Aligned and optimal

DYNAMIC CORRESPONDENCE
EST. DC 2012
SPORTS TRAINING

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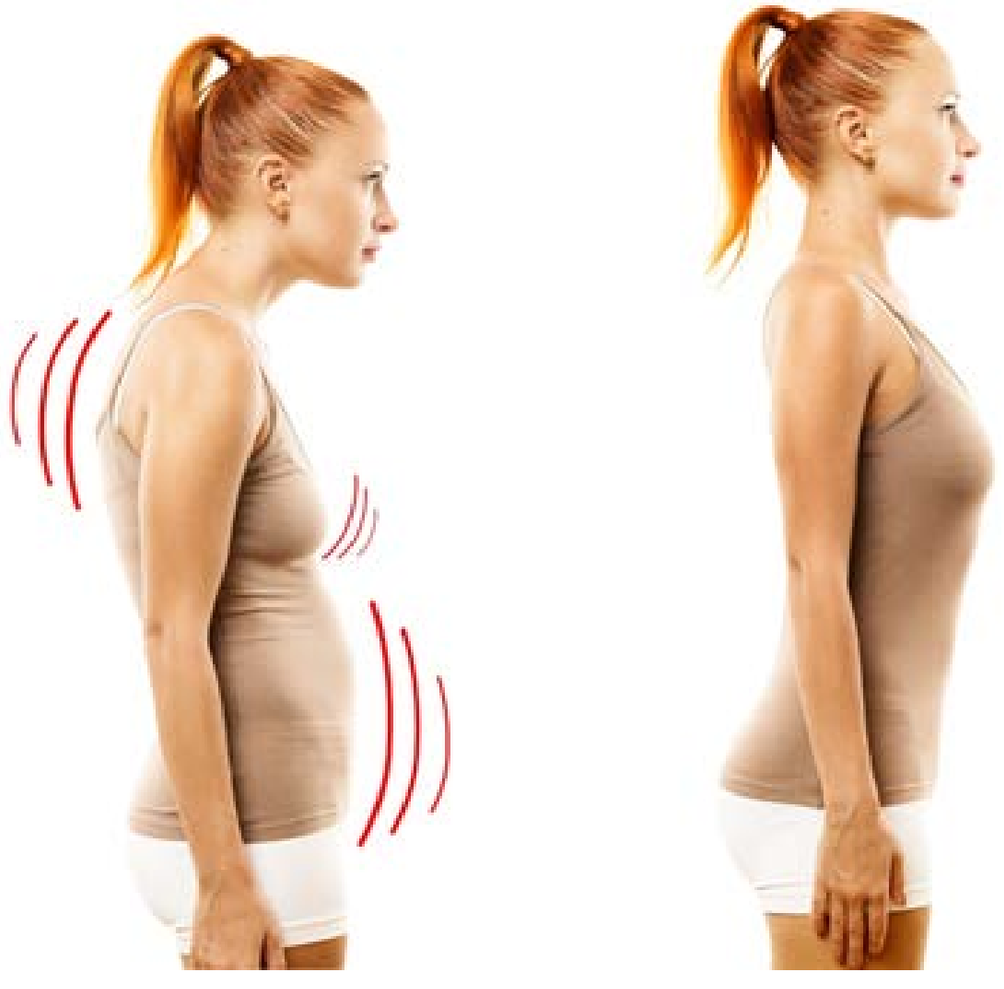
STANDING UPRIGHT, is the starting point, no matter what your goal is!



Standing upright might not be complicated, but it still isn't easy for everyone!

Ask yourself this question:

> ***Am I able to stand upright the entire day without discomfort? ”***

According to our experience in Posturology, about 8 out of 10 people have difficulty performing tasks of daily living without discomfort or abnormal muscle tension.

Is this normal?

It’s common and it’s definitely not optimal!

Ask yourself this question:

> ***Why so many imbalances? ”***

We learn to stand upright between 0 and 18 months.

In a year and a half, ideally, we should master 72 movements, which are the matrix of all the actions we will perform for the rest of our lives.

Grabbing, turning and crawling are examples of these motor patterns that we must integrate so that, once standing, we have access to our muscles in a way where we can move with ease and fluidity.

