

PHYSIOKINETIX



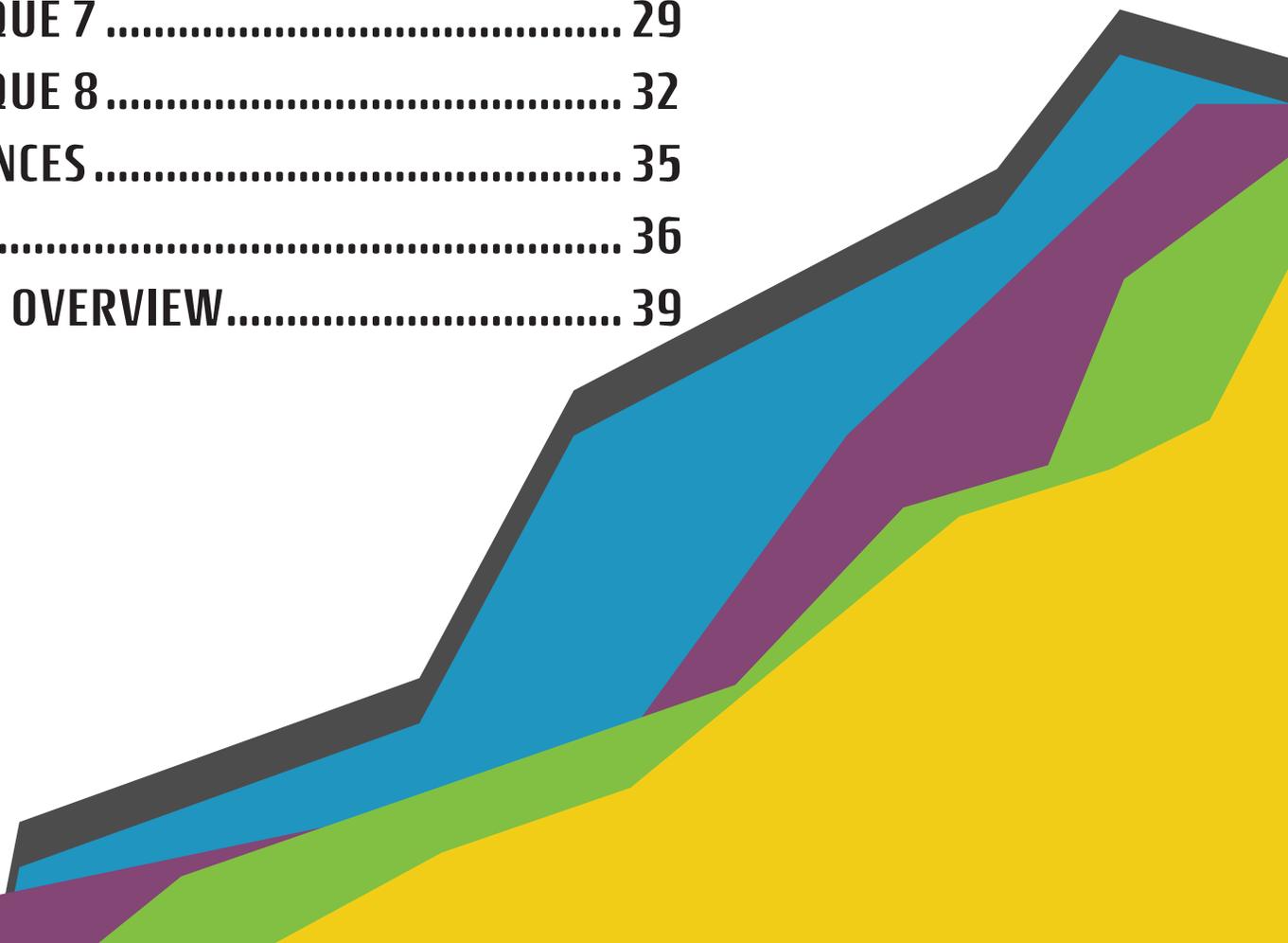
LEVEL 2: STABILITY

**STABILIZING
AND
CORRECTIVE
TECHNIQUES
FOR
PAIN MANAGEMENT**

PRESENTED BY PAUL KELLY, BS | CPT | LMT | MMT

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FOREWORD

Some of us dedicate our entire lives to reach the highest pinnacle of success in a single modality, such as manual therapy. Only a select few are able to attain the same level of excellence in more than one discipline. Such is the case with Paul Kelly. I first met Paul in Nashville almost two decades ago at one of my Myoskeletal Alignment Techniques (MAT)® workshops. He was a young exercise physiology graduate from the University of Tennessee and already a sought-after athletic trainer. However, even at this early age, Paul saw the need to broaden his skill set by integrating manual therapy and corrective exercise training together into one system, and thus began his own journey towards effective pain management by starting The Temple Human Performance Center in Knoxville, Tennessee in 1996.

