



YOGA FOR HIPS, SHOULDERS AND CORE

Additional Thoughts After Zoom Call 1
White Crow Yoga

Contributing Causes of Pain

- Yesterday, on our Zoom call, we discussed a lot of contributing factors to dysfunctional movement patterns – DMPs - and chronic muscle contractions, which lead to DMPs
 - *We mentioned lifestyle and repetitive motion, but I wanted to add one thought and that is fashion choices*
 - High heels in particular
 - *Even use of overly supportive orthotics, especially early in life, may cause our feet to not do their jobs*
 - Tight, obstructive clothing
 - *Compression wear is helpful, but there's a difference between that and tight, un-giving material, such as jeans*
- Poor neurodevelopment
 - *1/3 of children do not develop optimal CNS function (Dr. Vaclav Vojta)*
 - *This manifests in postural/movement dysfunctions*
 - These may show up in childhood or adulthood

Other Items We Touched Upon

- Sleep – quantity and quality – how we sleep
 - *Poor sleep patterns are not conducive to regeneration of minor tissue stress, which leads to more serious injuries*
- Diet – we need nutrition and hydration to properly fuel our tissues for optional movement
 - *A nutrient dense diet provides ground substance to develop, regenerate and optimize function of connective tissues, increasing performance and decreasing likelihood of illness and injury*
- Green, Red, Yellow Light Reflexes – We touched upon these, but I want to reiterate how habitual walking/standing patterns contribute to DMPs
 - *These may be learned. Ever see a child who walks/stands just like his father?*

Other Items We Touched Upon

- Learned behaviors

- *We touched upon walking/standing, sports, occupation and more*
- *What about 'gripping' patterns, such as sucking in the belly to appear slimmer and inhibiting our breathing?*
- *Exercise! Our choices at the gym sometimes lay strength on top of dysfunction*

Breath and Movement Work Together

- We mentioned Pranayama – respiration must be optimized and coordinated with activation of deep core stabilizers for proper movement
 - *Additionally, it provides stress reduction and increases circulation and nutrition to cells*
- There must be proper joint centration (alignment of the joints that supports optimal movement)
- Respiration and Centration must be integrated and incorporated into fundamental movement patterns

Genetics

- While genetics can play a factor in predisposing us to injuries or illness, it often (but maybe not always) takes ‘the perfect storm’ for a condition to develop
- For example, the shape of bones may predispose us to an FAI (femoral acetabular impingement) and hip labral tear, but bones alone may not cause the issue
 - *If you add poor stabilization of the femoral head, you are much more likely to develop FAI and a labral tear than someone with the same bone structure*
- Don’t discount this! It gives us hope and empowers us. We are not destined to dysfunction due to bone shape

Functional Movement Patterns

- You may notice some of the exercises and asanas we do allow the trunk to move while one or more limbs may be still.
 - *This helps us perform a functional pattern the way our nervous systems learned as an infant (spine moving and one leg /arm fixed while other moves)*
- Many gym exercises (bicep curl, bench press, barbell squat, barbell rows) use a fixed trunk while limbs move around the trunk
- When we only use these type movements that move the extremities around a fixed spine, we lock the thorax
 - *This may create compensatory hypermobility in the extremities*
- There's nothing 'wrong' with those movements but we also need to incorporate some movement that help us develop simultaneous limb stability and spinal mobility

Functional Movement Patterns

- Some examples of where we are letting the spine move
 - *Standing on the block, lifting the leg up and down while employing circumduction of the hip and letting the spine move, too*
 - *Baby Gazing Pose*
 - *Benevolent Pose*
 - *Abdominal Tapas Pose*
 - *QL Slider*
 - *Lat Lengthener*

Functional Movement Patterns

- Use a little movement in a lot of places, not a lot of movement in a few places
 - *Look at cat/cow*
 - Do you rush through the places that feel stuck?
- When there is a 'stuck' place due to joint or muscle issues, this often results in hypermobility elsewhere
- The body does what it has to do to 'get us through the movement' so if one part isn't working, another part tries to take over, which creates more dysfunction

Modifications

- Remember as we go through poses today, ALWAYS think about how you can modify
- Not every pose is suitable for all bodies
- I want to offer you challenge, but also want you to think about what you learned in your RYT200 and other trainings about bending the knees, using props, using an alternative posture, etc.
- As I mentioned in the materials and in Day 1 Zoom Call, I won't go over each modification due to time limits, but please do feel free to bring up any questions or comments
 - *If you are thinking about it, someone else probably is, too*
 - *Your own body or experiences with students will give you a unique perspective that I may not have considered, and I welcome your input!*

The End