

# INCREASING SPACE BETWEEN LOWER RIBS AND PELVIS - SIDE LYING TABLE LESSON (#3)

May 2017

Function: Can chest move forward and up - away from pelvis?

TEST: Standing, SLOWLY take a small step back with one leg. Observe what moves and how. Especially head carriage and weight shift. Repeat with other leg. Compare.

OP. Table lies on side(check field), knees bent one on top of the other, head supported / ceiling arm on high firm non-moving complete support.

**Intent:** Expand lower ribs to move more freely **A & P** and create more length between lower ribs and pelvic crest.

## **Stool stands behind table's low back:**

1. One hand finger tips ceiling-side spinal groove at **T11** / Other hand Finger pads on **R11** rib angle. Roll rib 11 and vertebra 11 **Anterior**. Move both equally **A**. then move your finger pads to the rib above and with finger tips find the spinal groove of the matching vertebra (test that moving one moves the other) Repeat T10/R10, T9/R9, T8/R8, T7/R7, T6/R6. Then ask table to "take a breath into ceiling ribs."

2. Repeat #1 and add a **S** direction as well. You are encouraging a slight extension. "Take a breath into ceiling ribs."

3. Repeat #2 using one hand to move both vertebra and rib angle. Stabilize the ceiling shoulder with the 2nd hand, which creates a barrier. The movement of the ribs **A & S** is constrained from spreading further upward into the shoulder girdle. The packed joints of the shoulder (and engaged upper ribs) can even be moved slightly **M and Inferior** to meet and stop this upward movement.

4. Repeat #2 but now move the 2nd hand to stabilize the pelvis so each rib is moved **A&S** away from the pelvis. Breathe c. ribs

5. Table's arm lies long behind hip *supported*. Stool now has both hands free:

- a. **Ceiling-side spinal groove and rib-R11 to R6. Move each rib A.**
- b. Repeat. Now **table-side spinal groove** - Move each rib and its attached vertebra **a little ceiling ward and A** .
- c. Repeat and add S to “**ceiling ward and A,**” **encouraging Extension.**
- d. Repeat c. with 2nd hand onto pelvis. Compress the pelvis into lower rib cage and then move them **AS ONE into extension** with each A and S rib move.
- e. Compress S, one hand on pelvis, one hand on IT thru spine to crown .

6. At pelvic crest with both hands gently **traction Inferior**. ( may need to increase pelvic ear movement range first, using the clock) **Breath c. ribs. Then replace table's hand forward.**

### **Stool stands behind Tables feet**

7. Stool reaches underneath Table's ceiling knee and lower bent leg, supporting it with one forearm and hand.

a. Stool brings Table's ceiling bent leg backward as 2nd hand presses forward, **Anterior** on sacrum, encouraging extension. Look at and feel into how lumbar are arching forward in extension which is pushing up spine into thoracics. Repeat slightly lowering knee relative to foot, creates slight internal rotation of femur, increasing spine roll forward. Rest leg.

b. Repeat. And explore lengthening the leg **Posterior** (longer fulcrum) Sacrum more A & S so that push up spine starts to bring head backward.

c. Table completely straightens ceiling leg long, thru heel, side of foot resting on the table. leg in line with hip. Then place horizontal roller as firm support under ankle to keep leg parallel to table (or firm towel).

(If feel competent, can eventually slightly raise leg.)

Stool compresses sole of foot into weight bearing up thru to crown. (emphasis on outer rim of foot, slightly side bending at ankle). **Outer rim engages whole foot - THEN weight bear OR weight bear - THEN bring in outer rim as last part. Compression thru pelvis, up spine, out crown.**

8. OP Fingers around rim of top of pelvic crest - traction Inferior  
a. Both legs bent  
b. Ceiling leg long, resting on side of foot on table. (Then bottom of pelvis can slightly roll toward table as well.)

9. OP Both hands on ceiling ribs. Move ribs softly **A and S**, encouraging **extention**, and movement away from pelvis.

10. Repeat. Fingers of one hand around rim of pelvic crest stabilize pelvis, then gradually move it diagonally downward and backward as with the other hand, you move the ribs diagonally upward and forward. Repeat, table breathes into ceiling ribs with intention to enhance length between ribs and pelvis.

11. On back. Sense differences 2 sides. Test with a deep breath differences in L and R sides of ribs.

Sit: Feel differences. Retest breath. Stand. Retest slowly stepping back with foot on worked side, then with other foot. Table reports felt differences. Stool reports visual differences.

15. On back. Transfer. PL

## 12. **Lesson integration on back**

A) Sole of Table's worked foot glued against boney surface of Stool's sternum. Stool holds leg straight.

a. Gently "knock on door" of Table's acetabulum by delicate, small, repeated, compressions. (Bigger brings more compensatory response.)

b. Now, alternate with a slow traction.

c. Now, connect with a compression all the way thru the cervicals, out the crown, hold at the barrier. Then reverse with a slow traction to its first barrier. Repeat ST. Rest.

d. Compare the range of the femur head, **S & I** (thru compression and traction) of the just worked hip and the hip not yet worked. *Transfer*

e. Repeat **a. thru d.** with other leg.

B) At head-face parallel to ceiling. Lift head in extension. Then clasp both hands, 1 under other. at top of neck. Include base of skull /C1/C2. Lift and slightly traction upper cervicals toward ceiling., top of skull drops slightly backward toward table. Intention-from C1 down to upper thoracics, a ceiling ward arc is encouraged that creates more space between each vertebra.

13. Cervicals - **emphasis on each veterbra ceiling ward.** Then head integration and weight bearing. PL and table walk

14. Rib integration in Sitting: New way to flex and extend lumbar.

a. Table moves **lower ribs Anterior, NOT rolling pelvis forward.** **Not going into extention.** First Stool helps by stabilizing pelvis (and helping lower ribs move forward if necessary). Then Table learns to do by self.

b. Table moves **top of pelvis Posterior. Does not allow ribs to follow baxkward. Not going into flexion.** First Stool prevents Table's low ribs from moving backward. Then Table discovers how to do by self.

**These 2 moves support the lesson function: Low ribs and pelvis move independently of each other. Length and space created in between.**

15. In standing, Retest each leg. Slowly, a small step backward ST. Table shares what feels different. What's changed? Then Stool shares what feels.

Use walking as plenty of time for NS to figure things out (no standing integrations) What's different?