The integration of these primitive movements is the foundation!

In industrialized countries, this foundation is too often compromised. How many times do we hear?

> ***My baby doesn't like being on his stomach! "***

> ***He walks but he often falls! "***

> ***He's crawling on his butt! "***

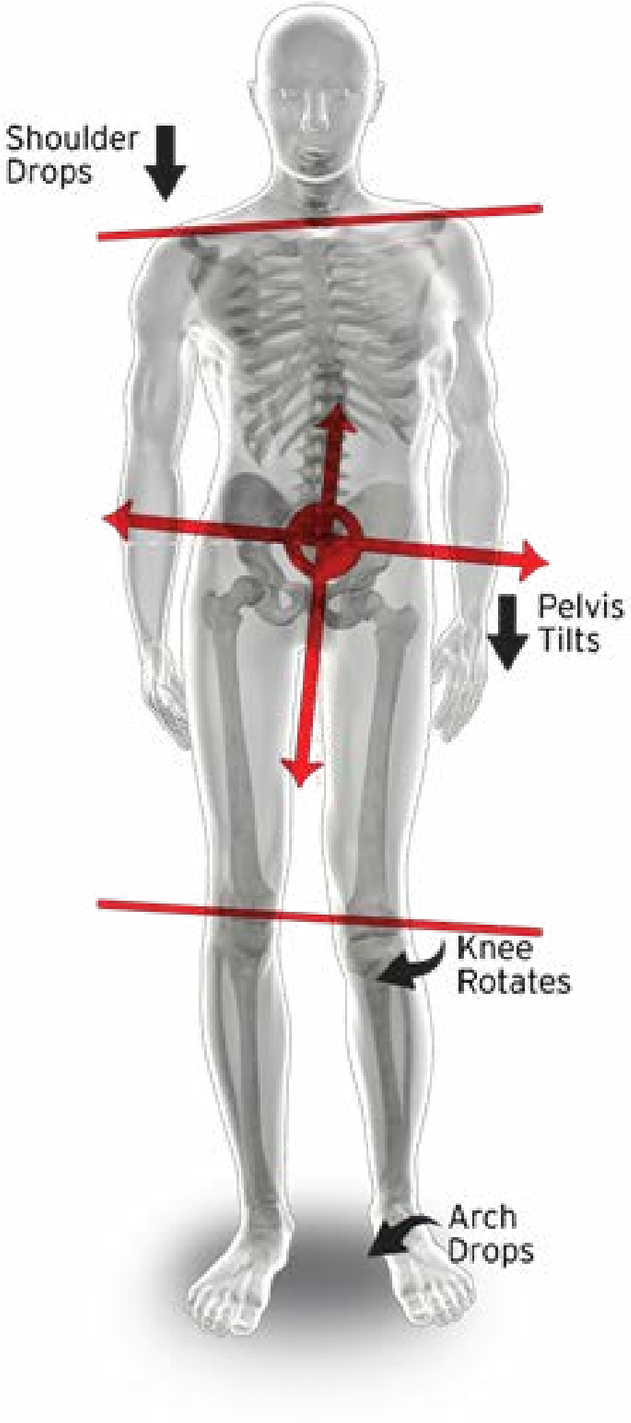
Let’s face it: Many young children are more comfortable downloading an app on a phone than they are crawling.

That says a lot about the quality of motor development, namely that you are supposed to develop gross motor skills before fine motor skills!

We must especially not forget to mention that obstacles to normal development are present in many houses.

The walker and youpala are examples of children's toys that can interfere with motor development.

TO STAND UP, but how?



No matter how treacherous the road, the vast majority of manage to stand upright between 12 to 14 months.

