville, FL 1999
BALANCE
SHOULDER RETRACTION
The Single Best Exercise for Most People at Most Anytime Promotes Weightbearing through the Hip Joints and the Bones

“SURPRISE” THE BONES
Walk backward, sideward, on uneven surfaces
DEFINITELY AVOID

- Abdominal Crunches or Sit-Ups
- Abdominal Roll-Ups
- Abdominal Machine

Brings Ribcage towards Pelvis
Perform Exercise
To
Arrest and/or Reverse
The
PATTERNS OF POSTURAL CHANGE