His quest to develop a multi-modality healing system had led him to the prestigious Core Institute of Structural Integration, where he completed an advanced bodywork degree. Paul was still in the initial stages of his manual therapy career when we met in Nashville, but you certainly couldn't tell by watching him work. Soon, a dialog and friendship began that resulted in an invitation to join me on the road as a teaching assistant.

In my 2011 "Dynamic Body" textbook, Paul and I introduced the idea of combining manual and movement-based therapy into one subject matter. I asked Paul to develop some functional training routines to complement the Myoskeletal hands-on work we had been showcasing across the country. The positive response from practitioners led to the production of two home-study courses that blended both manual and movement-based therapy together as one. In "Motion is Lotion" and "Art of MAT," Paul and I assessed, treated and trained clients with pain, injury and sports performance issues. I believe this was the first time anyone had "married" the two modalities, and the end result was a big success.

For the past 12 years, Paul has conducted MAT seminars for my Freedom From Pain Institute, and during these events, he includes home self-care exercises to enhance the MAT hands-on work. The popularity of this multi-modality approach has finally culminated in the creation of Paul's completely new exercise and conditioning program, called PhysioKinetix Training (PKT). The role of PKT is primarily to get people moving in order to get them stronger, healthier and more in touch with their bodies.

Whether the goal is to lose weight, gain muscle, prepare for a sport or move without pain, Paul's innovative combination of preventive and corrective exercises provides an accessible path to success. As a client-specific exercise program, PKT assists people of all ages in setting and achieving realistic fitness goals via a uniquely structured set of progressions. It's also a brain-based program that focuses on key factors such as movement assessments, genetic predispositions, bio-mechanics, injury history, neurological status and pain provocation.

Learning to perform PKT movement assessments alone will give practitioners a step up in the game, as the identification of compensation patterns ultimately leads to the development of better treatment strategies. PKT is designed to complement and enhance the hands-on work you're currently doing. By combining manual and movement-based therapy, massage therapists, personal trainers, physical therapists and chiropractors are better able to align, balance and neurologically re-educate the neuromyoskeletal system to create long-lasting, life-changing effects.

Erik Dalton, Ph.D.

Founder of the Freedom From Pain Institute, creator of Myoskeletal Alignment Techniques and author of "Dynamic Body: Exploring Form, Expanding Function"



LETTER OF SUCCESS

When I first started going to Temple Human Performance about 14 months ago, I was a mess. I was attempting to recover from surgery-caused neuropathy due to tourniquet use during my Achilles tendon repair in 2016. The repair left me with nerve damage from my lower thigh to my toes. In 2017, I had a left hip replacement. Despite 1 1/2 years of physical therapy, I had not been able to recover much or even begin to rehab my Achilles and calf. My daughter was very concerned about my overall physical status and because she was working at Temple, she encouraged me to go.

I'd also had a cervical fusion in 2004, and due to my significant use of crutches and frequent forward bending and poor posture, I developed 3 herniated cervical discs and a brachial plexus neuropathy. I'd had low back problems for years and all of these aforementioned difficulties led to significant time sitting or reclining, when I'd always been highly active. This was all depressing and scary.

In my first few months at Temple I could not stand on my left foot for more than a few seconds, I had significant pain in my back that radiated to my buttocks and down both legs, and it took me over an hour of morning movement alongside Tylenol and Ibuprofen to be able to start my day. I could barely get out of my car, and I avoided attending UT football and basketball games because I had great difficulty getting up and down the stairs and feared falling. In addition, my work efficiency suffered greatly.