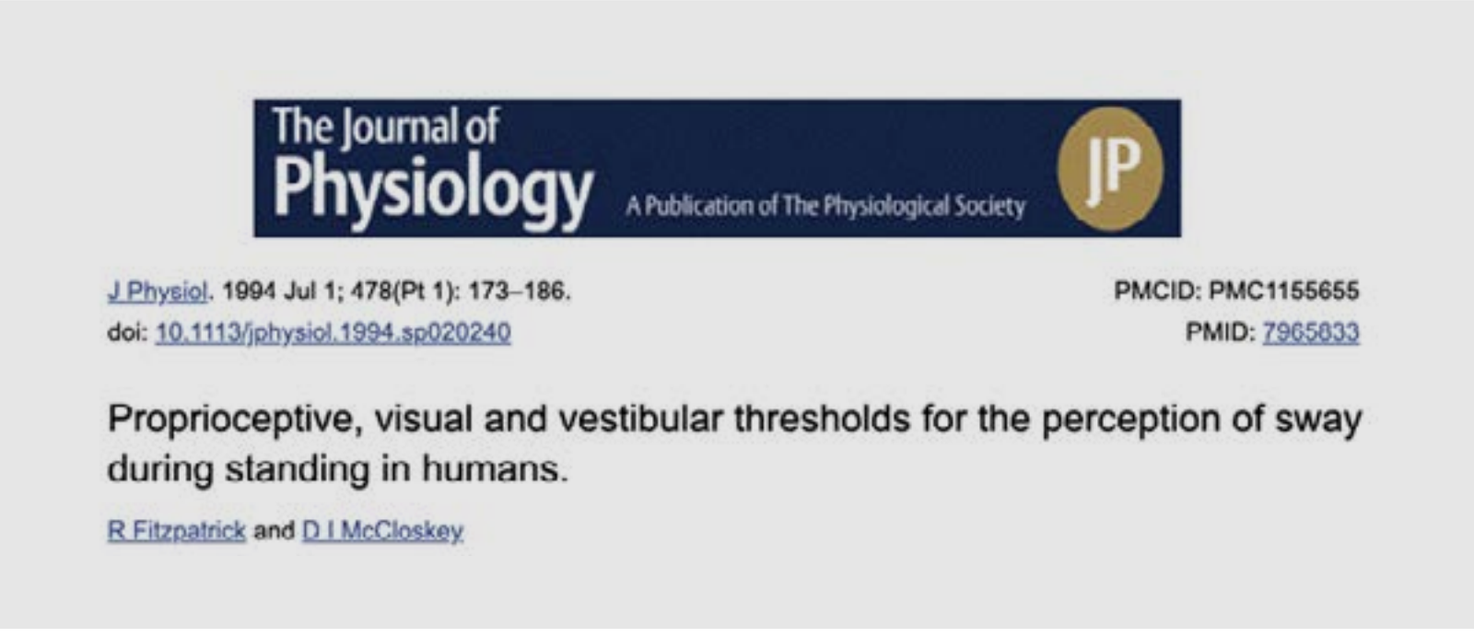
Having said that, is the strategy balanced?

The imbalance that the posturologist assesses and optimizes is in fact a reflection of the developmental difficulties discussed.

It then shouldn't be so surprising to see postural asymmetries in all three planes of space, for example, in the shoulders and pelvis.

Two parts of the body are mostly responsible for our uprightness. These sensors are very often out of balance:

