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## **Where you begin with Exercise: Build on a Healthy Foundation (Skeletal Alignment)**

Introduction: Professional Background, My commitment to our profession

### **Building on a Healthy Foundation: Skeletal Alignment in Perfect Balance**

#### **I. What it Looks Like: The Framework**

##### **a. Hips**

- Pelvis
- Pubic Bone

##### **b. Torso**

- Pelvis
- Ribs
- Collar Bones/ Shoulder Blades

##### **c. Most Important Muscle**

- Transversus Abdominis (TVA)

##### **d. Set the Stage for all Appropriate Anchors**

- Sacral/Lumbar
- Lumbar/Thoracic
- Thoracic/Cervical

#### **II. How Poor Alignment Feels**

##### **a. Symptoms**

- Low Back Pain
- Knee Pain
- Shoulder, Neck Pain

**b. Lower Crossed Syndrome**

- Tight low/mid back and hip flexors
- Inhibited (weak) abdominals and glutes

**c. Upper Crossed Syndrome**

- Tight upper shoulders and chest
- Inhibited neck and mid-back

**III. What Happens When You Exercise in Poor Alignment**

- Continue Dysfunction
- Exacerbate Condition

**IV. How to Help Correct: Exercises**

**a. Hips**

- SIJD: series of 9 exercises, individualized instruction (sacroiliac joint dysfunction)

**b. Posture Exercises**

- Stretch Chest (doorway, foam roller or ball)
- Strengthen Glutes (bridges, squats, lunges, step ups)
- Strengthen Low/Mid/Upper Back (back extensions, pulldowns, pull-ups, rows, high rows, rear deltoid)
- Strengthen Transversus Abdominis (Tighten belt, draw-in, draw-around, 4 point opposite arm/leg lift, dead bugs on bosu ball, hover/plank)
- Strengthen Abdominals ( bosu dead bug, kneeling or standing cable rotations, chops, leg lifts- if pelvis is aligned)

**V. How to Learn Exercises**

- Assessment + TVA training (1PT)
- Assessment + TVA and SIJD Instruction (2PT)
- Get Fit Classes/ Small Group Training
  - Will provide options for class times