I have been seeing Paul Kelly on nearly a weekly basis, as well as 2-3 additional sessions per week with his trainers. About 6-8 months ago the pains in my back, buttocks and legs ceased. My balance has improved tremendously and I can easily get out of my car. I can go up and down football and basketball arena stairs confidently. I play golf, walk, sneak in some basketball, and body surf. I've lost 18 pounds, gained significant muscle and core strength, can kick my 17-year-old son's butt (jk!) and my daughter is no longer worried about me being able to walk her down the aisle in several years. My son started attending Temple after a severe ankle sprain and works out there regularly with the trainers and has made tremendous gains. My stubborn, self-starting, exercising daughter has begun workouts there as well and is learning new and useful information each session.

The wealth of knowledge that Paul Kelly has and his approach of treating the whole body has educated and assisted me to an astonishing degree. I've treated with orthopedists, physical therapists, massage therapists, had nerve stimulation treatments, stem cell injections and nothing has come close to benefiting me like Paul and his staff have. I learn new facts about anatomy, physiology, nutrition and inflammation every time I'm there and no other professional or group of professionals I've treated with over the years can hold a candle to him!

J. Sidney Alexander, MD
Board Certified Psychiatrist
Medicolegal and Forensic Expert



INTRODUCTION

Paul Kelly's PhysioKinetix Training (PKT) is a series of restorative, functional techniques aimed at making your mind and body better able to align, balance, and re-educate the neuromuscular system to create long lasting, life changing effects. It is a "Treatment & Training" approach created to complement and prolong the effects of Erik Dalton's Myoskeletal Alignment Therapy and other therapies in the industry.

Over the past 25 years, Paul has seen that there has been no true progressive, neuromuscular education system that includes all the needed equipment, is 100% portable, is easy to use, and provides multiple freedoms of movement with resistance. Other routines have not focused on creating structural fixes for any injury, at any age. Paul began to understand that therapy and exercise were not enough separated. A body needs a program that is fast, efficient, and productive; a program that begins with primal forms of movement and progressively brings you to performance. There are many types of routines out there (ex. Pilates, Yoga, movement therapy, circuit training, and weight loss exercises) but none that encompass the most important parts of each. Many people don't want to do all of these programs because of difficulty, costs, and the potential to hurt oneself.

As the owner of a manual therapy clinic for over two decades and Erik Dalton's Senior Master Myoskeletal Alignment Therapist, Paul has seen countless clients come in with injuries due to some of these other exercise programs. These programs were not progressive and did not start with personalized assessments. Paul began to develop a system that could help his clients fix the problems caused by these other programs or from any stress on the body such as work and sports. He began assessing his clients and in turn addressed the four levels where problems occurred: Mobility, Stability, Power, and Performance. Using his personal experiences with other programs and the damage seen with clients coming from these programs, Paul began to fine-tune his system so that any of his clients, no matter age or health, could begin to reverse the effects of any injury or stress on the neuromuscular system.

Although Paul had put his program into motion to help his clients, he knew he wouldn't get the rest of the picture without more research and education. PhysioKinetix was truly born after Paul started attending neuroscience congresses for five years and seeing the cognitive, neurological implications to pain and its relationship to movement. After this, he knew he needed to add more brain and movement based learning into his manual therapy practice to solidify the outcomes. By incorporating PhysioKinetix, his clients started to neuromuscularly re-educate themselves to the point that Paul could see their pain decrease and self-efficacy increase.

The entire PhysioKinetix Training system has been developed with one major idea in mind; accessibility to anyone, anywhere. PhysioKinetix isn't just a video series, a group of products, or manuals; it is a network of clients and clinicians, across the world, who aim to make individuals better through the combination of manual therapy and movement science. This is why PhysioKinetix offers workshops, one-on-one or group mentorships, advanced certifications, and all of the materials necessary to accomplish personalized goals. It is the hope of Paul to reverse the stresses on our bodies from everyday life and get everyone to "Move For Life".

**"A SELF-CARE,
PAIN MANAGEMENT,
PERFORMANCE SYSTEM
WITH A
RESTORATIVE, FUNCTIONAL
APPROACH"**

WHAT IS OUR STABILITY LEVEL?