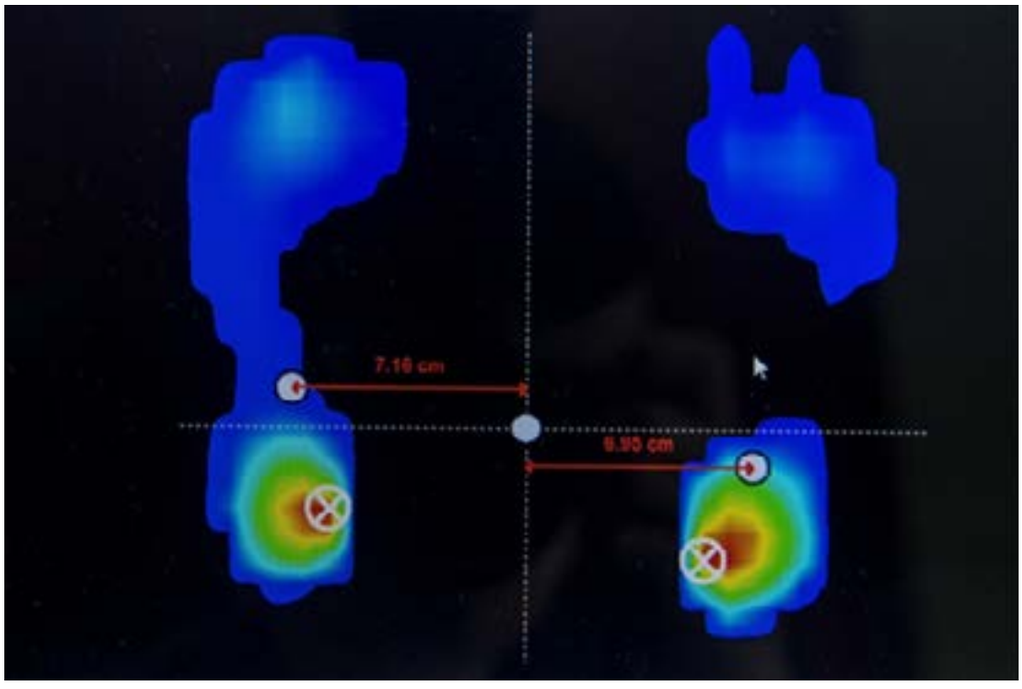
- **The feet;**
- **The eyes.**

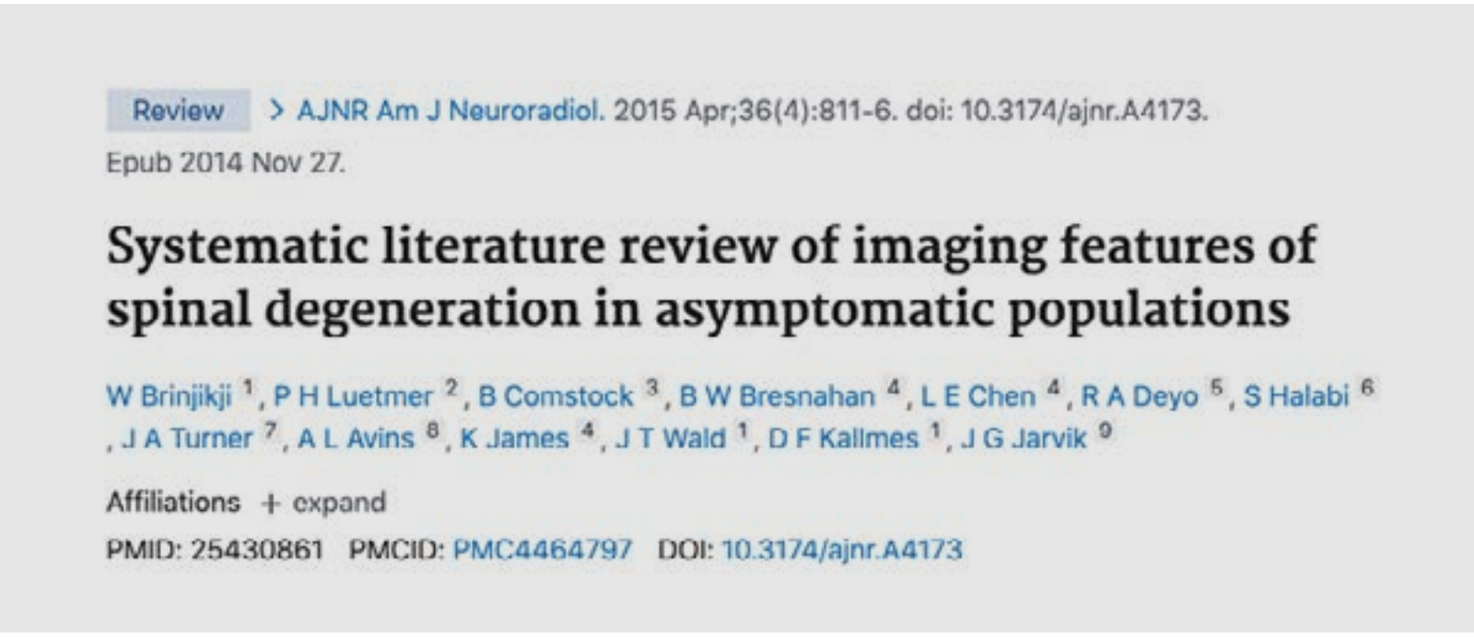


It was in 1994 that we were able to answer the following question: “How do we stand upright?”

