

AGE AND POSTURE

JUST BECAUSE YOU'RE AGING DOESN'T MEAN YOU
HAVE TO AGE FORWARDS

WHAT TO EXPECT

a little bit talk

a little bit tests

a little bit games 07

a litle bit (or may be not so little) movement

a little bit competition

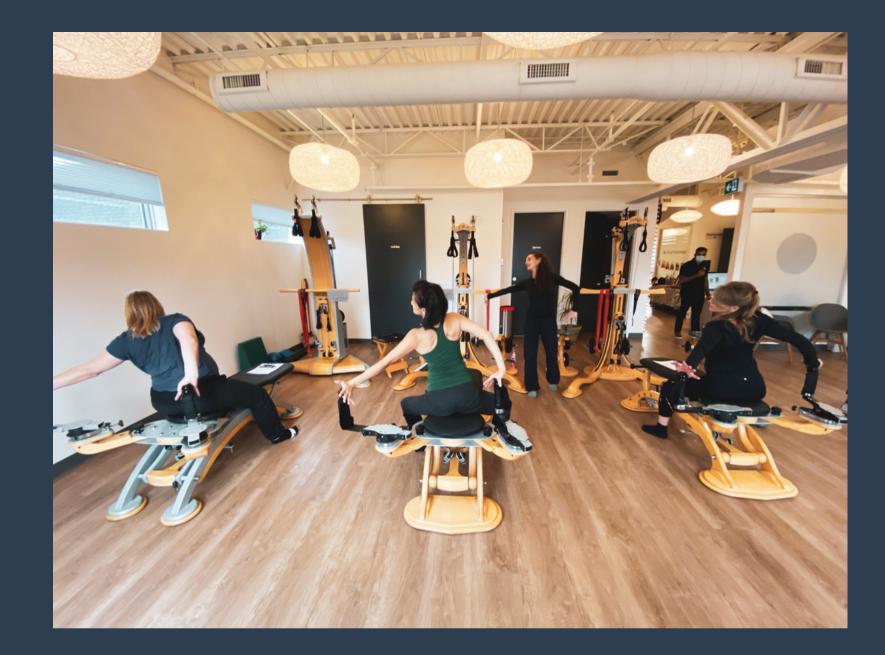
some fun

a little bit practical things

a little bit prizes

DISCLOSURE

We believe Gyrotonic ® method is the best movement modality to work with spine and postural muscles.
We are biased.



