

Assessment of Spinal Preferences, Pt II

A webinar by Jean-Claude West assisted by Jean Sullivan

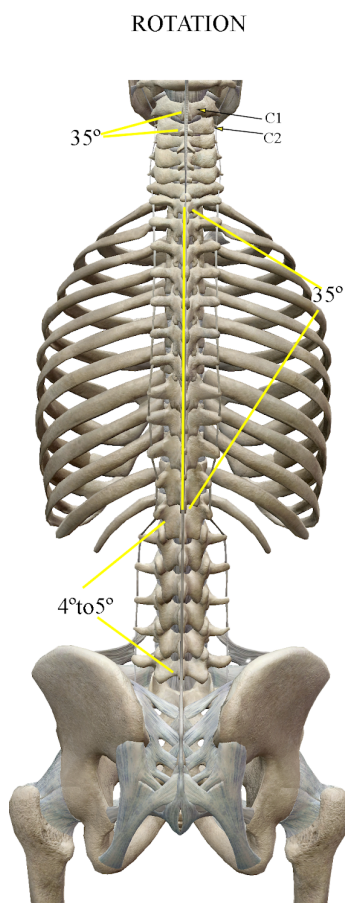
Objectives:

- Visually assess spinal preferences within the cervical, thoracic, and lumbar spine
- Learn how to regionalize intention, whether it be mobilization or stabilization

Props in use:

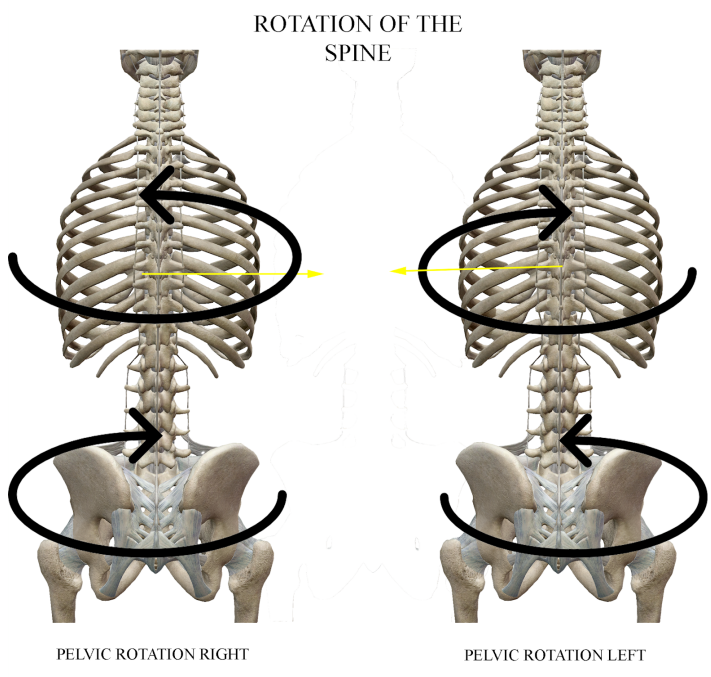
- Yoga blocks
- Magic circle
- Yoga belt
- 6-inch foam roller

