

## Pro-active Postural Restructuring

# *Learning Objectives*

- Identify and describe five Altered Movement Patterns.
- Identify four muscles of the hip that commonly contribute to back pain.
- Teach two postures that release and relax the Iliopsoas.
- Describe the differences between Eastern and Western healing paradigms.
- Define mindfulness, meditative movement, directed consciousness, & divided consciousness.
- Describe and demonstrate proper Turn-out technique.
- Describe and demonstrate how to achieve absolutely straight (fully extended) legs.
- Describe the importance of the thigh lift and demonstrate proper technique.
- Teach 4 Template Postures and their associated fundamental floor patterns.
- Teach Tapping and Heel lifts (seated foot and ankle exercises).
- Teach 3 supine Push-Pull patterns and 3 seated Push-Pull patterns.
- Teach 1 seated Cutting pattern, 1 supine Cutting pattern, and 1 side-lying Cutting pattern.
- Teach 2 articulating patterns (using Passe and Attitude positions).
- Teach 2 Turning patterns.
- Teach 3 Supplementary exercises – Seated Boat, Squat, Seated Foot Press.
- Teach the Pelvic Shift Forward Bridge pose.
- Identify four safety concerns when teaching PPR to Seniors.
- Describe and demonstrate safe transitions for Seniors