

Welcome!



Capital Area
Ehlers-Danlos Syndrome
Support Group

Ehlers-Danlos Syndrome



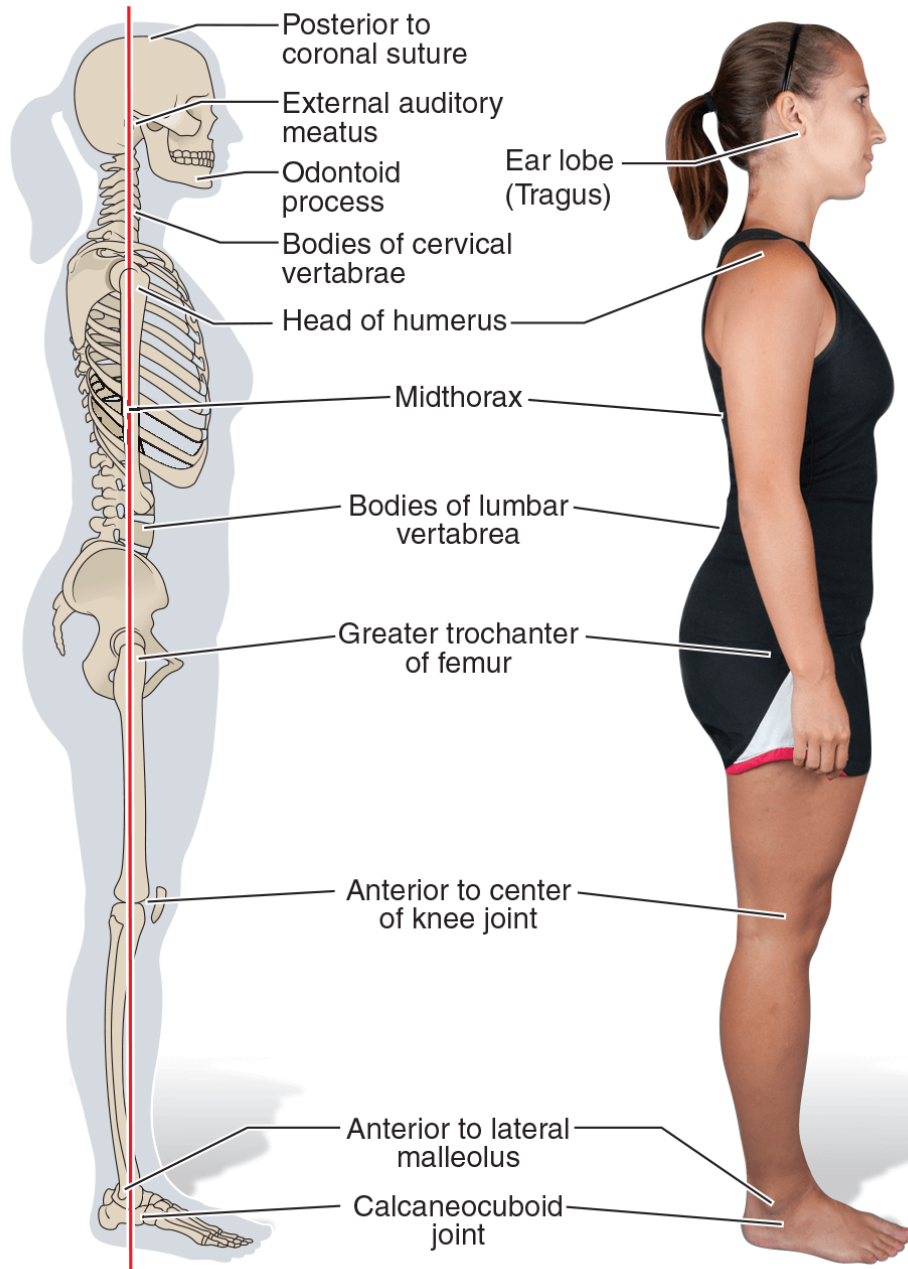
POSTURE AND CORE REVISITED

GAYLE YANKEE, MSN, NP (RET.)

