

Moving Well - Avoid Straining Your Back & Neck

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**MOVE for HEALTH
PHYSICAL THERAPY**

Moving Well - Avoid Straining Your Back & Neck

Human Movement – proximal/“core stability” with a “neutral pelvis & spine” allows distal/ extremity mobility

Mobility: Ankles, Hips, Thoracic/ Shoulders

Stability: Knee, Lumbar, Cervical

Muscular Control: Whole Body Movement Patterns

We Don't Move as a Body Part

It's Natural!

Human Developmental Sequence



Core Stability Control Develops First...
Posture & Functional Movement Follows

Muscular Control is Essential for Healthy Human Movement



Muscles as Shock Absorbers

Posture, Stability & Mobility

Re-Training

Neutral J-Spine

Strength, Balance & Movement



RISK FACTORS FOR HEALTHY MOVEMENT

Injury/ Surgery (& Recovery Status)

BMI > or < 18.5-24.9

Poor Strength

Cardio-Vascular & Pulmonary Dx

Diabetes

Neurodegenerative Dx

Psychosocial Support

Painful and/or Assymetrical Movement

Limited Ankle DF

Poor Anterior Reach

Joint Hypermobility or Joint Hypomobility

Incontinence

Smoking

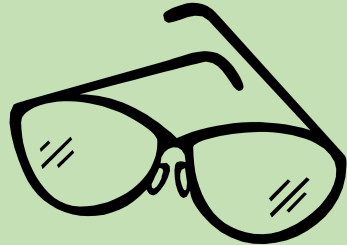
Movement & Activity - risk factors

Medication use

Sensory perception—hearing, vision, feeling

Posture changes/more stooped over

**Cognitive/mental health—memory, inattention,
dementia, depression**



Loss of Core Stability & Balance

Limping or Shuffling

Walking: unsteady, decreased speed

Weakness when rising from sitting

Dizziness with changing positions or walking

Avoiding bending over due to dizziness or fear of falling

Self-Assessment/ Risk For Falls - QUIZ

I have fallen in the last 6 months.

I use or have been advised to use a cane or walker to get around safely.

Sometimes I feel unsteady when I am walking.

I steady myself by holding onto furniture when I walk.

I am worried about falling.

I need to push with my hands to stand up from a chair.

I am often dizzy when I first stand up.

I have trouble stepping up onto a curb. I often have to rush to the toilet.

I have lost some feeling or have pain in my feet.

I take medicine that sometimes makes me feel light-headed or more tired than usual.

I take medicine to help me sleep or improve my mood.

I often feel sad or depressed.

Total = 4 or more: indicates potential fall risk

Awareness for Posture & Movement

**BRAIN & BODY awareness to regulate, adapt & maintain
body alignment in space**

Proprioception & Neuro-muscular patterns

Retraining - developing habits for posture & movement

Core Stability & Functional Training - Checklist

1. Diaphragmatic Breathing

2. Neutral Pelvis & Spine

3. Foot & Ankle Control (“Toe Yoga”)

4. Hip Hinge

5. Rib Cage Over Pelvis (“Shoulders over Hips”)

6. Diagonal Stance (“Ready”)

Sit to Stand and Walk with a J-Spine - demo

Breathing - Residual Capacity > 25 sec (pulmonary reserve)

Pelvic Tilt to Neutral

Hip Hinge (sitting & sit to stand - bending in ankles, knees, hips)

Standing – Rotation: hips & between shoulder blades (thoracic)

Non-Painful & Symmetrical Movements

Muscular Control with Core Stability

Foot & Ankle Stability

Diagonal Stance - “Ready Position”
one foot slightly ahead of the other
normal step-width
avoid parallel feet

