Welcome!



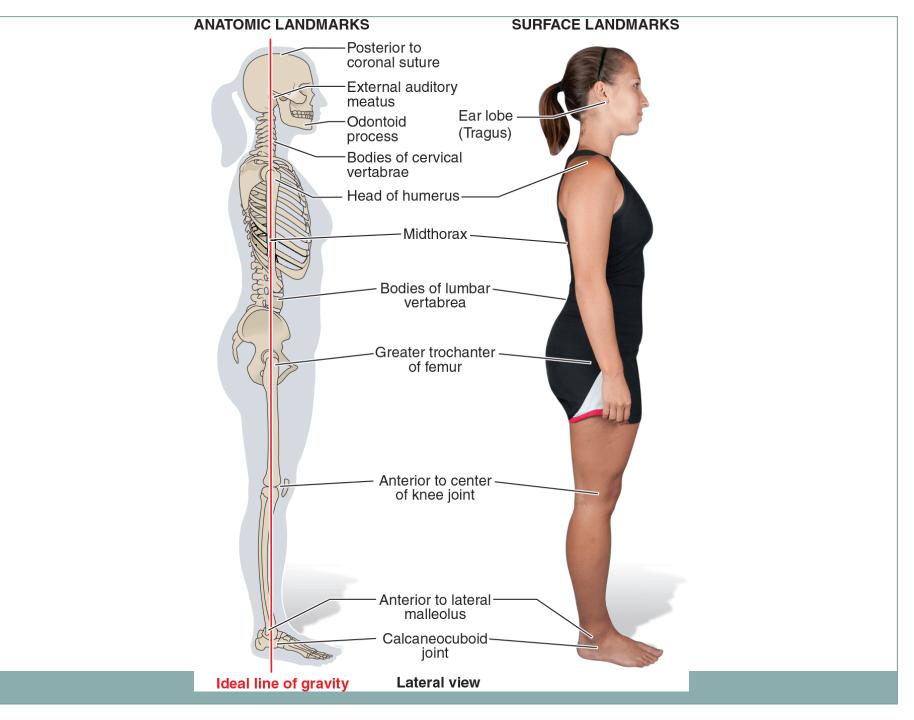
Capital Area
Ehlers-Danlos Syndrome
Support Group

Ehlers-Danlos Syndrome

POSTURE AND CORE REVISITED

GAYLE YANKEE, MSN, NP (RET.)

AUGUST 9, 2018





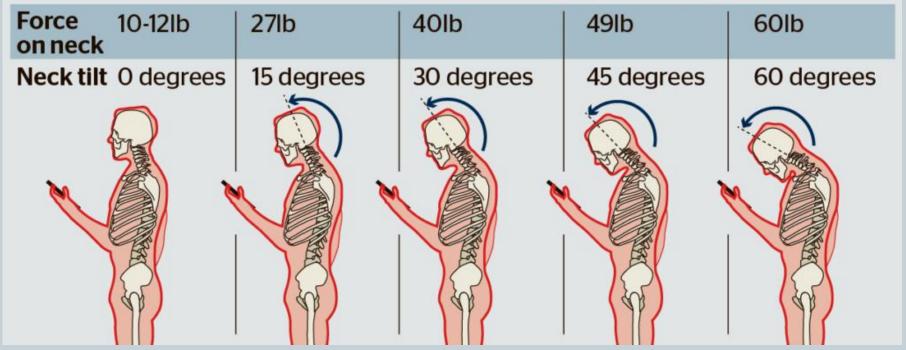




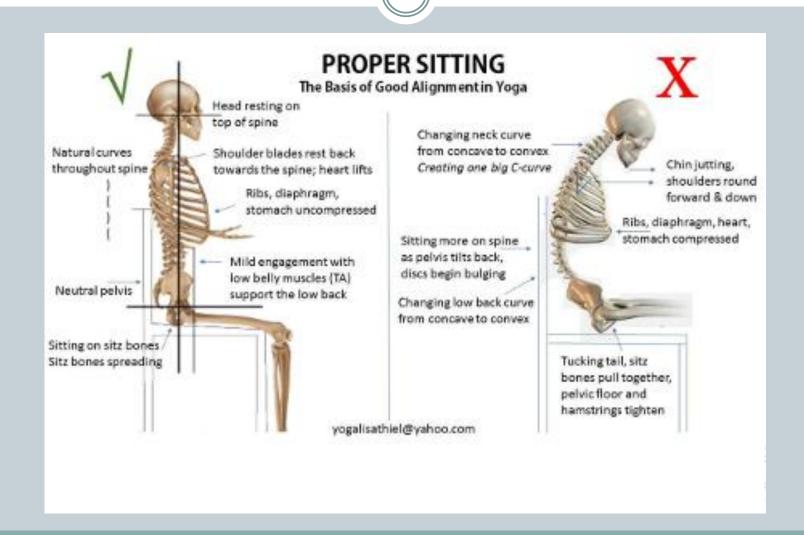
Forward Head and Forces on Spine

How texting could damage your spine

Forces on the neck increase the more we tilt our heads, causing spine curvature



Proper Sitting Posture



Abdominal Muscles

Transverse abdominis

Located under the obliques, it is the deepest of the abdominal muscles and wraps around your spine for protection and stability.