I. Transverse plane parameters of the spine

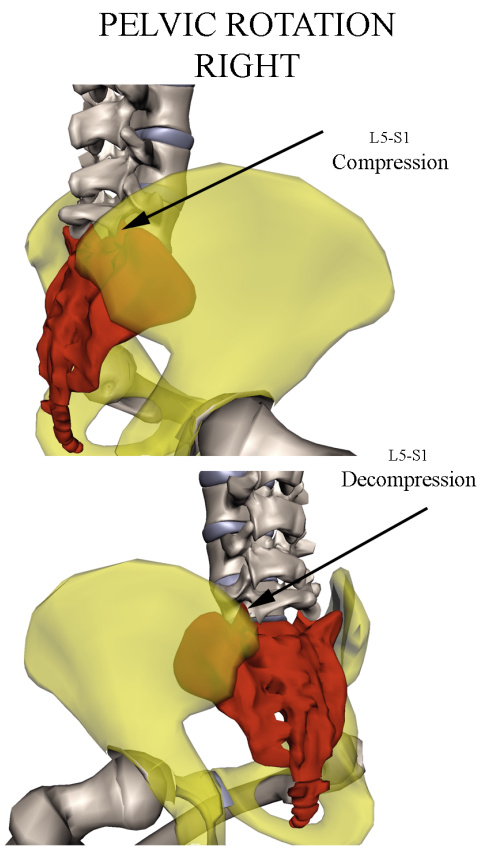


II. Standing assessment of pelvic rotation

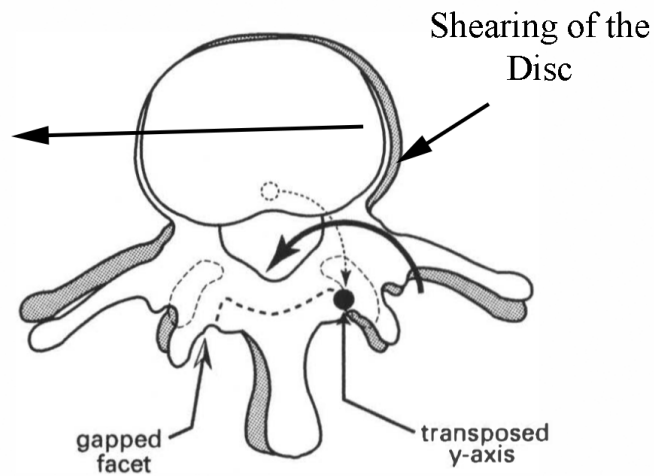
- A. Rotation from the bottom up
- B. Rotation from the top down



- a. Rotation from the bottom up to the right
 - b. Rotation from the top down to the left
- 2