THIS LEVEL ADDRESSES SOME OF THE MOST COMMON AND DEGENERATIVE CONDITIONS THAT PREVENT HEALTHY AGING AND PERFORMANCE. THIS LEVEL WORKS ON THE CORE AND GLOBAL STABILIZERS BY LENGTHENING, STRENGTHENING, AND BALANCING THE NEUROMUSCULAR SYSTEM. EXPLORE 8 TECHNIQUES WITH NUMEROUS NEUROLOGICAL STRENGTH MODIFIERS AND GRADED EXPOSURE MOVEMENTS THAT HELP CORRECT COMMON DYSFUNCTIONS ASSOCIATED WITH NECK AND BACK PAIN. THESE TECHNIQUES CAN BE COMBINED WITH LEVEL 1 TO ENHANCE YOUR PAIN MANAGEMENT ROUTINE AND HAVE BEEN PUT INTO A FORMAT THAT HELPS ONE FEEL BALANCED, STRONG, AND STABLE. REVIEW THE ACCOMPANYING INSTRUCTIONAL VIDEOS BEFORE PERFORMING ANY TECHNIQUES AND FOLLOW ALONG WITH THE PROGRESSIONAL FOR FULL SETS. IT IS IMPORTANT IN THIS ROUTINE TO PAY ATTENTION TO THE DETAILS (EX. BREATHING, POSTURE, RANGE OF MOTION, AND PAIN). MIX AND MATCH WITH LEVEL 1 TO CREATE VARIETY IN RESISTANCE AND REPS FOR NEUROMUSCULAR CONFUSION.

COMMON RESTORATIVE APPROACHES FOR

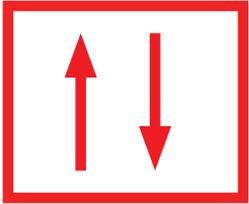
NECK, LOW BACK AND HIP INSTABILITY	(TECHNIQUE #)
	1 + MOVEMENT
	2 + MOVEMENT
	3 + MOVEMENT
	8 + MOVEMENT (FROM LEVEL 1)
IN-GRAVITY BALANCE AND CORE INSTABILITY	6 + MOVEMENT
	7 + MOVEMENT
	8 + MOVEMENT (FROM LEVEL 1)
NECK, SHOULDER, AND THORACIC RESTRICTIONS	1 + MOVEMENT (FROM LEVEL 1)
	8 + MOVEMENT (FROM LEVEL 1)
	3 + MOVEMENT
	4 + MOVEMENT

Use this quick fix strategy for your pain & stability management

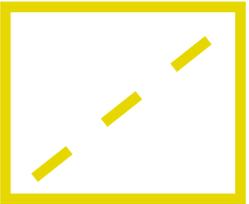
WORKOUT KEY



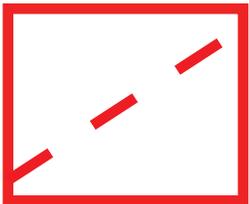
Symmetry Lines - Show ideal lines of symmetry that should be shown in the body during an exercise.



Force Arrows - Show what parts of your body you should be pushing and pulling with during an exercise.



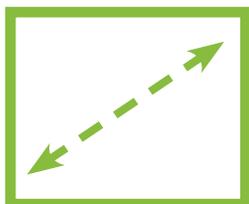
Lengthening Lines - Show what parts of your body you should be feeling lengthened during an exercise.



Strengthening Lines - Show what parts of your body you should be feeling strengthened during an exercise.



Nerve Glide Arrow - Show what parts of your body will receive a nerve glide during an exercise.



Movement Arrows - Show where certain parts of your body should move during an exercise.

LEVEL 2: STABILITY

Technique 1: Bilateral Hip Press

Materials Needed:

Level 1 or 2 Resistance Arms Bands, Level 1 or 2 Knee Bands, PKT Yoga Mat, PKT Balance Pad

Goal:

To Dynamically strengthen the posterior shoulder girdle, spine, hips, and abdominals as it restores proper postural equilibrium. This technique creates neuromuscular endurance and stability and is less compressive to our spine as it lengthens the anterior neuromuscular system, shoulder girdle, Ribcage, hips, and knees. This is a Foundation technique to use for correcting Upper and Lower Cross syndrome and help retrain our motor system to re-establish global extension.

Assessment:

This is an assessment for Upper and Lower Cross-Syndrome. This will also test the ROM of the shoulders, spine, and hips, while showing the stability of the spine, hips, and knees. Look for ROM discrepancies, compensations, instability, and a lack of neuromuscular endurance of the spine, gluts, and lower abdominals.