AUGUST 9, 2018

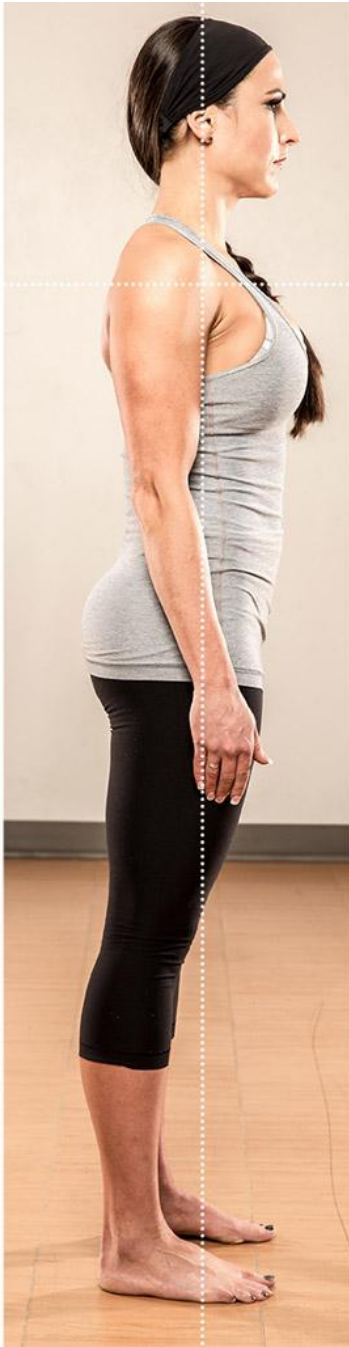
ANATOMIC LANDMARKS

SURFACE LANDMARKS



Ideal line of gravity

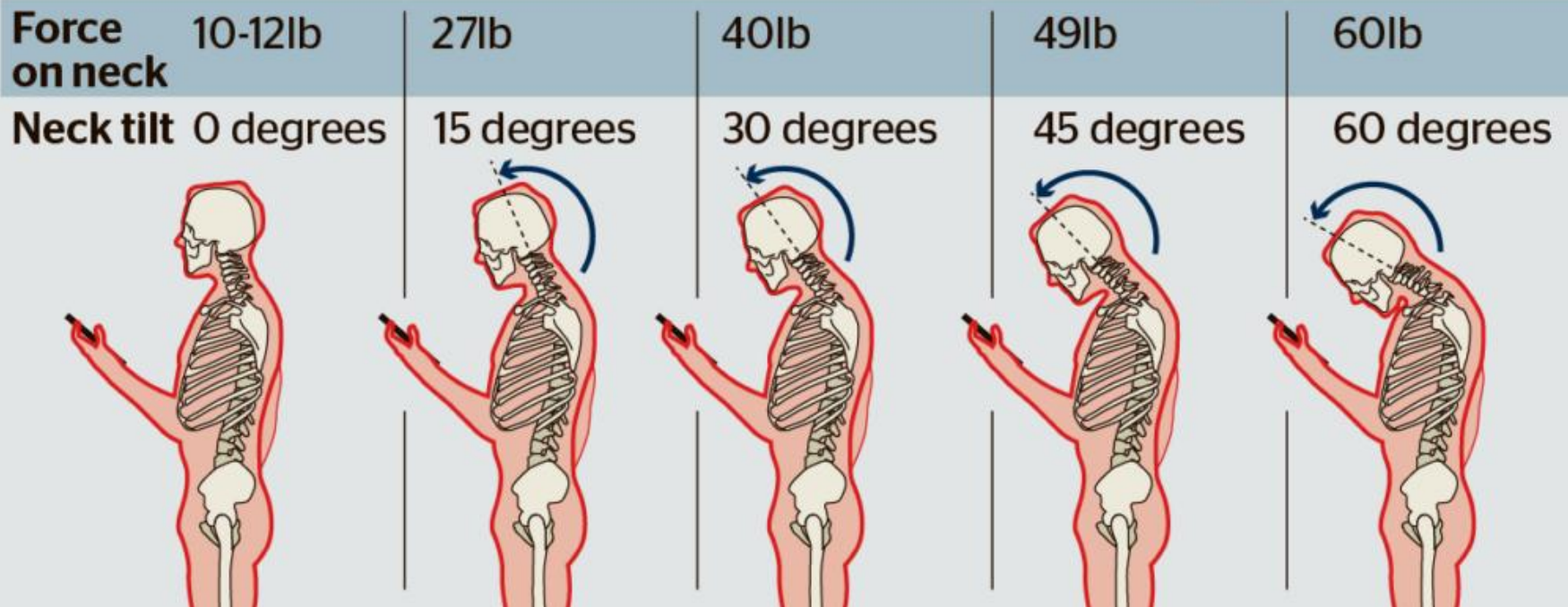
Lateral view