III. Shearing of the disc - excessive motion in the lumbar spine

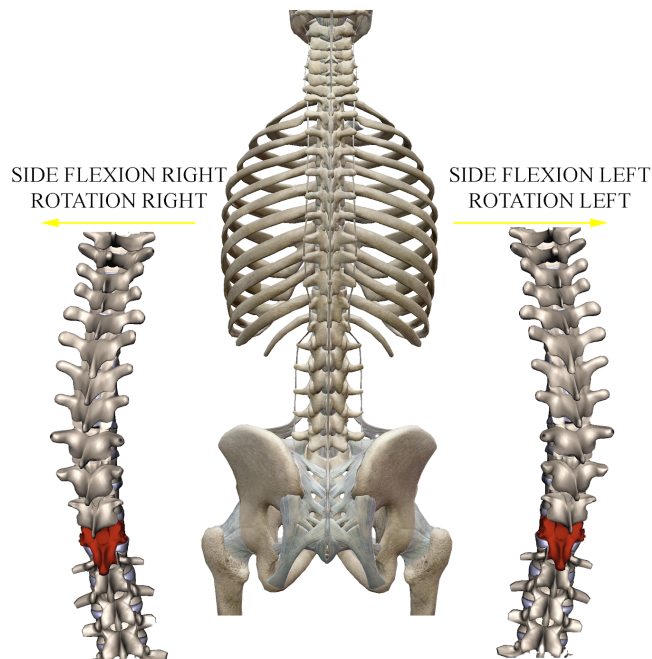


Left Rotation from the Top Down

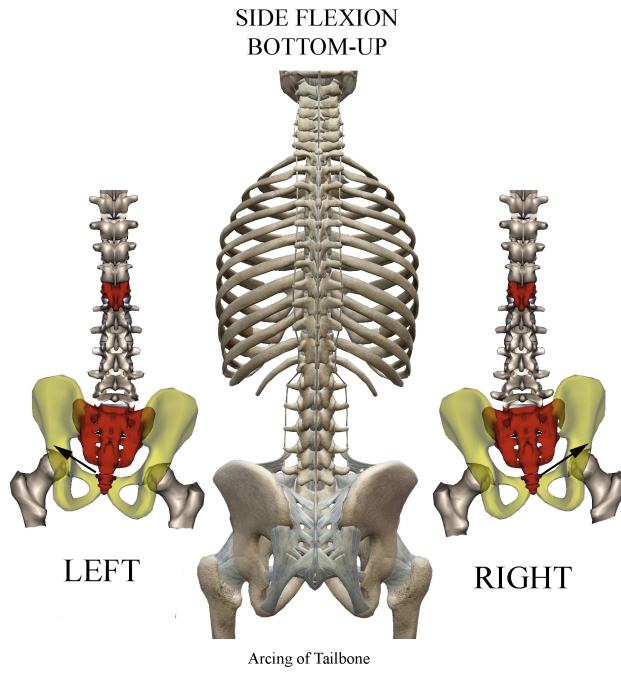
Right Rotation from the Bottom Up

IV. Translation - component of the 3-dimensional motion of the spine

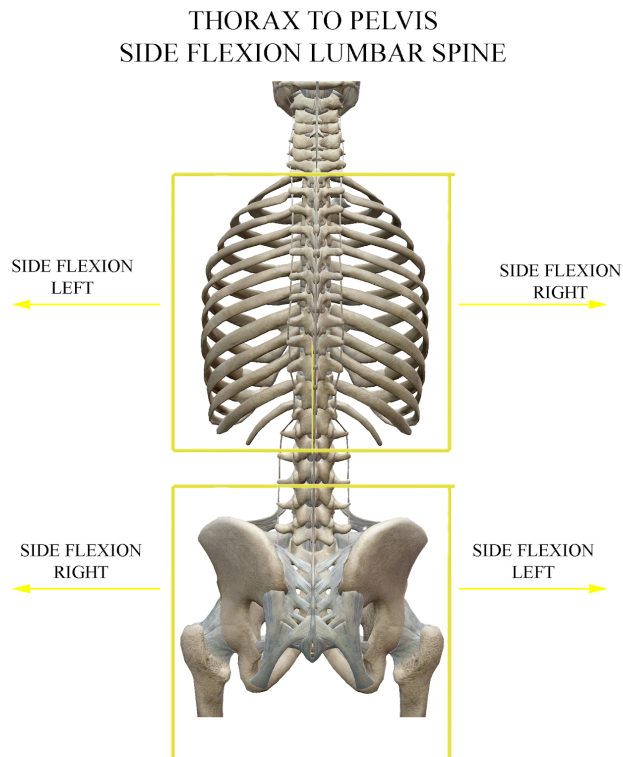
TRANSLATION



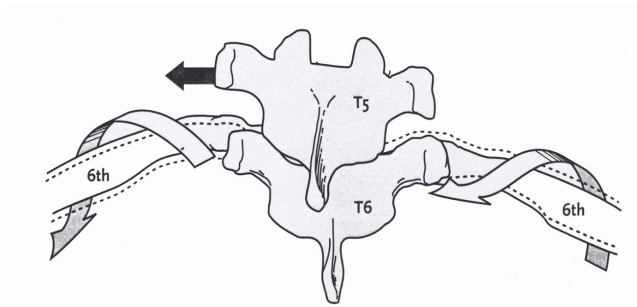
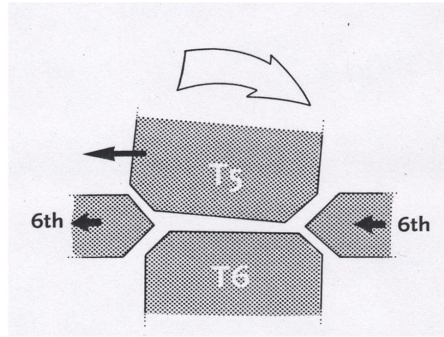
V. Side flexion from the bottom up



VI. Relationship of thorax to pelvis



VII. Interrelationship between rib dynamics and vertebral motion



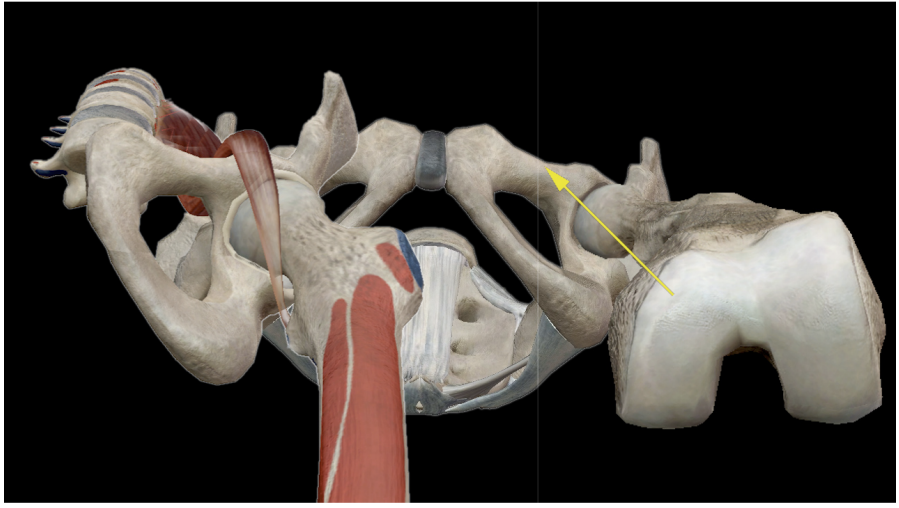
VIII. Psoas influence on lumbar stability (compression)

