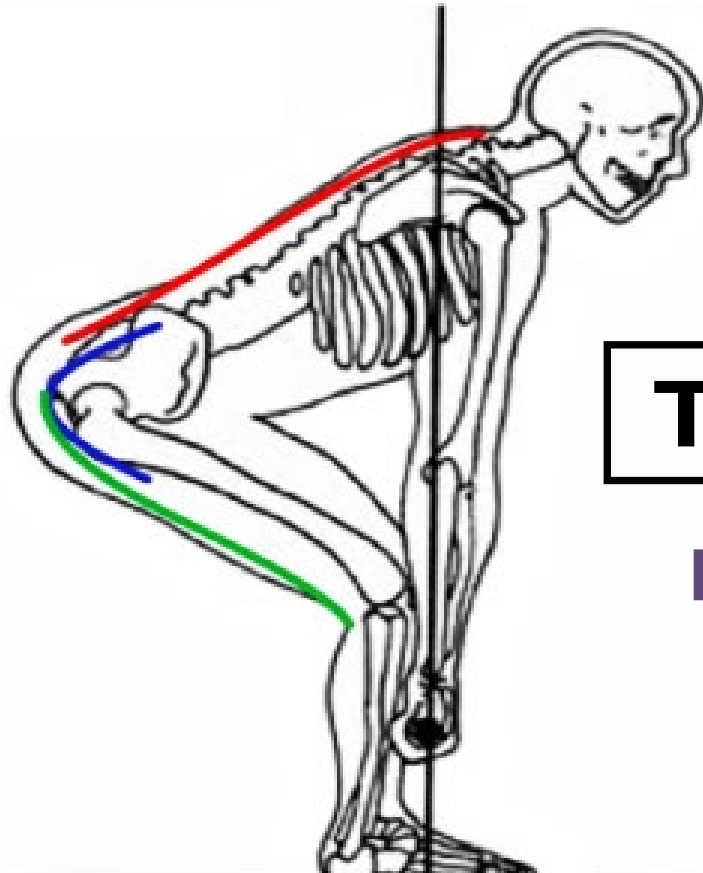


HEALTHY BACKS & BODIES™

Life in Motion



The Industrial Athlete

Prevention & Performance

*Created by Tanya (Weiker) Snowden, PT, CEAS, AOEAS
Back Health Specialist & Master Instructor*

www.healthybacksandbodies.com

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The Fundamentals

Safe, Effective, Efficient Movement & Positioning

- **Fundamental Position**
- **Fundamental Preventative Motions**
- **Fundamental Movement Patterns & Threads**
- **Fundamental C·O·R·E™ Mechanics**
- **Fundamental Adaptive Office Ergonomics**
- **Fundamental Healthy Actions, Microbreaks & Ergo Breaks**
- **Fundamental Warm-up (Movement Prep) & Cool Down**

➤ **Fundamental Position: C·O·R·E™ Posture**

- Alignment, stabilization and protection of our backs & bodies
- The ‘set’ that activates our internal weight belt

➤ **Fundamental Movement Patterns: Hip Hinging**

- An innate movement pattern within all proper body mechanics – allowing movement from C·O·R·E™ positioning.
- One of the key four ‘**common threads**’ of correct mechanics.

➤ **Fundamental C·O·R·E™ Mechanics: The S-Series**

- The movements (The S-Series) that keep our backs and bodies aligned, stabilized, safe, and healthy while moving through life.
- Movement through life from a place of C·O·R·E™ Posture & Hip Hinging.

CHINTUCK

- Pull chin straight back in toward your spine. Think of a drawer going straight back into place. Keep your eyes focused straight ahead. Ease off 15%.
 - CUE: Move as if an ugly person is about to kiss you
 - CLINICAL TERM: Cervical Retraction