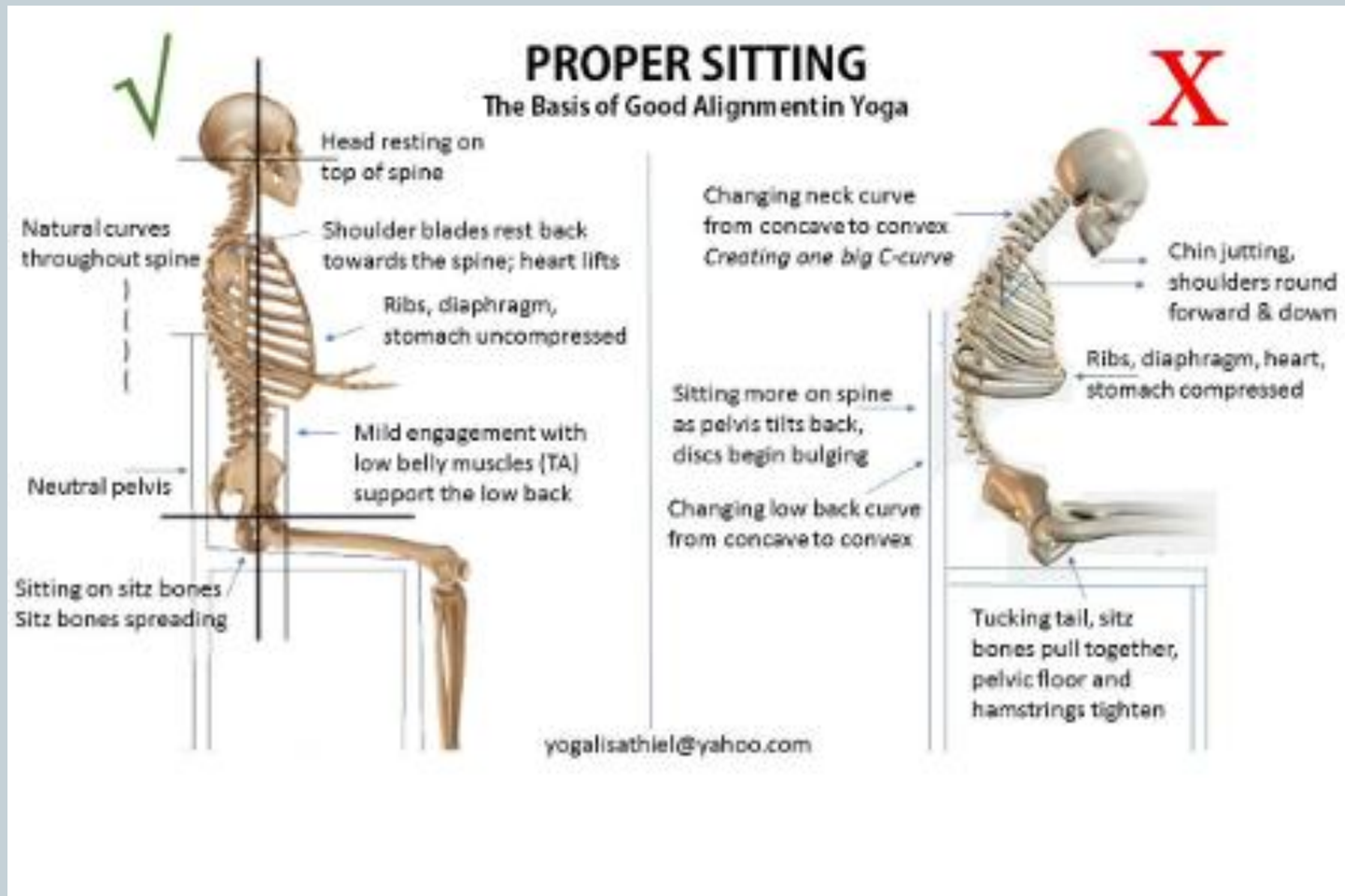
Forward Head and Forces on Spine

How texting could damage your spine

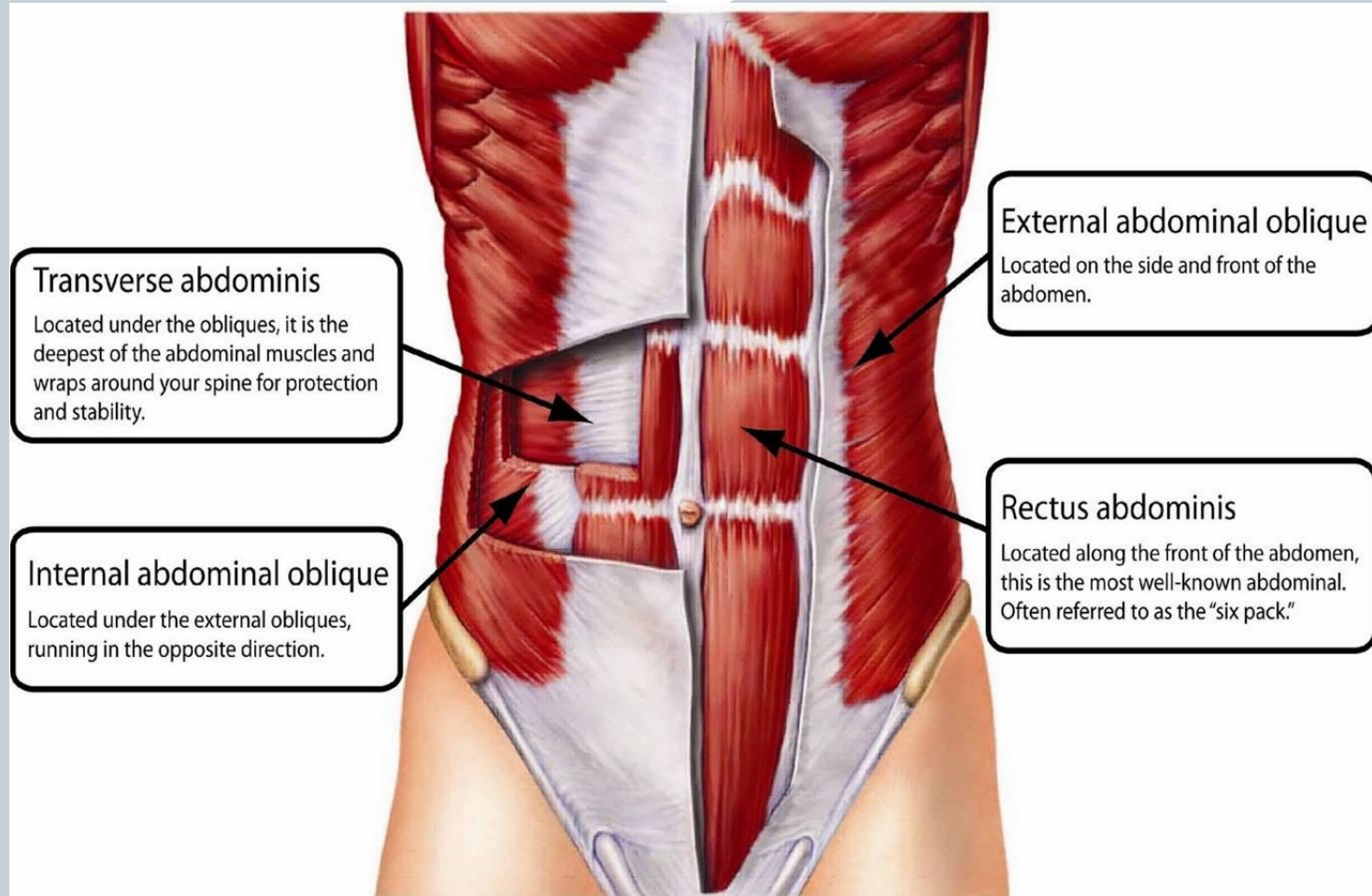