PSOAS-Vertical Compression



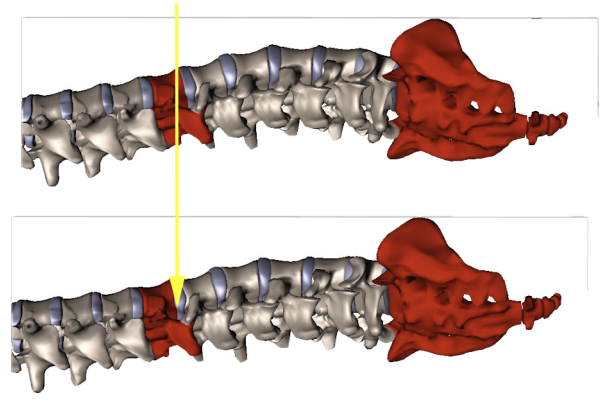
IX. Psoas influence on hip joint congruency

PSOAS

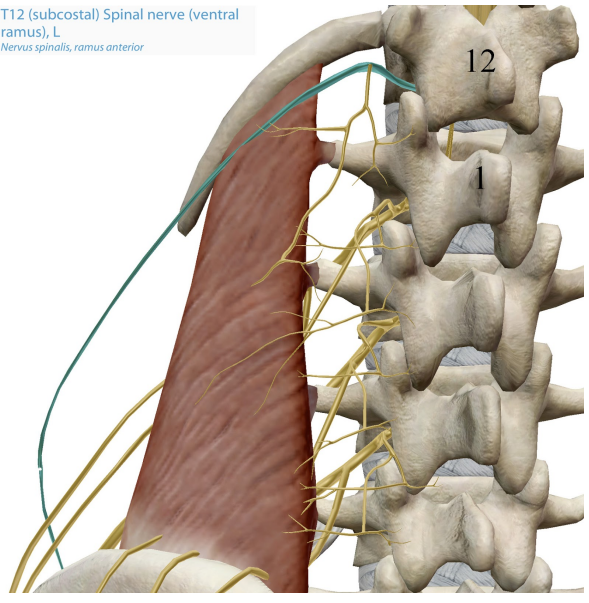


X. Restabilization of the T/L juncture (T12/L1)

RESTABILIZATION OF T/L JUNC
SAGGITAL POSITION



T12 (subcostal) Spinal nerve (ventral ramus), L
Nervus spinalis, ramus anterior



XI. Movement tasks: spinal demands

A. Mermaid



B. Side plank

1. Assessment

SIDE PLANK PREP



2. Prep



Side Flexion Left T-Spine Side Flexion Right L-Spine

Side Flexion Right Lumbar Spine

3. Correction- lumbar spine

START



FINISH



Side Flexion Left of T-Spine

4. correction - thoracic spine

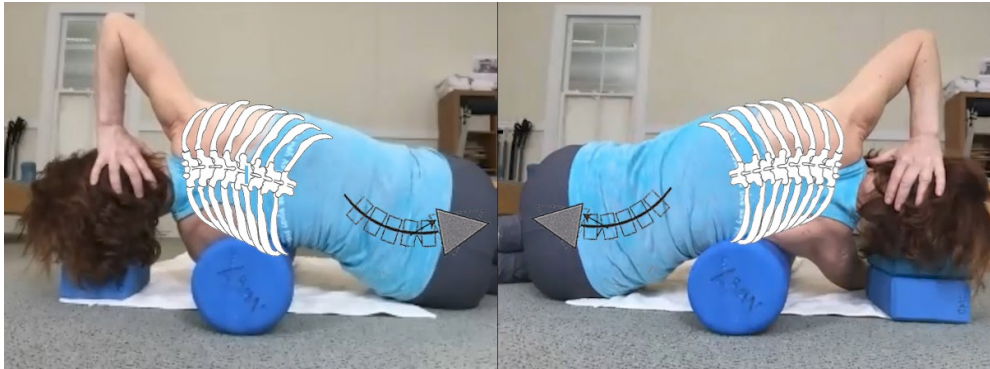
Start



Finish



- C. Rib mobilization to restore side flexion of the thoracic spine
1. Use of foam roller (decompression) to mobilize



2. Use of magic circle (compression) to mobilize

Rib to Vertebrae
Mobilization



- D. T/L juncture mobilization



E. Restoration of triplanar cervical mobility



Further exercises for pre and post assessment of movement dynamics:

1. Saw: Lower T-spine and lumbar, side flexion and rotation to the same side
2. Single leg stretch: Flexion of hip, lateral flexion stability of lumbar spine, intra-pelvic mobility (posterior rotation of innominate)
3. Side plank: Side flexion preference of spine (lumbar, thoracic)
4. Open leg circles: Transverse plane stability of spine