

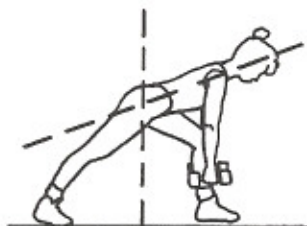
jazzercise

Bend Without Breaking

Bending forward. Sounds simple and it is. Yet a large percentage of us do it poorly and put the spine in jeopardy.

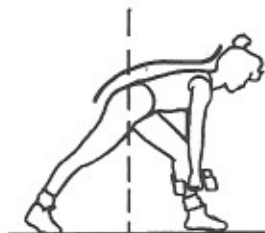
Here are some cues and tips which may help you:

- Bend forward only from the hip.
- As you bend over, think of sticking your buns out.
- Stick your buns out and expand your chest.
- Put Jazz Hands on the stomach and start flexing forward. If you feel any wrinkling anywhere on your abs, you need to flatten it out. Stretch up, out and over.
- Close your hip angle. Keep the chest open.
- Buns to the back. Chest up.
- Shine your tail lights to the back. Shine your head lights forward on the road.



CORRECT

- Flexion only at the hip.
- The pelvis and entire spine are in neutral.
- The erector spinae muscles of the back can shorten, contract and strengthen while protecting the spinal column.



INCORRECT

- Flexion occurs at the hip and in the spine.
- The pelvis is tucked under causing the upper back muscles to become lengthened and severely disadvantaged.
- The erector spinae muscles are lengthened and unable to fully contract, limiting their capacity to protect the spinal column.
- A high risk form of forward flexion, especially when holding weights.

Moral of the Story

Work from the bottom up. A neutral pelvis is the key, then the upper body becomes easy and automatic. One can not "work from the back" until the back is correctly aligned from the pelvis. Without this proper base positioning, the upper back exercises are less effective and possibly counterproductive or injurious.