Forces on the neck increase the more we tilt our heads, causing spine curvature



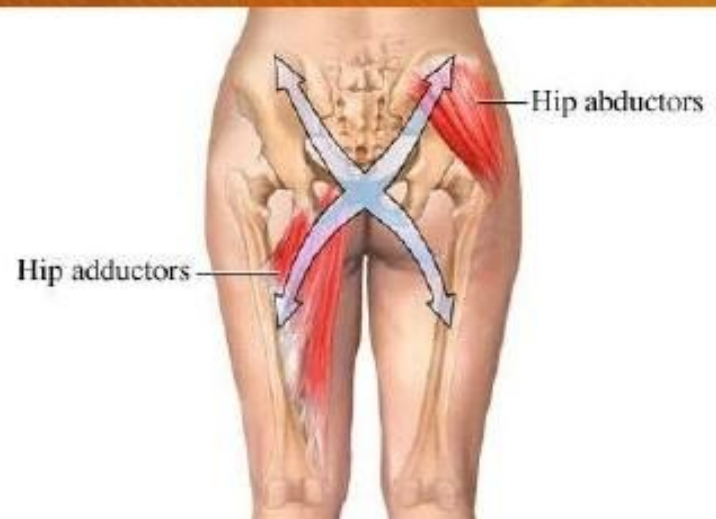
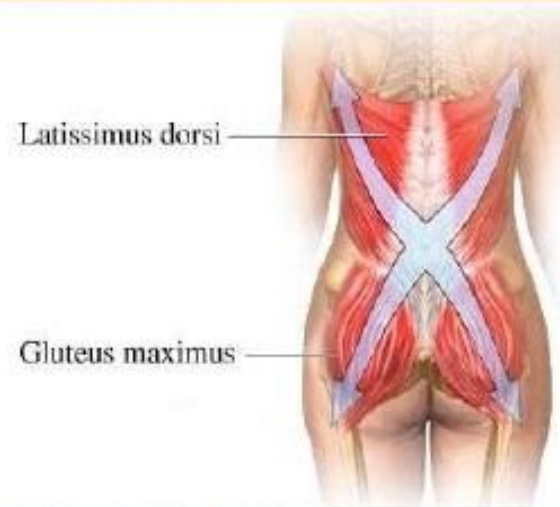
Proper Sitting Posture



