

## UNIVERSAL SHOULDER/HIP--ARM BEHIND WAIST

Scan. Test each side with a breath.

- a. One lung vs other
  - b. Space between T4 (back of heart) and sternum
  - c. Space under each collarbone
  - d. Space each side of lower ribs - how much does each side expand?
1. OP. On back. BK. Use same side hand as O knee. Slide hand palm down under waist. Enter from **O** knee side. How far goes under waist comfortably? Leave the elbow of that arm on the floor. You can ask me to repeat an instruction whenever you want to. For the rest of this lesson, take your arm out from under your waist whenever you need to rest it for a moment, and then replace it under your waist.
  2. OP. Both knees stay bent.
    - a. Roll pelvis to side away from arm under waist. S.T.
    - b. Now repeat but with the intention of making the pelvis tilt to the other side by raising the hip of the organized leg. What does your knee do? Can it move forward over the toes of your foot? Can you trace the movement up your spine?

Reminder: you can take your arm out and rest whenever you need to and then replace it.

3. OP. Keep O knee bent. Straighten other leg long. Tilt pelvis to long leg side. S.T. Feel movement travel up spine now? Different? What direction does tip of bent knee move? Can you bring it over your toes. Do not tilt the knee inward. It goes forward over your toes from raising your hip. Can arm go under waist a little more?
4. Repeat #3. As raise hip, allow head to roll towards long leg. S.T. How can you allow the back of your neck to lengthen and arch? Slide the bottom ear on the floor backwards.
5. Repeat #3. Roll head to same side as bent knee. Arm go farther under waist? Can you feel the movement up the spine into your shoulder blade and shoulder? Which one? Can you feel your pelvis rolling one way and your chest the other? Where in your spine does the twist happen?

REST

6. a. OP with the same leg long. Retest without intentionally rolling head. Fingers come more toward opp side of waist? Does it make a difference if your intention is “roll the pelvis” or tilt the pelvis to the opp side by raising the hip of the bent knee? Can you trace the movement to behind your R shoulder blade? L shoulder blade? Into the cervical vertebrae, the bones of your neck? “Ordinarily the shoulder moves the most and the rest of the body moves less around it.”

Here, the shoulder moves less and the whole body pivots around it. Very unusual experience for the sensory-motor cortex."

b. Repeat.

- i. Stay tilted to one side with a raised hip. Move the shoulder blade that belongs to the arm under waist headward and footward. Slide it over the ribs toward your ear and toward your waist. The ribs don't move much.
- ii. Release your hip down. Stay in that position and repeat the move. Is it easier or harder without the hip lifted? How does this affect the neck and the ribs?

REST

7. Repeat #3-6 with same arm under waist, only this time the same side knee is long and the other is bent. Gently. Slowly. How does the movement from the lifted hip and the rolled pelvis travel up the spine differently. Can you just roll to help easily get arm under waist?

REST How are you lying on floor differently? How is that shoulder lying on floor?

8. BK. Retest inserting the same arm under waist. More comfortable? Can you go farther? Release that arm and try other arm you haven't worked on. Take a breath and compare:
- a. Under each collarbone,
  - b. The two sides of the lungs,
  - c. The sides of the lower ribs.

9. BK. Place one knee over other, O knee on bottom. (If your L knee is on top, tilt to the L and if your R knee is on top, tilt to the R.) Place same arm you have been using under waist. Tilt knee gently S.T. to the side of the top knee. Now stay tilted and repeat the exploration of moving the shoulder blade headward and footward with knees tilted.

- a. Roll head same side - head slides backward - as knee tilt. Did you experience that as two separate movements? Explore:
  - i) Knees and nose at same moment
  - ii) Knees and pelvis tilting gradually asks head to move

When is it helpful to elongate the back of the neck and slide the floor ear backward? Helpful to arch neck backward?

- b. Repeat head opposite knee tilt.

10. Repeat #9 with other knee on top. **Be sure to tilt only to the side that belongs to the top knee!** Continue with same arm under waist. Which way does the head roll easier?

## REST

TRANSFER. P.L. (Neuro help: make a few moves for body to note physically.)

11. BK. Place **O** knee on top and new arm under waist. Repeat #9 & #10.
12. Explore raising new hip with new long leg and new arm under.
  - a. Roll head both ways
  - b. Move shoulder blade headward and footward, with raised hip, lowered hip
13. BK. Switch knees again. Place bent knee over with **O** knee on bottom. Put both arms behind waist as far as comfortable, palms down, fingers sticking out on each side. Which arm should be closer to your head for maximum comfort?
  - a. Tilt both knees slightly at first. Gently to side of top knee. S.T.
  - b. Continue and roll head to side of tilting knees
  - c. Roll head opp side
  - d. Reverse which arm closer to head and repeat tilting knees in the same direction, exploring head roll both ways.

## REST

14. Repeat #13 with other knee on top, tilting other direction.

15. P.L. Feel how you're lying on the floor now. Retest

- I     a. BK. Lift **O** hip. How different from beginning.  
       b. Arm under waist - how far under now?  
       c. How lift hip. Where movement travels?  
       d. Repeat with **O** leg only bent - other leg long.

[II   Repeat with other arm and hip.]

- III   Test with a breath:  
       a. Both lungs  
       b. Space between T4 and sternum  
       c. Space under collarbones  
       d. Space each side under lower ribs, how each side ribs move out to sides and expand toward floor and ceiling.