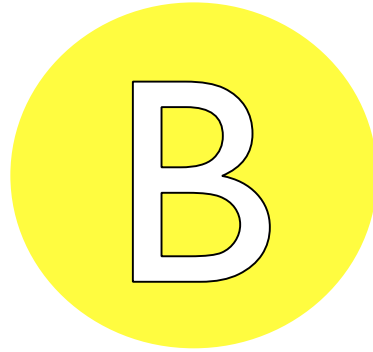


Alignment



Breathing



Core



OF MOVEMENT

Make any movement or exercise
more efficient and reproducible

Introduction



Nam Do is a graduate of the Physical Therapy Program at the University of Western Ontario. She is a registered physiotherapist with 20 years of experience primarily in the area of musculoskeletal related injuries.

She practices a holistic approach to Physiotherapy, influenced by post-educational Physiotherapy courses including Shirley Sahrman Movement Dysfunction, John F Barnes Myofascial Release, and David Butler Neuromobility as well as ongoing training in other fields (Nam has Level 1 certification in Acupuncture and is a certified Yoga instructor).

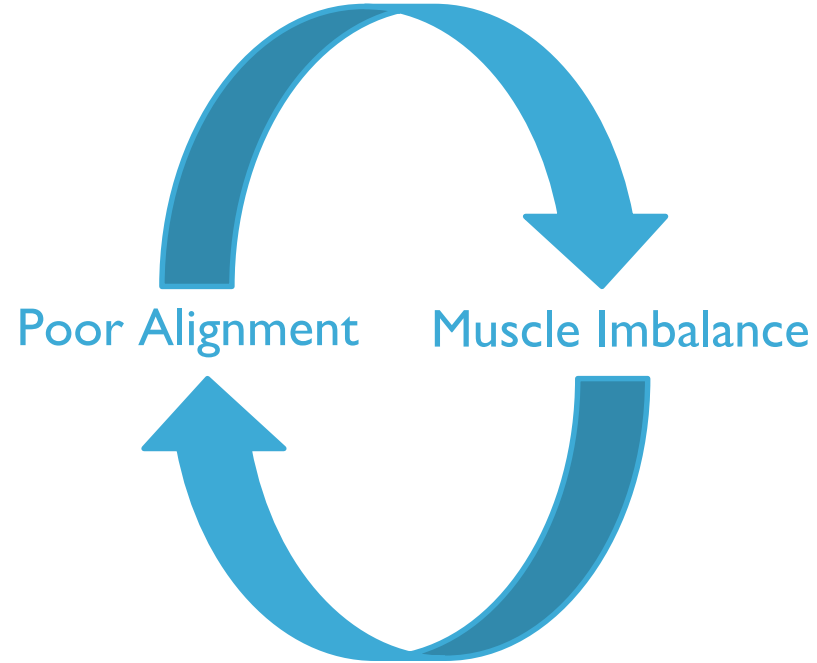
Nam has been operating her own clinic in downtown Toronto for the past nine years.