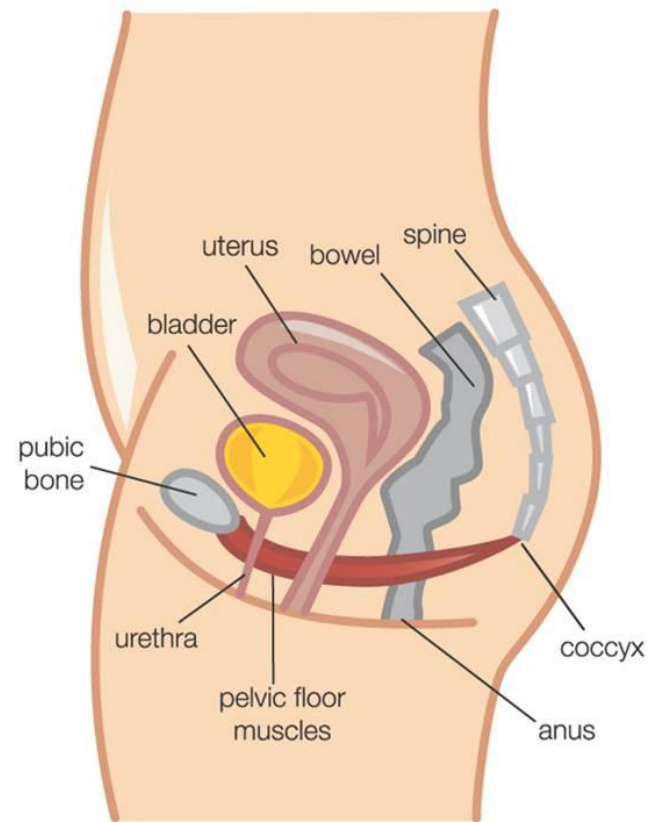
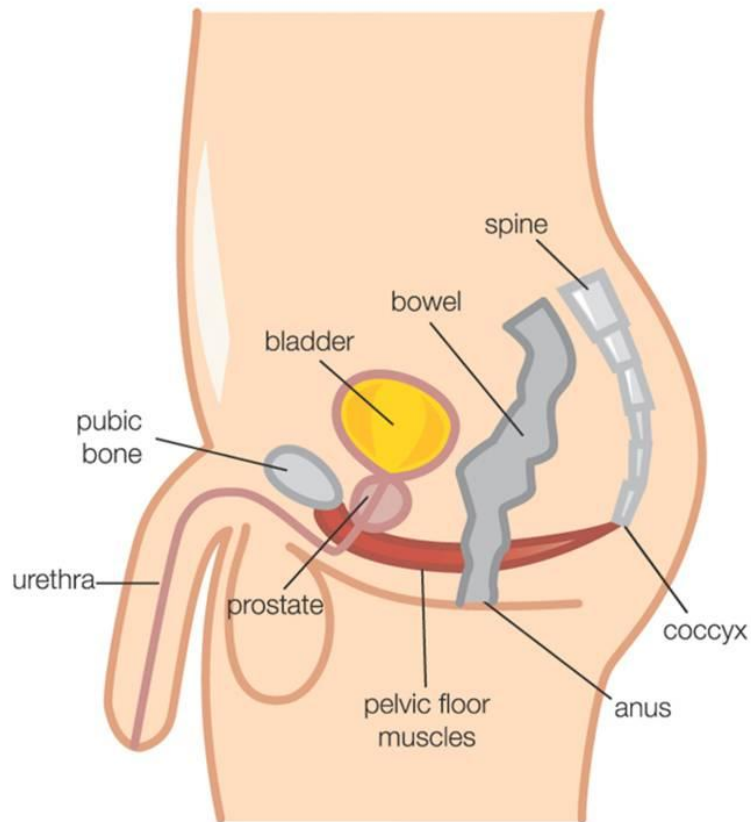
Abdominal Muscles