OPEN CHEST

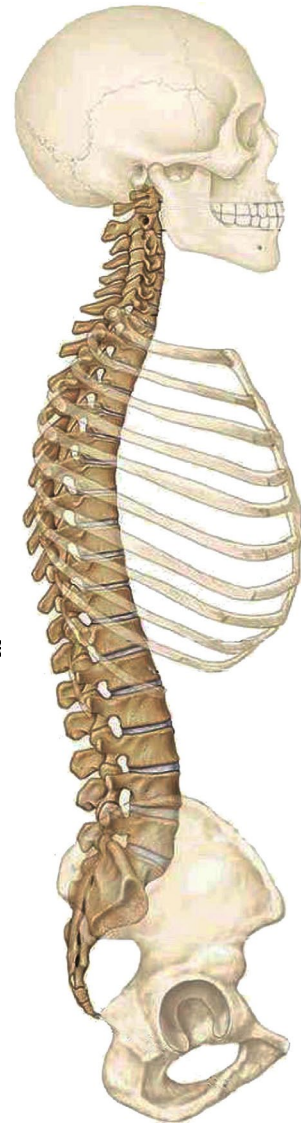
- Imagine a string attached to the base of your sternum (chest bone). It is gently lifting up to open your chest, as you pull your shoulder blades down and in towards the opposite back pockets.
 - CUE: Do not pinch or squeeze your shoulder blades together.
 - CLINICAL TERM: Lower Trap Set

RETRACT BELLY BUTTON

- Squeeze your belly button in – towards the back of the spine. This kicks in your fourth and forgotten deep abdominal muscle (TA) to anchor your low back.
 - CUE: Avoid tucking your buttocks, holding your breath, and flattening your back
 - CLINICAL TERM: Transversus Abdominis (TA) Squeeze

ELONGATE SPINE

- Visualize another string that runs straight through the center of your body. Feel it gently lift up towards the sky and allow an internal elongation of your body. Relax out of an “at attention” rigid hold. Breathe and move your arms.
 - CUE: Be at ease as this is a subtle movement.
 - CLINICAL TERM: Elongation