Shoes - enough support for foot/ankle muscles to work well

Respect muscular fatigue



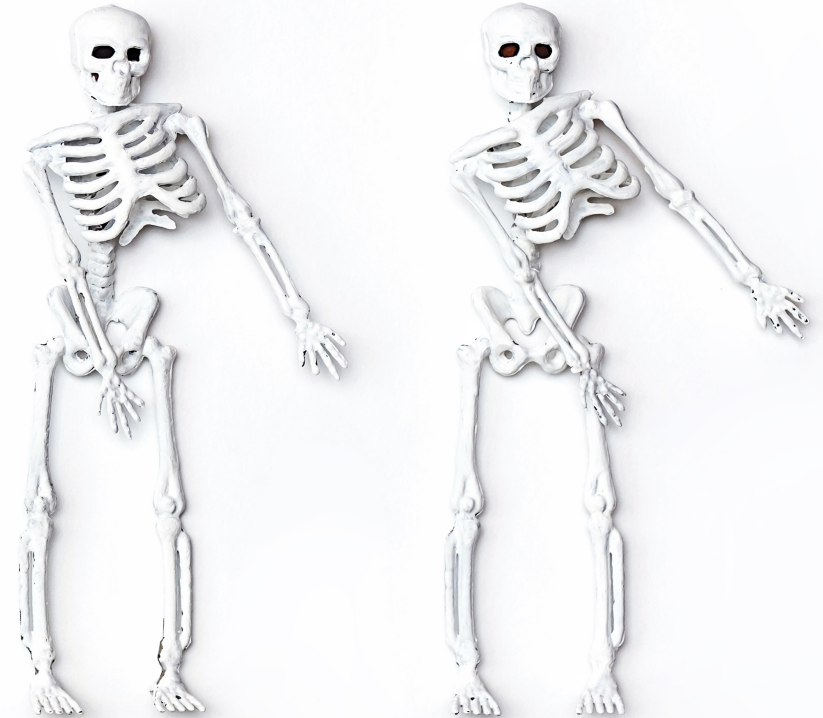
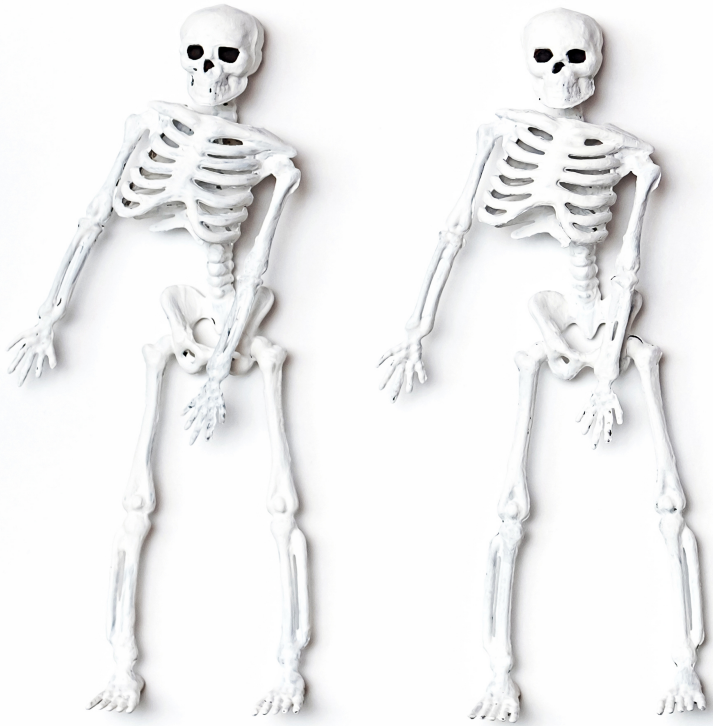
Walking with Core Stability

Soft Heel Strike
Mid-Foot Landing
(beneath you)

Muscles as Shock
Absorbers

Adjust Speed, Stride
Length, Cadence

Eliminates Joint Strain



Learn to Move Well

Core Stability & Functional Training

The Center at Belvedere

Tue 2:15-3:15 PM

45-min ZOOM classes

Thursdays @ 9:30 AM & 7:30 PM