Core Muscles



Pelvic Floor – Male and Female

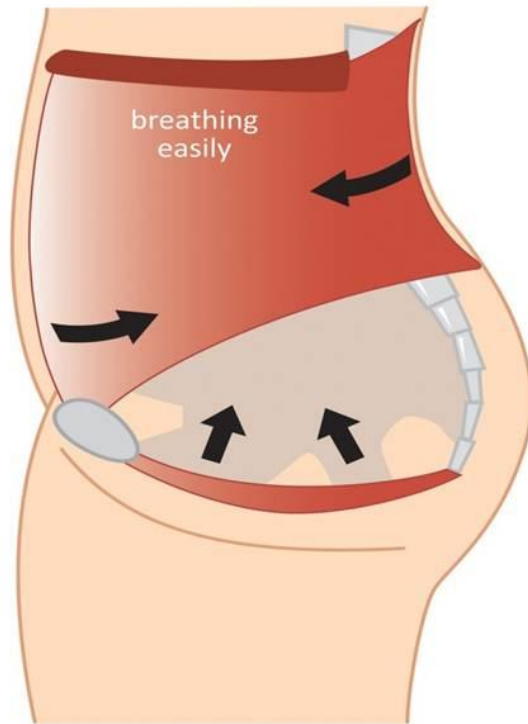


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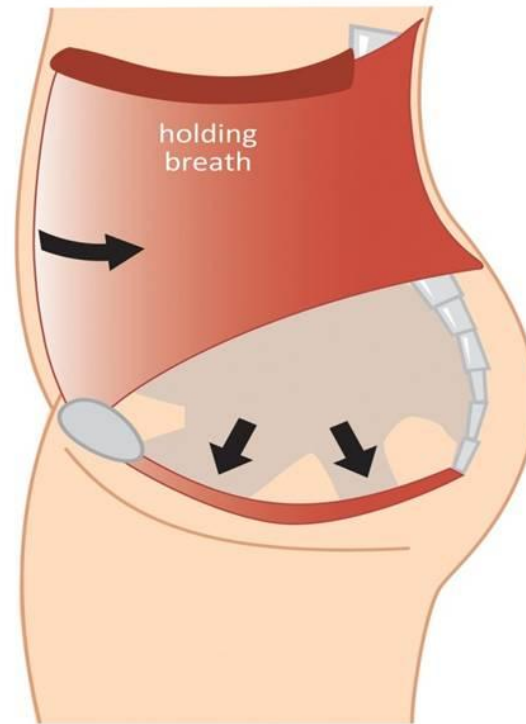
Pelvic Floor Function