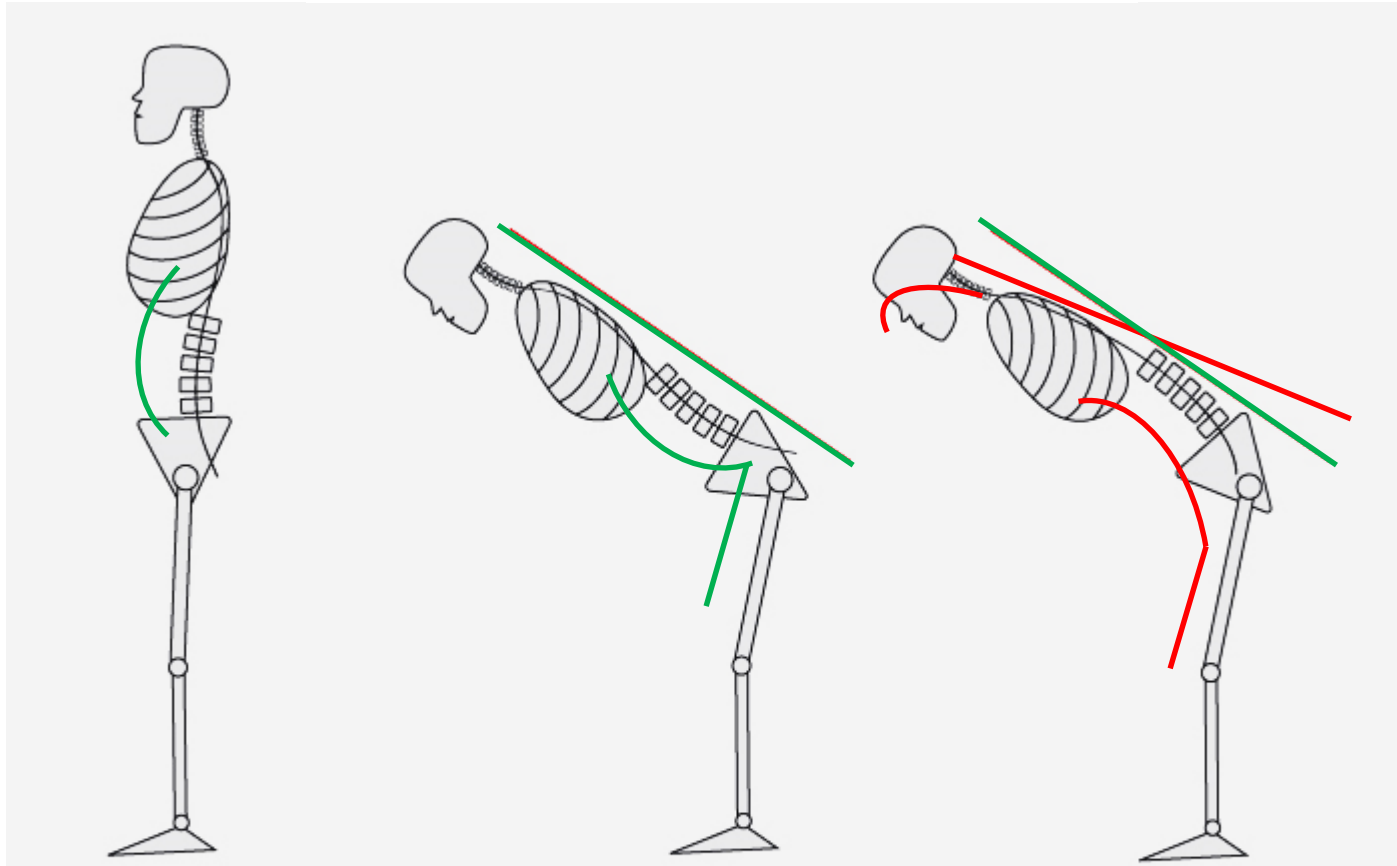
HEALTHY MOVEMENT ACTION LIST

Fundamental Position: C·O·R·E™ Posture

Perform C·O·R·E™ Posture on and off all day long

- ✓ To train C·O·R·E™, perform proper posture for short bits at a time (5-15 secs) in a row. If attention has not lapsed after approximately 15 seconds, then consciously relax.
- ✓ Post 'C·O·R·E™' sticky notes in key common-place work areas (i.e. computer monitor, copy machine, coffee pot, filing cabinet...). Perform C·O·R·E™ Posture whenever you glance at and see the notes. Post 'C·O·R·E™' sticky notes in common places at home (i.e. refrigerator, bathroom mirror, coffee pot).
- ✓ Share C·O·R·E™ Posture with co-workers, family and friends. Agree to remind each other throughout the day by simply saying the word: 'CORE'.
- ✓ Every time you see or hear the word 'CORE', assume C·O·R·E™ Posture and repeat the above 'short-hold' training process.
- ✓ Perform C·O·R·E™ in pain-free ranges allowing gentle integration of this new position into your daily life.
- ✓ Work with rearview mirror trick while driving. Once seated in car, perform C·O·R·E™ Posture. When you're unable to see out of mirror, resume correct C·O·R·E™ position.

Hip Hinging



C·O·R·E™
Posture

CORRECT
Hinging

INCORRECT
Waist Bending

HEALTHY MOVEMENT ACTION LIST

Fundamental Movement Pattern: Hip Hinge Series

Practice Hip Hinge Series 3-4 times/wk. for at least a few weeks, to re-train and re-establish correct sequencing, movement patterning and muscle memory.

Utilize a dowel rod (or yardstick, broom handle, etc) to perform the following Hip Hinge Series, 5-10 reps of each movement. 3-4x/wk. 4wks in a row.

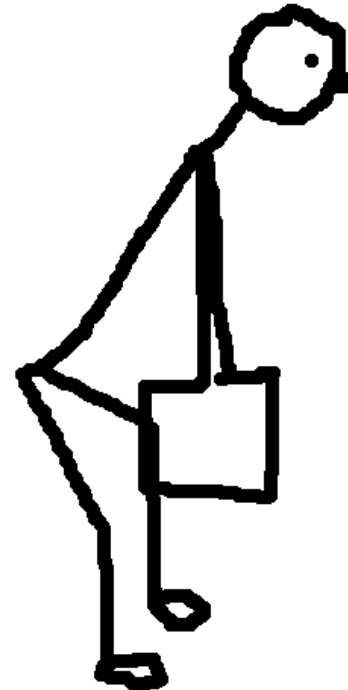
- ✓ **Standing Hip Hinge**
 - ✓ Assume C·O·R·E™ Posture, feet just outside of shoulder width, knees slightly bent and fixed. Lead with your chest (open & ‘lifted’) to hinge at hips. Weight shifts backwards as bum sticks out behind you. Hinging only occurs at the hips. No knee movement.
- ✓ **Hip Hinge into Mini-Squat**
 - ✓ Perform Hip Hinge followed by ‘sit back and down’ movement into a Mini-Squat ($\approx 15^\circ$ knee-bend). Squatting occurs at both the knees and the hips. Progress to Hinge with Mini
- ✓ **Hip Hinge into Squat**
 - ✓ Perform Hip Hinge followed by ‘sit back and down’ Squat into $\approx 45^\circ$ knee-bend. Progress into Hinging with Squat
- ✓ **Stride-Stance – Lunge – Hinge- Shift - Reach**
 - ✓ Assume C·O·R·E™ Posture in stride-stance, front knee bent in a mini-lunge position. Perform Hip Hinge while allowing weight to fully shift on to front leg. Front knee stays bent. Back leg lifts off of ground. Reach both arms out in front of body as though grabbing product. Work both sides.