Internal abdominal oblique

Located under the external obliques, running in the opposite direction.

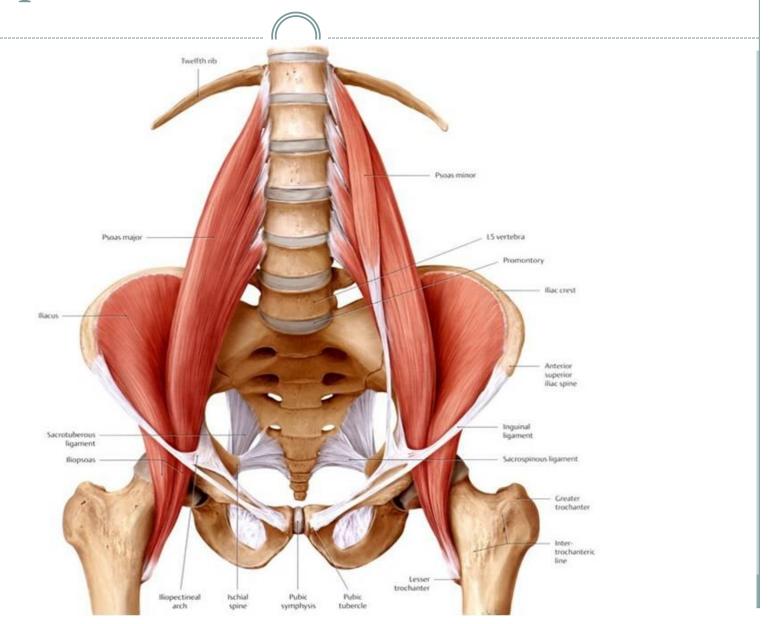
External abdominal oblique

Located on the side and front of the abdomen.

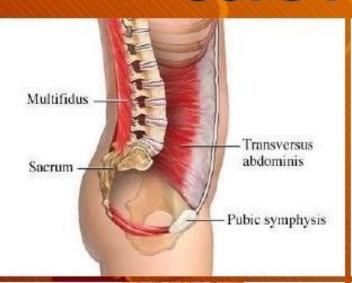
Rectus abdominis

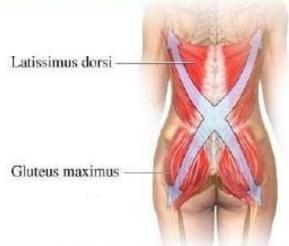
Located along the front of the abdomen, this is the most well-known abdominal. Often referred to as the "six pack."