Technique:

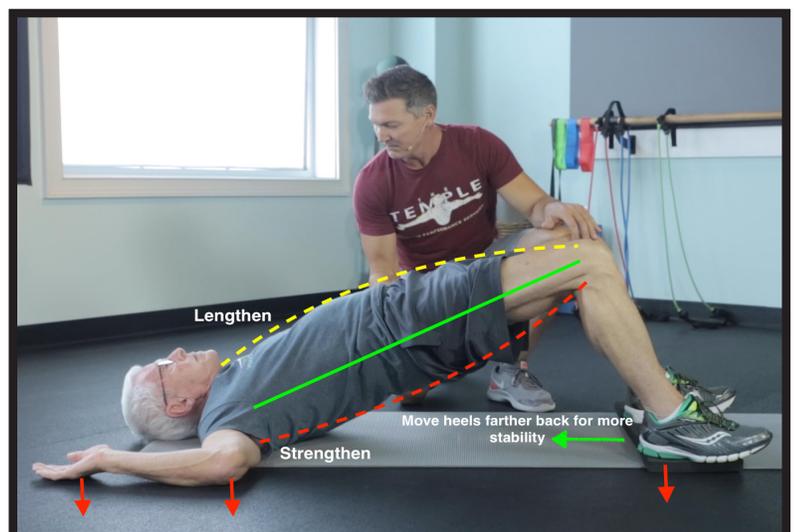
Image A: Lying on you back with arms in the goal post “T” position palms up and elbows at 90 degrees. Put your feet as close as comfortable to your hips.

Image B: Press your elbows and hands into the floor as you push through your heels, lifting your hips as high as possible without pain. Lower yourself back to the floor and Repeat.

Image A (Start)



Image B (Technique)



Movement:

Action: Wringing The Dural Tube

Image C: Keep your knees bent with your arms in an goal post position. Separate your feet and knees as comfortable as possible. the wider the more internal and external rotation of the leg. Begin to rotate the knees and head in opposite directions looking into the movement. Do slow controlled 5 second rotations. Be sure to stay in a comfortable range of motion. You should be able to take full breathes at end ranges of rotation.

Image D: Act like there is a pole going through the top of your head and brush your hair against the floor for added resistance. This will help create an axial rotation of the cervical spine. Keep feet and knees at least 12 inches apart while rotating the hips and the head in opposite directions slowly, 5 second intervals. Do 5x's. This is a great functional and restorative neurological technique that releases neural tension in the spine while creating cross pattern motor symmetry, joint mobility, and lubrication.

Image C (Movement)