Fitzpatrick and McCloskey demonstrated that standing upright is primarily accomplished with the feet and eyes.

Having said that, an asymmetry of the feet and eyes is present in about 8 out of 10 people.


7.16 cm
6.95 cm



Review > AJNR Am J Neuroradiol. 2015 Apr;36(4):811-6. doi: 10.3174/ajnr.A4173. Epub 2014 Nov 27.

Systematic literature review of imaging features of spinal degeneration in asymptomatic populations

W Brinjikji [1], P H Luetmer [2], B Comstock [3], B W Bresnahan [4], L E Chen [4], R A Deyo [5], S Halabi [6], J A Turner [7], A L Avins [8], K James [4], J T Wald [1], D F Kallmes [1], J G Jarvik [9]

Affiliations + expand

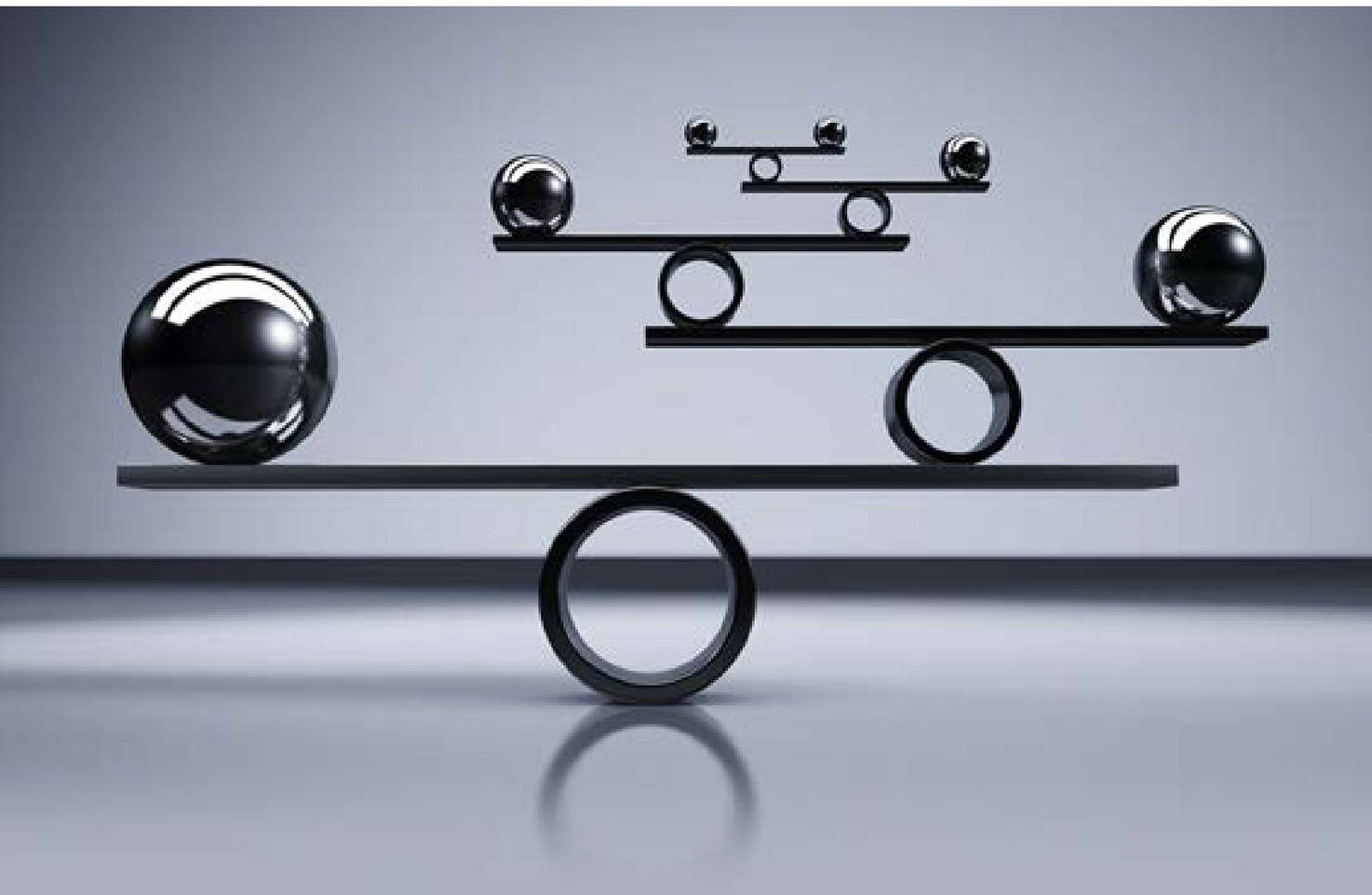
PMID: 25430861 PMCID: PMC4464797 DOI: 10.3174/ajnr.A4173