PELVIC FLOOR MUSCLE CONTRACTION

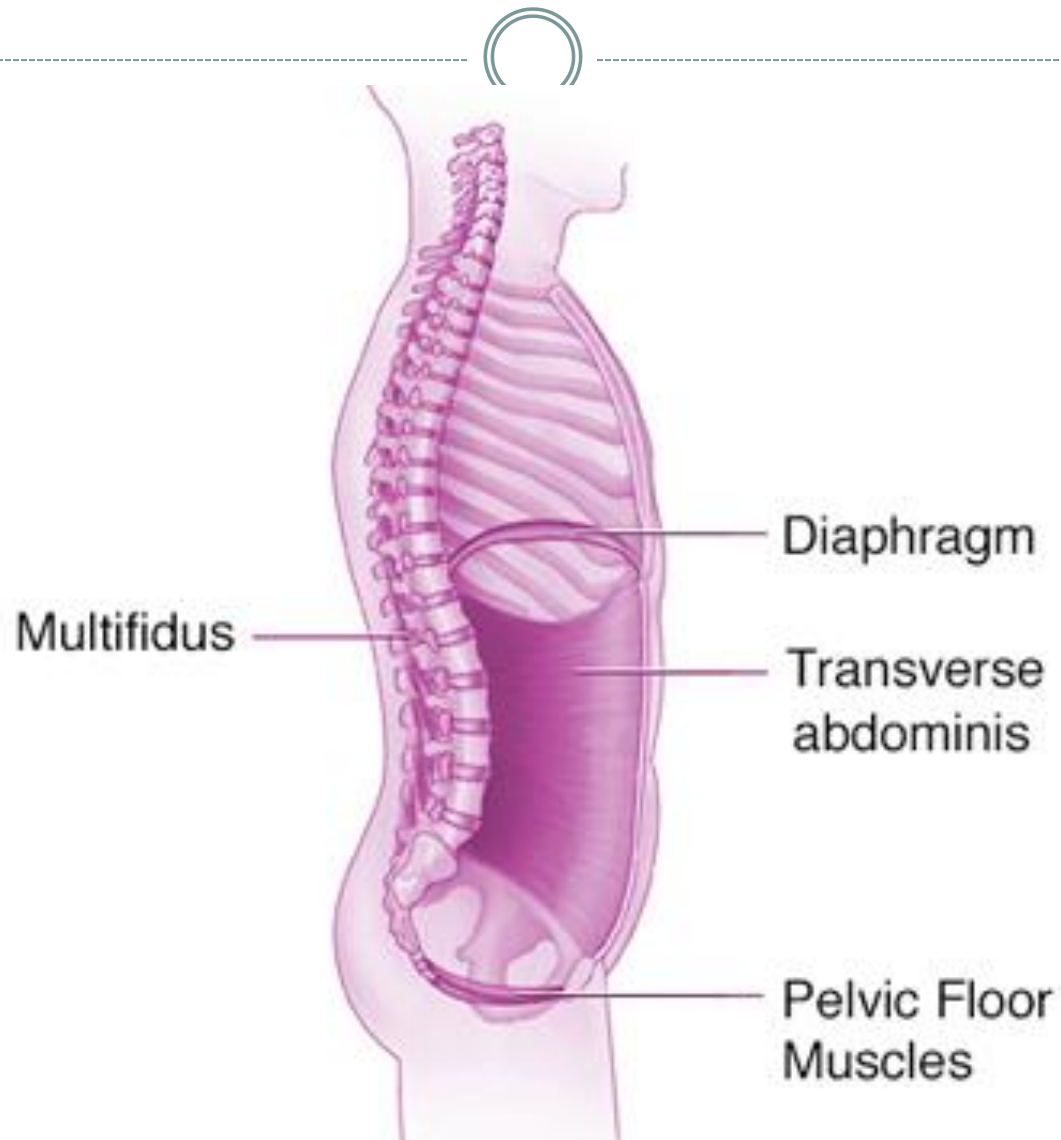


Correct action
The pelvic floor lifts, the deep abdominals draw in and there is no change in breathing



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

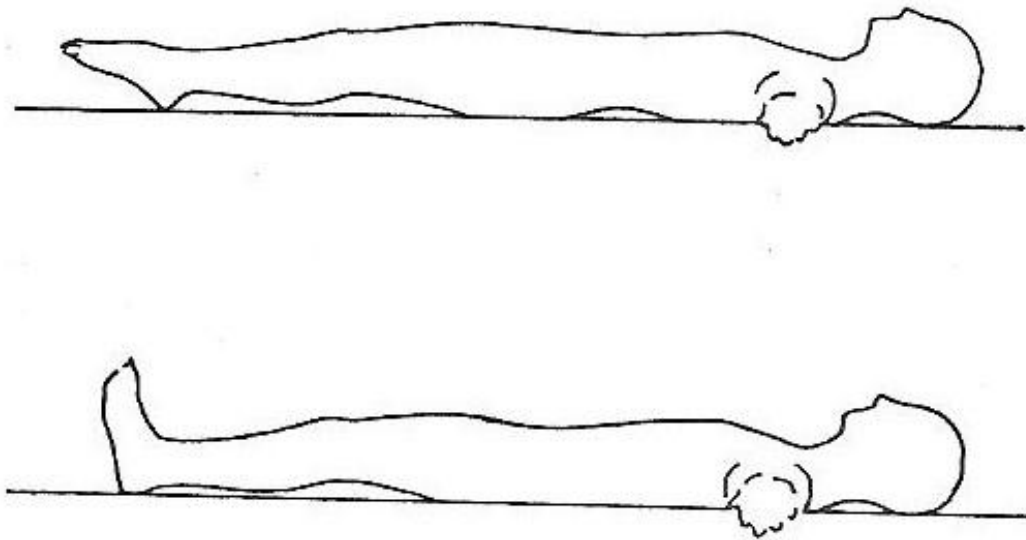


Fig. 38

Thigh Lift: Pre-Lift

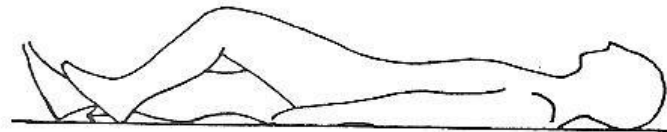
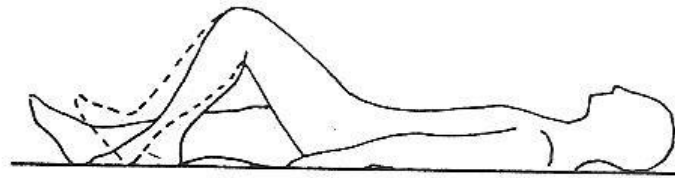