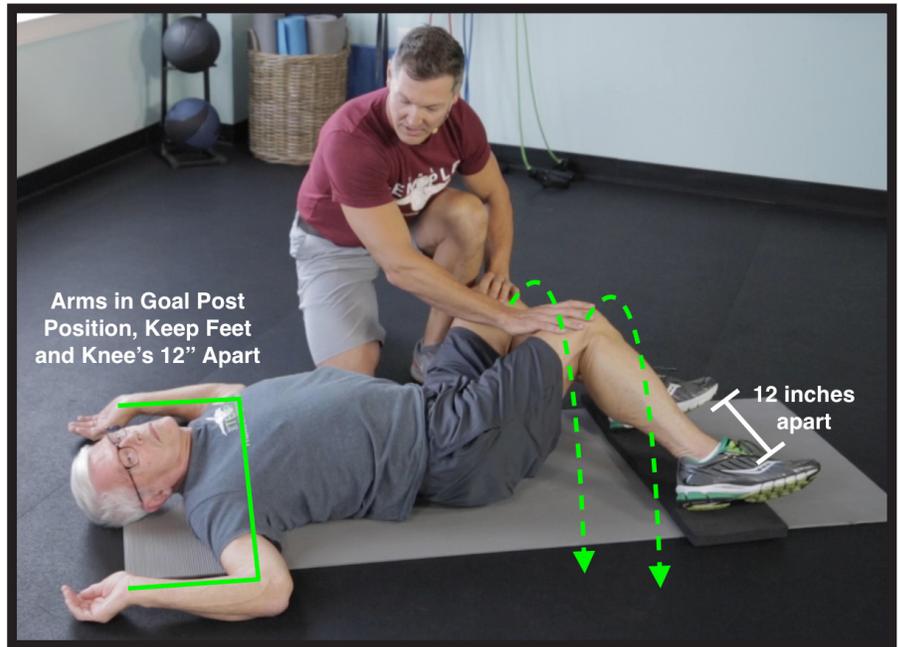
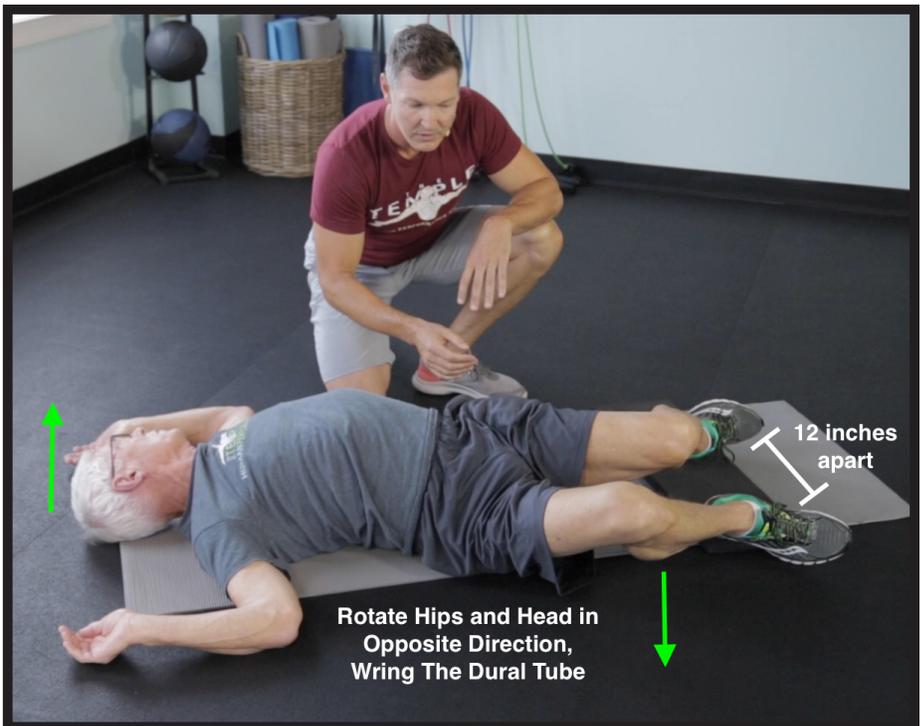


Image D (Movement)



Neuro-Modifier:

Image E: For an advanced Strength Modifier, Hold Level 1, 2, loop band above your head arms in the goal post position, (not shown), or above your chest with hands 12" apart, (Sleep walking position). Place level 1 or 2 Knee Band around your knees to engage the lateral hip stabilizers.

Image F: As you bring both hands to the floor extending the band across your chest. Engage the floor with your feet laterally pressing your knees apart. Press your hips into extension trying to create a straight line from your knees to your shoulders. Hold 2 seconds at the top of the technique squeezing your Shoulder, Spine, and hip stabilizers. As you descend toward the floor maintain lateral control at the knees and lateral resistance against the band returning to your resting position. Be sure to keep lateral resistance against the bands at all times making sure not to disengage your neuromuscular system between repetitions.

Reps:

Repeat exercise 2 to 3 sets of 12-15 rep. (Use this technique to help with your Hip mobility, Sacroiliac pain, lower back pain, shoulder/rotator cuff pain, neck pain).

Notes:

Image E (Neuro-Modifier)