TRISTAN Goulah

Osteopathic Manual Practitioner and GYROTONIC ® teacher

NADIA Ramnauth

Physiotherapist and GYROTONIC ® teacher

VALERIE Rolf von den Baumne

Clinic Owner, physiotherapist and GYROTONIC ® teacher



GOOD POSTURE

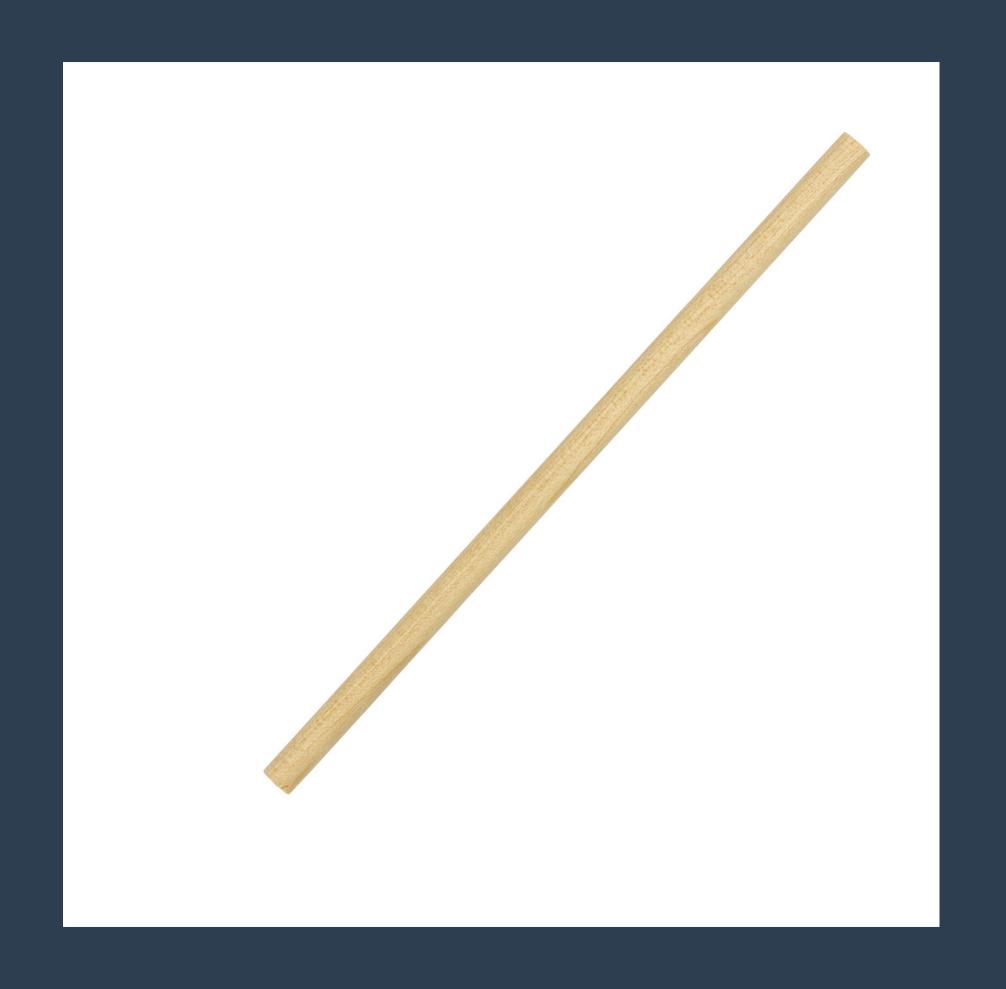
- head position
- shoulder position
- ribcage over pelvis
- feet = the foundation



CHECK IT OUT

Gravity.

It plays with us.



HEAD



Is it heavy?



GOOD POSTURE

- head position
- shoulder position
- ribcage over pelvis
- feet = the foundation

WE TOLD YOU IT MAKES A DIFFERENCE! BUT LET'S SEE WHY.

GOOD POSTURE. WHY?

Maintains space between bones

This is great for making sure your disks between your spine can absorb the impact of walking without getting damaged or squishing your nerves and blood vessels.

Decreases stress on your ligaments

Especially the ones that hold your spine bones together. Super important to make sure your bones stay aligned.

Muscle Strength and efficiency

Our muscles like taking a break just like we do. When your spine is aligned they have to work less hard and less often to move you which keeps them healthy and strong.



Helps with balance

If your spine is aligned, your eyes are positioned forwards so you have to work less hard to be aware of your surroundings visually. It also keeps the nerves and muscles used for balance free and available to make small corrections throughout the day.

BAD POSTURE. WHY NOT?

Abnormal wearing of joint surfaces

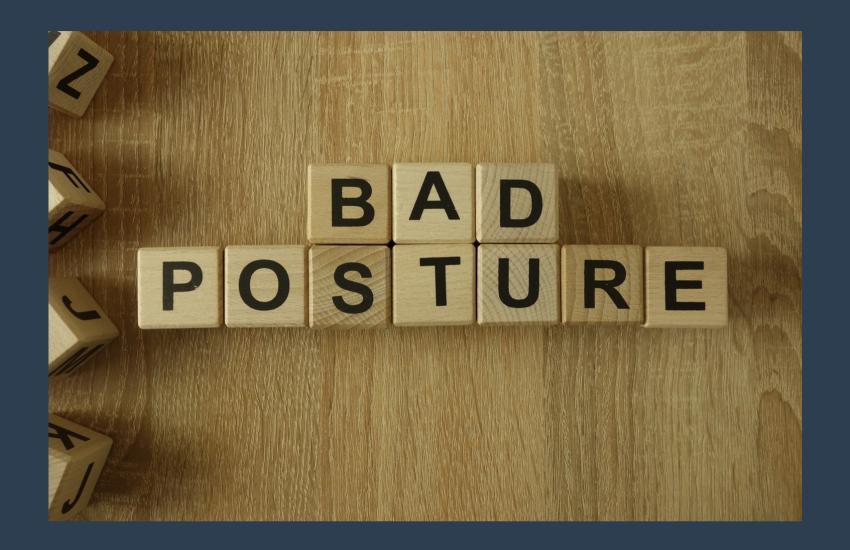
The disks can be squished down which can put extra stress on the bones and cause them to rub and deteriorate. This happens not only in the spine but also where one bone (i.e. leg) gets more weight than another.

