

Restorative Motions

I want to change your LIFE with Motions

Hopefully you will find in this description some **postures, motions, stretches, and breathing techniques** that will change your life, along with the why.

Because

Postures, Motions, and Loads MATTER.

What are Restorative Motions?

Life stresses our Body.

These postures and motions restore our Body.

Goal: Build Movement Longevity / Build A Resilient Body

Extend our movement ability as we age. What you do today will affect you tomorrow and possibly for years to come. These Movements are like a Movement Retirement Account.

Words that I live By

Some say Motion is Lotion - I say Good Motion is Lotion

Kind Motions is lotion - Not Hard, Not Abrupt, Not Fast Motions

If you don't use it, you'll lose it, applies to joint and muscle function.

Your Body only has so much Tread - So Do Not Wear It Out with Crazy Activities (CrossFit and Speed Sports). **If You do You Need to Restore It through Restorative Motions.**

No Pain, No Gain - **NO** - **Rather** - No Effort, No Gain.

You should never have pain, some muscular or exertion discomfort, but not pain.

Good Posture allows you to breathe, move, and live efficiently.

Good Posture cuts down on the Wear and Tear of your Joints and Tendons.

Good posture involves conditioning your body to stand, walk, sit and lie in order to place the least strain/stress on your body. Working with your joints at the extremes of their ranges of motion or in poor postures for prolonged periods place abnormal stresses on those joints and can result in repetitive-stress injuries. Fatigue also sets up poor posture. Approximation of ribs and pelvis in subjects with slumped and kyphotic posture has been shown to increase intra-abdominal pressure making movement of diaphragm difficult, leading to reduced lung capacity and inspiratory flow.

Good Posture Adoption Conditions Your Body.

Moving into Good Posture is a Restorative Motion.

When you Adopt Good Posture You Strengthen Muscles that are typically Weak and Stretch Muscles that are Tight.

I like to say that there is No Best Posture / Rather Your Next Posture is the Best Posture (changing postures = motion), but there are some better postures

When it comes to good Posture Maintain the Curves (Spine (3) and knees).

They Act as a Shock Absorber

Slight Curves to the Following:

1. Head-Head Pulled Back, **Not Forward or Tilted**
2. Upper Back-Keep shoulders back, **Not Rounded**
3. Lower back-Maintain a slight curve, **Not Flat or Flexed Back**
4. Knees-bent, **Not Locked**

Seated

Keep Low Back Neutral, Shoulders Back, Head up and Back

Standing

Your head, shoulders, hips and knees should line up.

Keep Low Back Neutral, Shoulders Back, Head up and Back

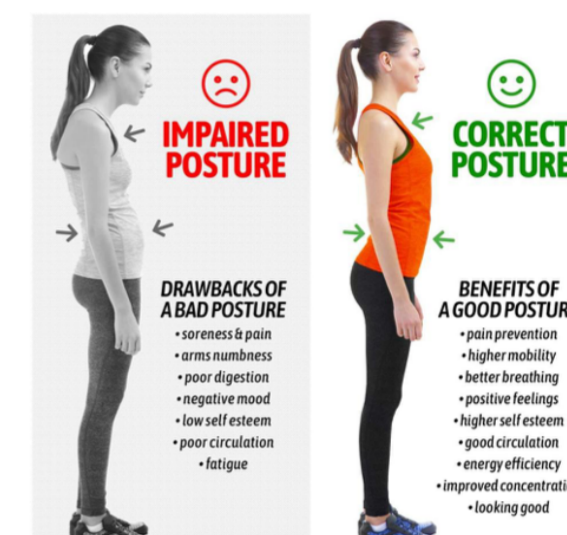
Keep knees bent

Keep knees over ankles

Place body weight through mid foot

Shift back and forth - motion is lotion

Lift foot onto foot rest



[Links](#)
[Good Article](#)
[Cleveland Clinic](#)
[Good Article NHS](#)
[UK](#)
[Guide to Good Posture](#)

Standing is good for the Body, but you should stand 50-75% of the time, not all the time. When you stand continuously shift your weight. Also this is a good time to work on balance (stand on one leg and move the other in different directions).

Moving while Standing is a Restorative Motion.

Standing is a great time to Work on Balance.

Remember keep knees bent (Maintain the Curves). See article

Body is meant to Move

Joints get nourishment from Motion

"If you don't use it, you'll lose it" applies to joint/muscle function.

Your Joint Likes Kind Motion

Research shows that loading (aka exercise) of the articular cartilage maintains the health of the cartilage and that avoidance of loading results in atrophy, or thinning of the articular cartilage.

Not Abrupt Motion

Example: Fitness Activities(Running/Weight Lifting) and Sports are different.

Sports that involve jumping, twisting, collisions with other players, and quick direction changes are the most likely to cause injuries that lead to arthritis. Interestingly, even though running is a high-impact activity, most research shows it actually protects against arthritis, rather than causes it ([WebMd](#)). To that same point despite what people may think weightlifting can also help alleviate and even prevent joint pain, even for those who live with debilitating conditions like arthritis. Studies show those who live with arthritis and lift weights experience less pain than those who do not. This supports my statement of "If you are going to do a sport you should do fitness activities to support your sport".

Walking is one of the best restorative motions, especially for those with back pain.