Deep Abdominal and Pelvic Muscles

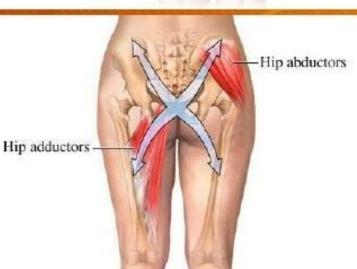


Core Muscles

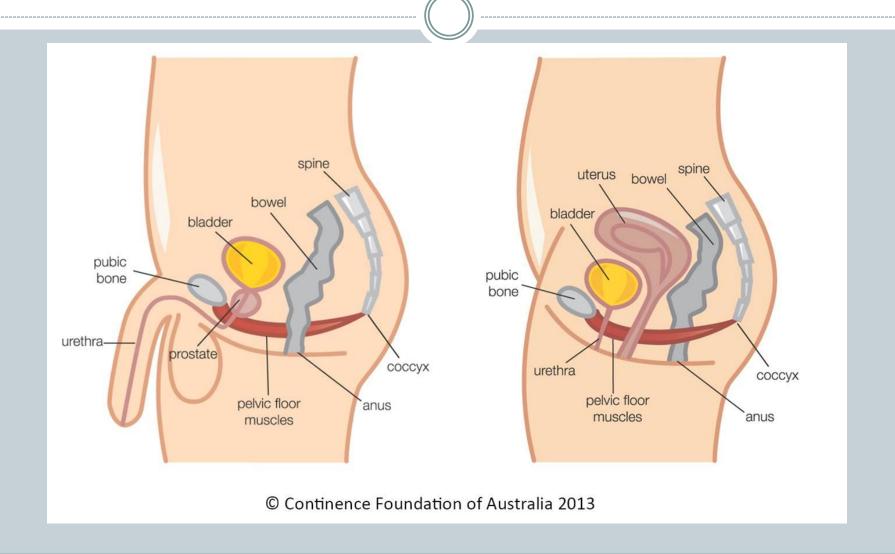








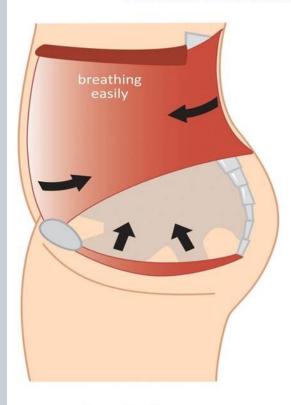
Pelvic Floor – Male and Female



Pelvic Floor Function

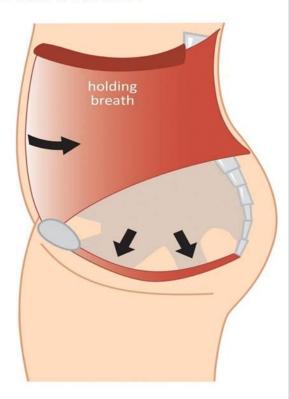


PELVIC FLOOR MUSCLE CONTRACTION



Correct action

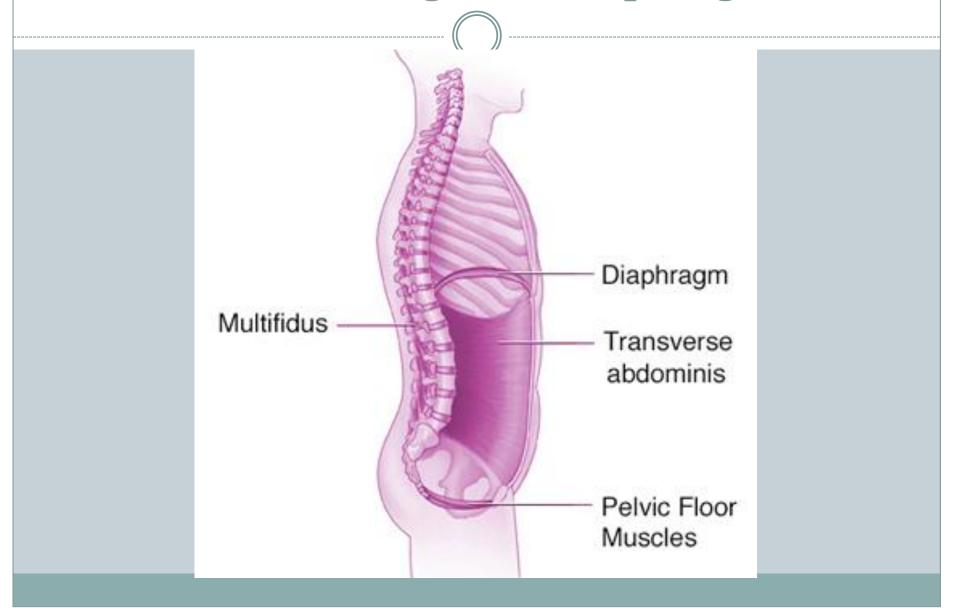
The pelvic floor lifts, the deep abdominals draw in and there is no change in breathing



Incorrect action

Pulling the belly button in towards the backbone and holding your breath can cause bearing-down on pelvic floor

And don't forget the diaphragm!



Rock and Roll

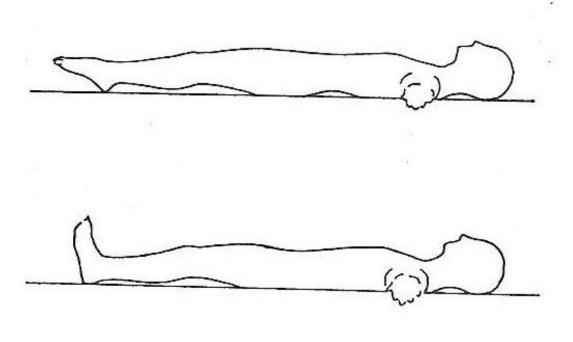


Fig. 38

Thigh Lift: Pre-Lift



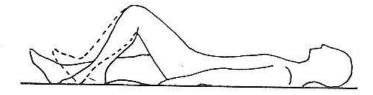
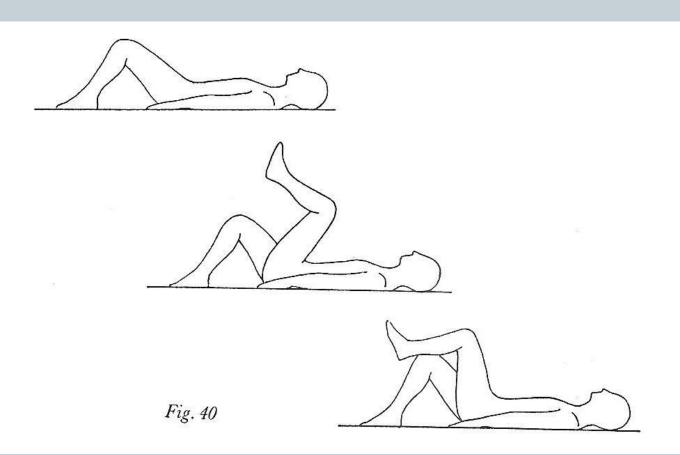


Fig. 39



Thigh Lift



When you are feeling like this...



When you are feeling like this...

...you need a support group!

Thank You!