Stress on your ligaments

This can lead to laxity, overstretching, discomfort, and potential rupturing.

Muscle Strength and efficiancy

Nobody likes a tight muscle! Overuse can also lead to abnormal thickening which decreases the muscle's elasticity and can cause many muscle conditions. PLus very irritated nerves and blood vessels.



Decreased Balance

If you lean forwards, your eyes are positioned down so you have to tilt your head to be aware of your surroundings visually. Which is hard. It also pinches nerves and muscles used for balance so it is hard for them to make small corrections throughout the day.





BALANCE IN 4D

Inner ear Balance as equilibrium

Proprioception Where I am in space

Vision Feedback from our environment

Cerebellum Coordination between everything

HOPE If one system fails - others could

pick up the slack



CORE MUSCLES

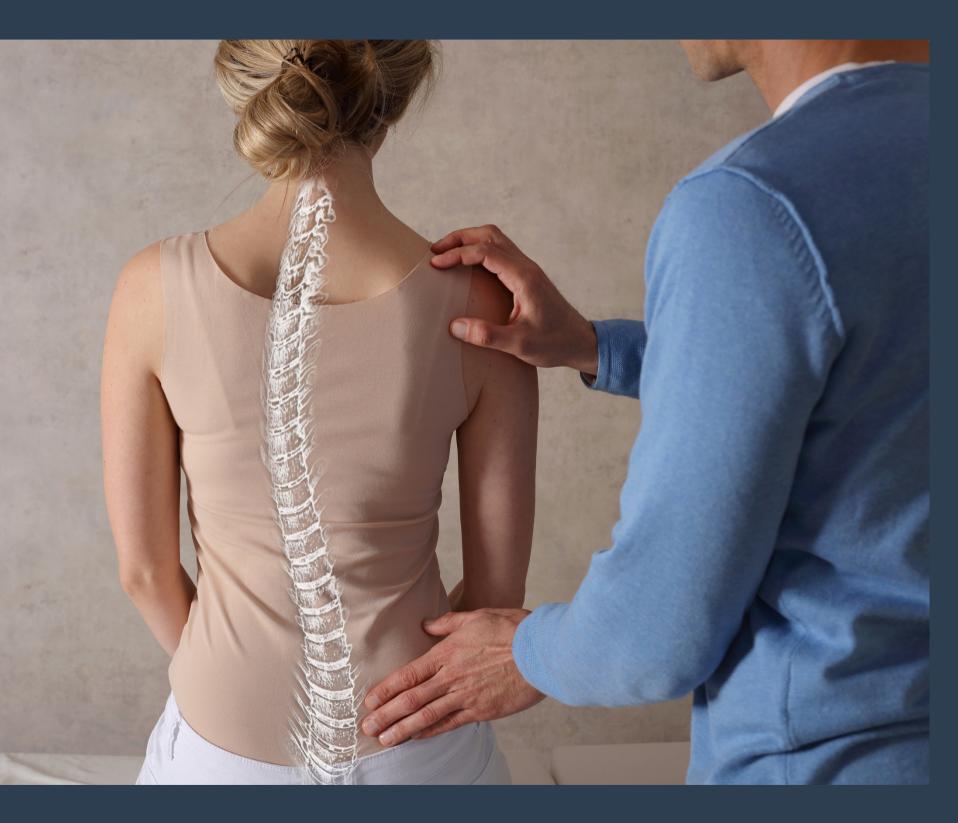
WHERE?

