

Seated Crossed Knee – Table or Seated Floor Lesson (Clarifies Thoracic sidebending and rotation)

- O.P. Sit on edge of table, chosen knee crossed on top of other one. (We will call the underneath knee - the floor knee or leg.)
1. TEST: Raise the floor knee by raising your heel S.T. How does that affect the rest of your body?
 2. TEST: Turn around to look behind you on the same side as the floor knee. Stop the moment it gets less easy. Mark place I. Repeat once. What happens in your ribs, low back and knees?
 3. O.P. As you raise the floor knee with your heel, bring your head over that knee S.T.
 4.
 - a. Slide hand on same side as floor knee, down the side of that leg. Where do you want your head?
 - b. Now the other hand down the other side of that same leg. Extra strain in neck?
 - c. Now both hands down the sides of the floor leg.
 - d. Move your floor foot to the L and keep it there. Repeat a,b,c. What's happening in your ribs?
 - e. Move your floor foot to the R and keep it there while you repeat #4. Now what's happening in your ribs. Uncross and rest.
 5. O.P. Now, move both hands to your L and rest them on the table.
 - a. Drop the easier hip to the table and open your ribs on that hip-side, and release S.T. Do not move your hands. Do not cheat the movement by going into rotation.
 - b. Now drop the other hip to the table and open those ribs and release S.T. without moving hands.
 - c. Repeat a and b with both hands to the R. Rest.
 6. O.P. Place hand on same side as floor knee to rest on table. Place other (back of) hand under cheek. Repeat test (#2) of twist behind on side of floor knee. Rest.

7. O.P. Turn hip (on same side as floor knee) around you to the L&R, S.T. (rotation).
 - a. Turn shoulder (on same side as floor knee) L&R, S.T.
 - b. Turn both hip and shoulder at same time L&R, S.T. Rest.
8. O.P. Walk each butt cheek backward and forward on table S.T. Foot doesn't move – keep glued to floor.
 - a. Repeat using whole foot on the floor as well. Walk foot backwards and forwards. Rest.
9. O.P. Raise hip on same side as floor knee and tilt same-side ear toward hip, and return to center, S.T.
10. O.P. Slide both hands down floor-knee leg to foot as drop head, S.T. (flexion)
 - a. Repeat with walking the hands down and up leg as do. (SB) Rest.
11. Place same-side hand as floor knee on table, away from you. Slide the back of the other hand on the table under the bridge of your arm, and turn to look and follow sliding hand, S.T., as if looking under armpit.
12. O.P. Repeat twist test (#2).
 - a. Switch legs and try twist test once slowly. Feel differences.
13. Come to stand, and walk. What's different in the way each leg takes weight and the ribs respond?

REST on back. Feel differences. TRANSFER

14. O.P. Make circle around sit bones - being sure to sidebend - lift each hip - and flex and extend, S.T. Reverse circle, S.T. How much rest of body participates?
15. Twist behind to side of floor knee, stay there and make circle with that hip, both directions, S.T. Hands on table for support.

a. Switch knee crossing and repeat #14 & 15.

16. Optional – Repeat appropriate parts of sequence on other side, briefly.

Integration – Sitting – Both feet on floor.

17. O.P. Put top of chosen floor-knee foot onto the floor under the table, and then back out onto the sole of your foot. You first lift your knee to turn toes under (flexion), then you slide the toes backward (extension). How far backward can you comfortably go? What other parts of you have to move to allow this? Stabilize with hands.

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a. Repeat other foot.

b. Explore gently putting both feet back, with butt safely on table, careful not to fall forward.

18. a. Repeat with first foot on toenails – not toes too far back under table - and roll its knee

L&R over the top of the foot - like a pivot - using the knee to help.

b. Roll over the top of the foot side to side, from little toe to big toe.

c. Take your knee to one side as you take the heel to the other by sidebending at your ankle. Reverse knee and heel to other side, S.T. Rest on table. Feel one foot compared to other

d. Repeat other foot.

19. Sit with feet on floor. Stabilize with hands – foot on toenails-on front of foot, then slide backwards. Bring what was your floor knee toward the floor and back S.T. Gently explore range. What do you need to do in the rest of your body?

a. Repeat other knee.

b. Alternate. What does the rest of your body need to do.

20. Lean on tops of both toes, and slide them a little backward (under the table). Now roll your feet over the toes L&R. How can you bring in your head? (Sidebend and Rotation)
21. O.P. Retest twist (#2), and test the twist to the other side. Can come up on one hip.

Standing Integration

22. Stand facing wall with fingertips touching. Feet glued together. Come up onto toes. Turn L&R, S.T.
23. Now heels together, toes apart. Come up onto toes and roll R and L completely, S.T.
24. Alternate each foot, top of toes/feet underneath the table, S.T. Stabilize with hands. How far back can you comfortably go?
25.
 - a. Test each knee dropping toward floor, S.T.
 - b. Now alternate, S.T. How are you using the rest of your body to support the move? As you drop each knee to the floor, how far can you let that same-side hip slide off the table as the other hip stays on? Knee touches floor.
 - c. Gently with both knees, go as far toward the floor as you are comfortable, without falling off, S.T.
26. Sit.
 - a. Move your R shoulder up when you lift the L hip, S.T.
 - b. Move L shoulder up when you lift the R hip, S.T.
 - c. Alternate.

How is this different from sidebending (hip and shoulder toward each other)?

27. Retest original tests (#1 & 2) on both sides. (Optional: test #23)

Stand and Walk.