Brinjiki and his team, in 2015 performed a meta-analysis of 14 high quality studies including more than 3000 subjects. The symptomatic individuals studied suffered from back pain.

The results indicated that disc lesions such as degeneration had important associations with low back pain.

Moreover, these results corroborate those of other studies examining the association between disc imaging findings with low back pain.

The absence of imbalance is balance.



HUMAN AND CAR MECHANICS: an enlightening analogy

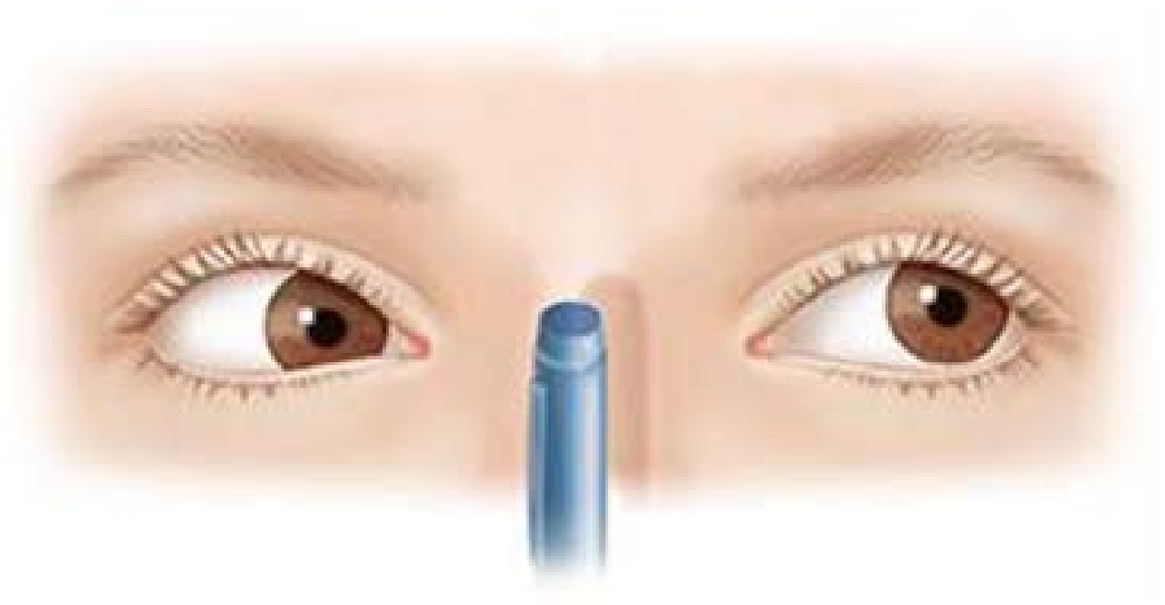
If it's true that you stand upright with your feet and eyes and an imbalance can be costly, then how do you align the human race car?

We know that a car sticks to the road thanks to the tires and the steering wheel!

Tires are a bit like feet. When you drive on a flat tire, it is much more difficult to get to your destination.

What about a steering wheel that always pulls to the right or to the left? We can adjust. However, that requires adaptation. There is a cost to this adaptation.

In humans, this change in parameters leads to permanent head tilt, which is likely to lead, at the very least, to muscle tension in the neck.



A SIMPLE AND EFFICIENT SOLUTION

For more than 35 years now, posturologists duly trained by the International College of Static Studies (CIES) have specialized in global postural reprogramming. They are trained to align your postural system, allowing you to operate to the best of your ability, every day, forever!

Are you interested in driving in an F1?