Any EXERCISES - do it!!!

GROUP CLASSES - awesome! THANK YOU DANA!!!!

GARDENING - go for it!!

WALKING/HIKING - enjoy!!!



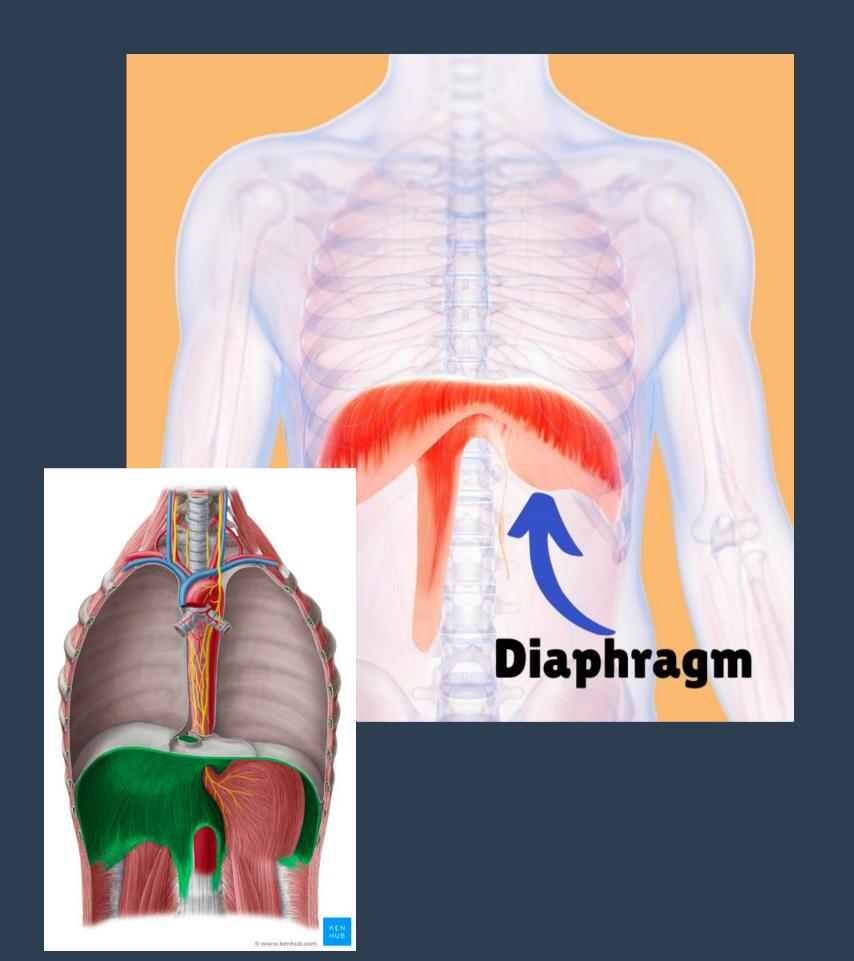
PHYSIOTHERAPY AND POSTURE

Education

Identify soft tissue imbalances

Fall prevention

Pain relief



OSTEOPATHY AND POSTURE

NERVE irritate dysregulate

BLOOD/ HORMONE stress

compress

TISSUES/
BONES

push

pull

GOOD POSTURE DIY



STEP ONE:

- head position
- shoulder position
- ribcage over pelvis
- feet = the foundation

STEP TWO:

- Naval draw
- Chin Tuck
- Scapula retractions
- Walk like royalty

WE TOLD YOU IT MAKES A DIFFERENCE! AND NOW YOU HAVE THE KNOWLEDGE AND SKILLS TO START.

Need more TLC??

BEST COMBINATION FOR YOUR NEEDS TBD



Gyrotonic ® method Physiotherapy
Osteopathy

We would like to see you between 1 November 2023 to 30 November 2023 for a Postural SCREEN AND GYROTONIC ® consultation

Physiotherapy and Osteopathy consultations also available free of charge, contact PT'Movement for more information