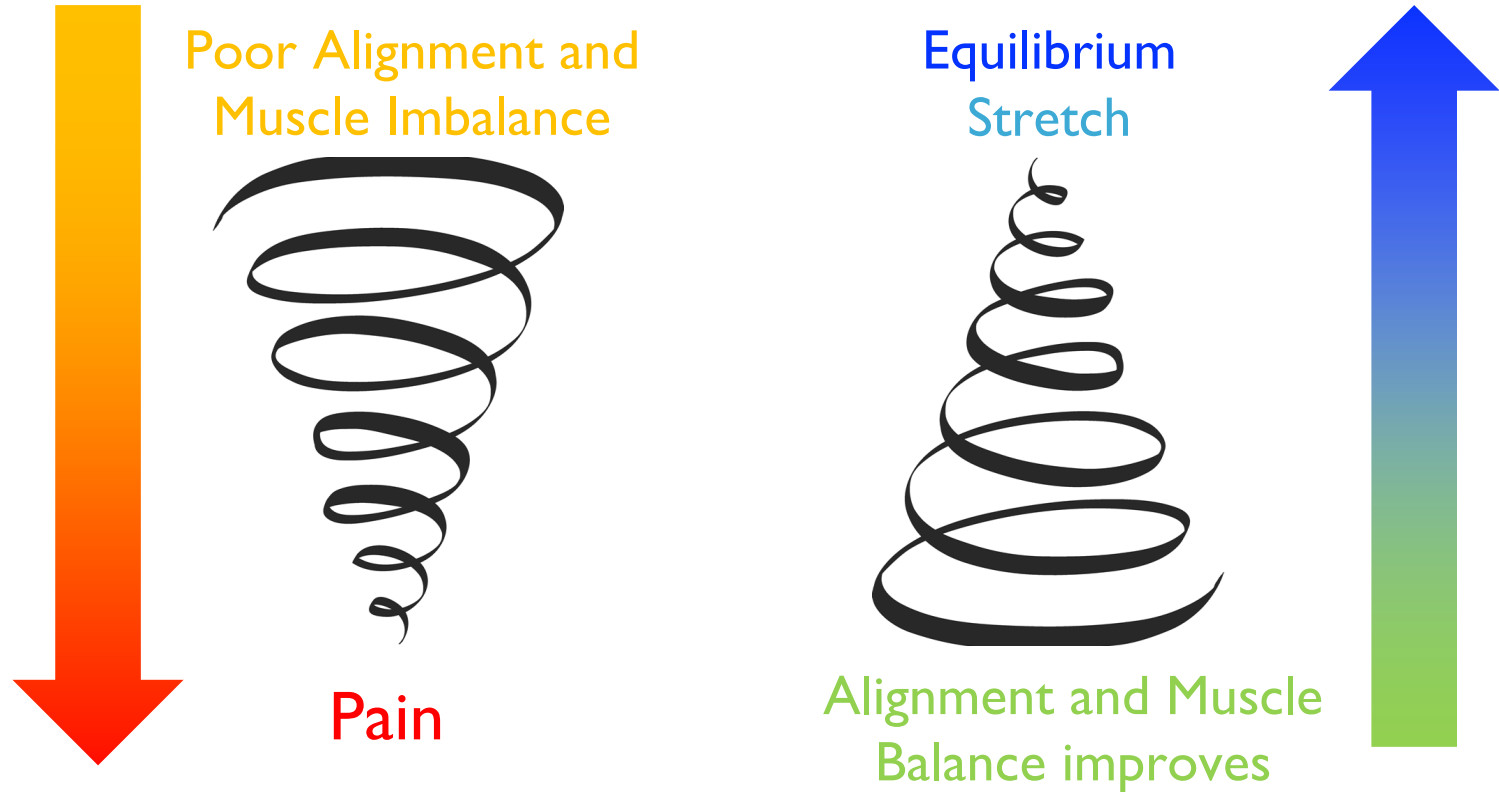
Alignment

Use proper alignment to create and perform far more efficient exercises, simultaneously stretching and strengthening

- Local and global alignment
- Alignment is an indicator of muscle balance/ imbalance
- Poor alignment = borrowing movement



Without direct supervision, how will patients perform assigned exercises correctly?



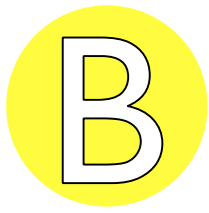
Sensation Continuum

An internal feedback mechanism that helps patients know that they are moving in the right direction

Pain “Normal” Awkward Work Stretch Equilibrium



“normal” = repeating usual movements and bad habits!



Breathing

Breathing is the most repetitive movement and therefore affects every movement in the body

- Correct breathing pattern increases the stretch sensation
- Inhale = active diaphragm
- Exhale = relaxing diaphragm counters gravity