Fig. 39

Thigh Lift

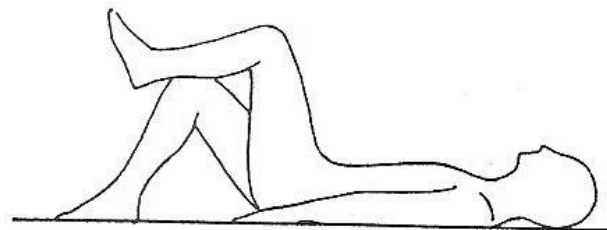
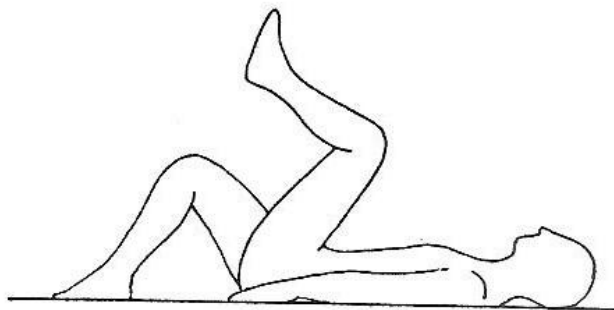
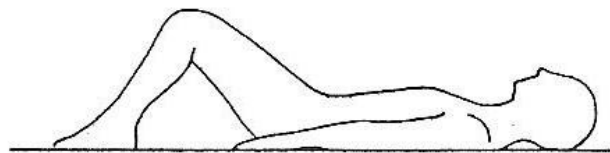
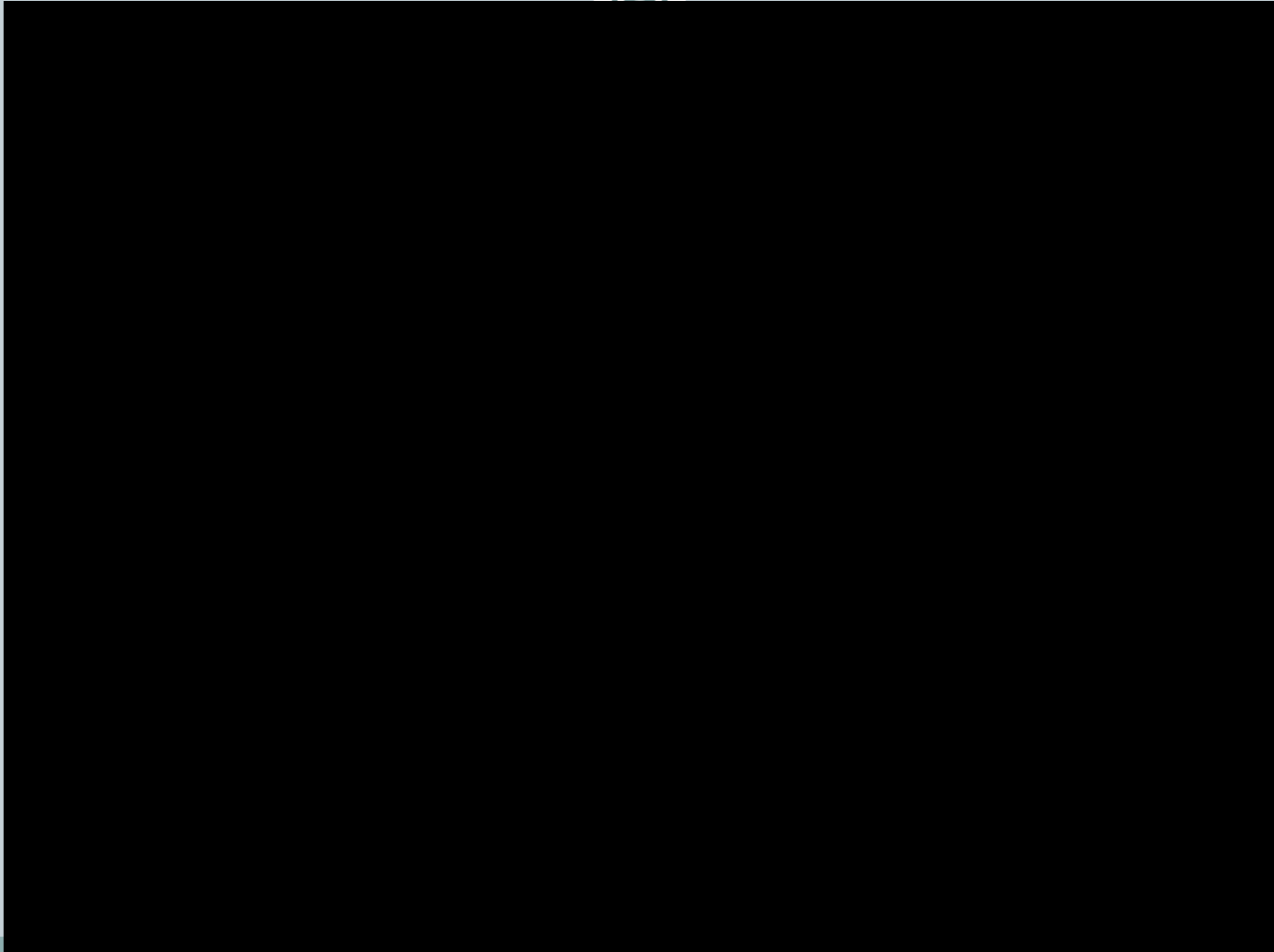


Fig. 40

When you are feeling like this...



When you are feeling like this...



...you need a support group!

Thank You!