A commitment
to working
C·O·R·E™ Posture



A commitment
to working
Hip Hinging

**These two fundamentals
(C·O·R·E™ Position & Hinging Moving Pattern)
reside within ALL proper body mechanics**



C·O·R·E™ MECHANICS

(Body Mechanics)

□ LIFTING and LOWERING

- **Stride, Set, Stance, Squat (Hinge), Sight, Straight up, Situate**

□ OVERHEAD LIFTING

- **Stride, Set, Stance, Squat (Hinge), Sight, Straight up, Situate, Stop-rest, Squat, Spring**

C·O·R·E™ MECHANICS

(Body Mechanics)

□ STATIC STANDING REACH

- **Set, Step-prop, Reach (Hinge), Situate, & Slide** – finish with ‘Lowering’ Series if needed

□ REACHING TO LIFT & LOWER

- **Stride or Step, Set, Shift, Reach, Situate, Slide, Step / Squat**(if needed) – finish with ‘Lowering’ S-Series

C·O·R·E™ MECHANICS

(Body Mechanics)

□ OVERHEAD REACHING

- **Stride** or **Step**, **Set**, **Situate**, Ride Product (if lowering), **Step-back** / **Shift**, & **Squat** (again, if lowering)

□ TRANSFERRING (ONCE or REPETITIVELY)

- **Stride**, **Set**, **Situate**, **Shift-pivot**, OR **Step**

HEALTHY MOVEMENT ACTION LIST

Fundamental C·O·R·E™ Mechanics: The S-Series (Page I)

Employ The S-Series during the performance of ALL body mechanics – at work and at home. Allow these ‘S’ directives to become a natural part of moving through life.

✓ **Stride**

- ✓ Wide base of support – either an ‘open’ horizontal stride or a wide front to back stride.

✓ **Set**

- ✓ Assume C·O·R·E™ Posture with special attention to TA Squeeze / Abdominal Bracing.

✓ **Stance**

- ✓ ‘Ready’ position. Athletic stance, chest open in C·O·R·E™, hips hinged, and knees bent.

✓ **Shift**

- ✓ Shift body weight from one leg to the other...either side↔side or back↔front.

✓ **Squat**

- ✓ Hip-hinge, posterior weight shift (butt back, weight on heels) and bend knees.

HEALTHY MOVEMENT ACTION LIST

Fundamental C·O·R·E™ Mechanics: The S-Series (Page II)

Employ The S-Series during the performance of **ALL** body mechanics – at work and at home. Allow these ‘S’ directives to become a natural part of moving through life.

✓ **Sight**

- ✓ Eyes UP. Head follows eyes, neck follows head...all the way down the spinal column.

✓ **Slide**

- ✓ Post-reach, pre-lift, ‘slide’ product/object as close as possible to body prior to lifting it.

✓ **Situate**

- ✓ Pre-lifting and/or while carrying, situate product or object as close as possible to body.

✓ **Spring**

- ✓ Post-squat, pre-weight shift, ‘spring’ with legs to transfer energy through solid C·O·R·E™.

✓ **Shift-Pivot**

- ✓ During rotation/transferring of product, allow pivoting foot movement to shift weight.

HEALTHY MOVEMENT ACTION LIST

Fundamental C·O·R·E™ Mechanics: The S-Series (Page III)

Employ The S-Series during the performance of ALL body mechanics – at work and at home. Allow these ‘S’ directives to become a natural part of moving through life.

✓ **Square-off**

- ✓ Pre-lifting and pre-reaching, pause to align body and C·O·R·E™ with product/object.

✓ **Straight-up**

- ✓ Once lifting is initiated, keep momentum straight up toward ceiling – no torsion.

✓ **Step-back**

- ✓ When lowering product/object ‘step-back’ into stride-squat to ride with the momentum.

✓ **Stop-rest**

- ✓ If able (& needed,) allow product/object to momentarily ‘rest’ on ledge ‘mid’ overhead lift.

✓ **Stop-check**

- ✓ Ahead of time, for safe lowering, check area that product is about to be placed.

✓ **Step-prop**

- ✓ During static standing, prop one foot up on step, stool, cabinet etc. to foster hip hinging.