Walking and many other controlled fitness activities are Restorative Motions (sports are not).

Sometimes the Best Solution to a Tight Muscle is both Motion and Strengthening

Typically Muscles become Tight From Lack of Motion and they are Weak because they are not doing their job or the right job (compensation). Research from the University of North Dakota shows that strength training improves flexibility just as well as – and in some cases better than – passive stretching does. For the greatest benefits, authors say you need to make sure that you move through your full range of motion during every rep and set.

Proper Strengthening can be a Restorative Motion.

Joints like a form of decompression / distraction

Most joints like a slight degree of decompression/distraction. This is where a joint is lightly stretched. A form of decompression is hanging from a bar with partial / full body weight with your back in neutral. This in turn, helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal ([see WebMed](#)). The same can be done to other body parts ([see distraction](#)). See my article on Hanging ([Hanging Article](#)). Joint distraction from a therapist is termed Mobilization.

Slight joint distraction is a Restorative Motion.

Stretching

Best Solution To a Tight Muscle is both Motion and Strengthening in many cases, but static stretching has its place.

Really no benefit for most people being overly flexible. The body rather needs a degree of stability and mobility to function at its best.

Healthy muscles and joints should have a balance between flexibility and strength. We suggest seeking a normal to better than average amount of flexibility versus being hyper or hypo flexible in most cases. Overly flexible muscles without adequate strength will not be able to support joints under stress, thus predisposing one to joint injuries and arthritic changes. On the other hand overly tight muscles may limit the range of motion of a joint, which require a degree of range of motion for nourishment and good joint health. So it is best do have an adequate and balanced amount of flexibility.

Keys to Stretching (see our video)

Seek a Normal Degree of Flexibility, where there is Balance (both right and left sides of the body and front and back are roughly the same)

Go to slowly into first resistance barrier and hold - Let the Stretch Happen

Ease into a stretch because you become less ELASTIC as you age, so do not push it.

Use Stretching as a way to understand your body (doing a stretch will tell you if something might not be right).

Stretches that are slow, non-forceful, to first resistance barrier are Restorative Motions.

Breathing

Breathing Properly is a Restorative Motion.

Through the nose from the belly up into chest in a steady, mindful pattern is Restorative Motion.

HOW TO BREATHE

DO YOU BREATHE THROUGH YOUR NOSE

HOW TO BREATHE WHEN EXERCISING

Take time out and perform some of these restorative positions and motions daily.

SEE DIAGRAMS HERE

See Video with Jen 15 minutes

See Video with Chris 30 minute

WHY RESTORATIVE MOVEMENT

By doing just doing simple motions every day, you can dramatically reduce your risks of injury, improve posture and mobility, and ensure key muscle groups are supporting your skeletal system. Whether you are an avid gym goer or completely sedentary, introducing these simple movements can make great changes in a short space of time, and kick start you to a healthier and more mobile life ahead. Find what you need. It will only take minutes a day.

WHY POOR POSTURE IS BAD

Sitting at that desk all day usually leads to the protracted scapula, a collapse forward of the thoracic spine, lumbar spine rounding, a forward head position and a contracted scapula. This stiffness and tightness that builds, limiting your ability to rotate and extend the spine has very detrimental effects on your body overall, limits breathing and causes lower back pain.

WHY TIGHT HIP FLEXORS ARE BAD

Strong glutes and supporting hip musculature are important for proper pelvic alignment, propulsion during running, and single limb stance support. Strong glutes and hip musculature also help to support the lower back during lifting motions, and prevent knee injuries during lifting and running exercises. By simple regular activation of your glutes, squeezing them a few times, it will help avoid 'gluteal amnesia' (A TURNED OFF GLUTUE, which is not exactly the case) and make sure that hip musculature is firing when supporting your body and absorbing force.

STRONG GLUTES AND HIPS MATTER

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TIGHT HIP FLEXORS AND HAMSTRINGS-Why is this bad.

Your Hip flexors and hamstrings hate sitting, it leaves them tight, weak, and effects your day to day mobility, even in very simple tasks like tying your shoes or picking something up off the floor. The pull they have on the pelvis means that tight hamstring are a big contributor to lower back pain, increasing the work your back does in lifting tasks while decreasing your ability to use your hips correctly. Tight hip flexors can inhibit the glutes and cause the hamstrings to work harder.

SCAPULA MUSCLES-WHY ARE THEY IMPORTANT

Desk posture weakens and lengthens the muscles of the shoulder blade and rear rotator cuff. They become unable to fight the tightness of big internal rotators like your chest and lat muscles. By doing simple exercises like the banded row and external rotation exercise each day, you will improve your postural strength and position, and reduce your risk of injury and pain especially to the neck and shoulder.

LOW BACK CARE TIP: ABDOMINAL BRACING

DON'T DO THAT

SEE OUR WEBPAGE - DON'T DO THAT FOR EXERCISES AND MOTIONS NOT TO DO.

EXAMPLE: DON'T BEND OVER AND TOUCH TOES

See us for a consult (email: fittec@me.com for appt.) or do one of our Restorative Stretching and Movement Classes

See Schedule

HELPFUL ARTICLES FROM
DO YOU, CAN YOU
HANGING FOR DISTRACTION
DO YOU STAND TOO MUCH

Never Do This