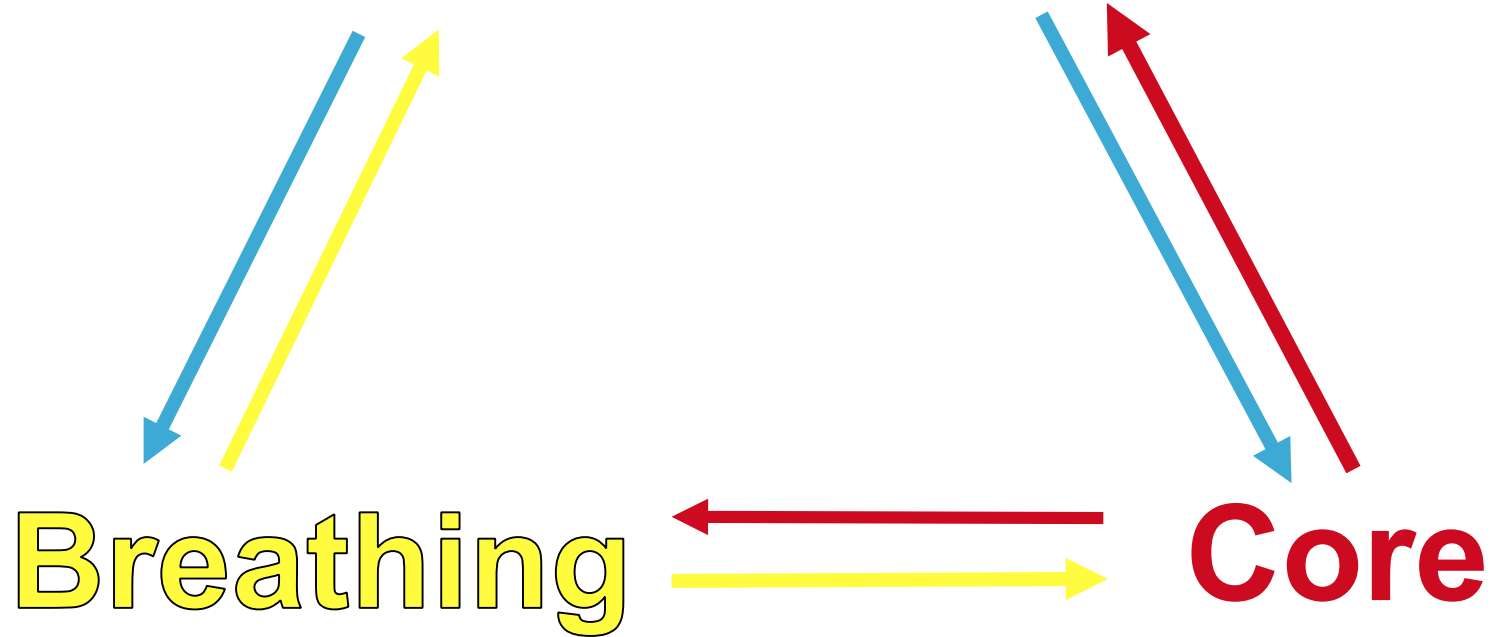


Core

Proper core activation and recruitment pattern are essential for correct movement

- Correct core recruitment increases the stretch sensation
- Counters gravity
- Core helps maintain alignment
- ☒ bearing down ☒ bracing ☒ stopping flow of pee

Alignment



Alignment

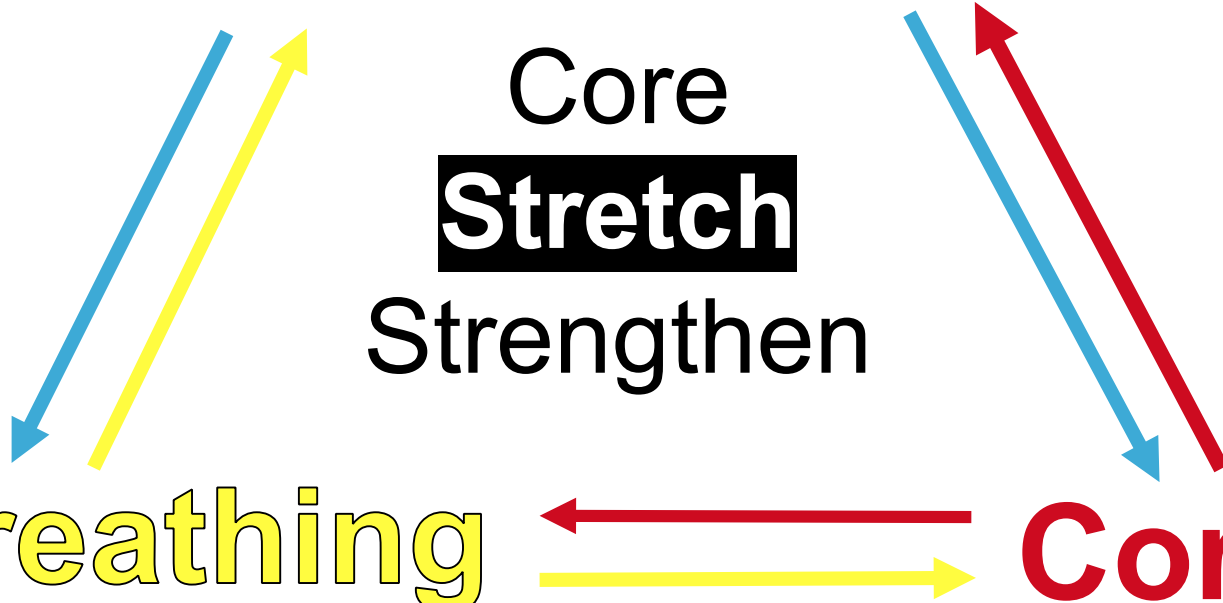
Core

Stretch

Strengthen

Breathing

Core



ABC of MOVEMENT

