

Seated Integration after Table Lesson- increasing SideBending

Ask Field: Check and see if any seated integration other than the usual flexion/extension would create overload.

1. Table finds easier side-bending side and side-bends.
2. Table raises arm on side opposite SB side to lengthen ribs on that side, to help lower hip on raised arm side - more lateral flexion - so more SB and shortening on chosen side.

More Advanced:

1. Table usually side-bends more from thoracic so we create SB from a “lower place,” (i.e. include lumbar) so
 - a) Just lift side-bending hip. DO NOT lower side-bending shoulder.
 - b) Raise the opposite shoulder (it is as if someone is pulling your shoulder straight upward as that same-side hip presses down while the pull reaches the opposite hip and lifts it and shifts movement to hip below raised shoulder) which brings more of the movement into lower ribs and lumbar.

SEATED INTEGRATION AFTER TABLE LESSON - increasing ROTATION in mid thoracic

1. One hand and arm crossed over the other on chest. **Turn ONLY EYES to first barrier, nothing else moves**, and release to center.
2. Repeat opposite direction.
3. Turn eyes to first barrier and holding that barrier, ADD turning neck to its barrier, nothing else moves, then release all to center.
4. Repeat opposite direction.
5. Turn eyes to first barrier, **hold**, then turn neck to its first barrier, **hold**, then **add turning shoulder and ribs to first barrier**. Release to center.
6. Repeat opposite direction.
7. Turn eyes to first barrier, **hold**, then turn neck to its first barrier, **hold**, then add turning shoulder and ribs to first barrier., **hold, add moving turning side knee Posterior, other knee Anterior, to first barrier**, then release to center.
8. Sit in neutral, arms still crossed. Just turn to look around behind you to that worked side. How difference now? Now compare. Try **once, tiny, gently and slowly, to turn to non-worked side**. How different.
9. Repeat 1-7 with hands crossed other way. Then alternate.
10. Then alternate. Hands on thighs, palms down. Table looks behind each way feeling new permission in mid back to twist. Repeat w/hands on table, on either side.(Optional - Stool can touch spinal groove mid thoracics to enhance awareness).

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