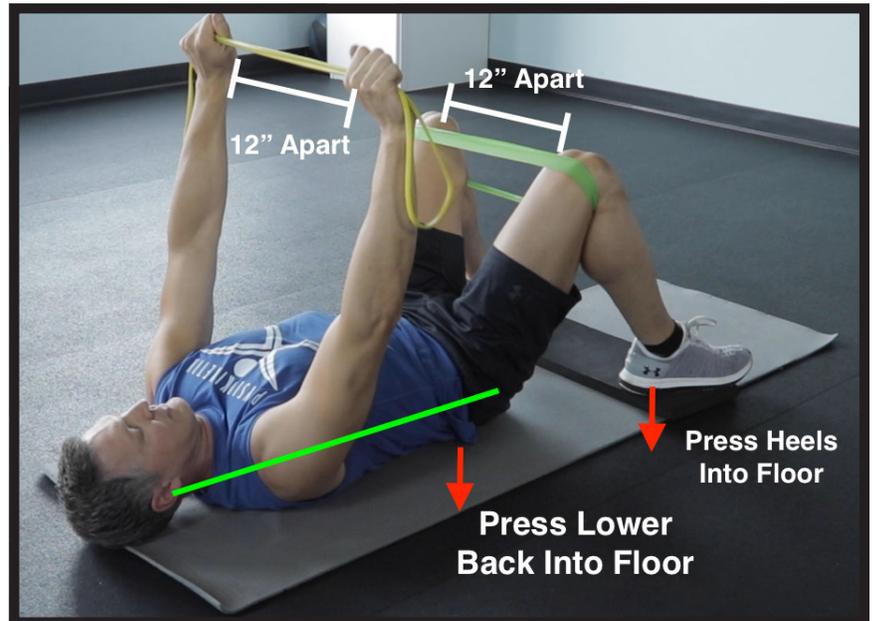
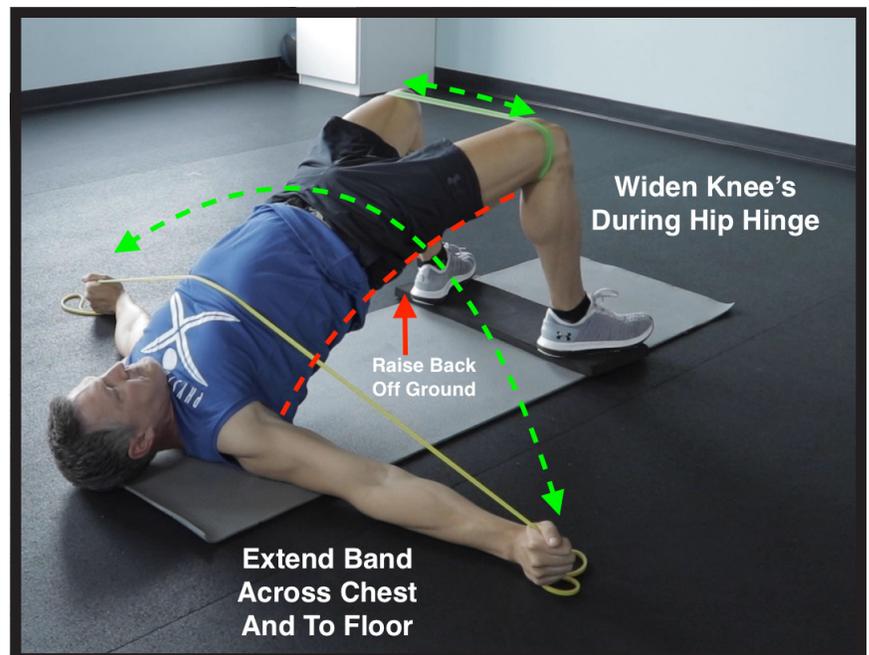


Image F (Neuro-Modifier)



ASSESSMENTS

TECHNIQUE 1: Hip Press Bilateral	
Standing Visual Assessment: Presence of Upper + Lower Cross Syndrome. (Forward head posture, Sway Back)	Upper Cross Yes No Lower Cross Yes No
Level of Strength and Endurance in Hip and Spinal Extensors	Weak 0 1 2 3 Strong
Ability to externally rotate arms and place head on the floor.	Yes No
Level of eyes	Head cocked back Yes No
Pain or cramping in Low Back, Glutes, or hamstrings	Yes No
Ability to move your feet towards your Hips	Yes No
Ability to abduct your knees and feet while lifting hips	Yes No
Breathing is Controlled	Yes No
Pain / Discomfort During Technique	Yes No

NOTES

Exercise 2: Unilateral Hip Press w/ Leg Kick

Materials Needed:

PKT Yoga
Mat, PKT Balance Pad, PKT bands

Goal:

To improve conscious learning and control of your Core stability as you learn upper and lower global extension and neuromuscular re-education. This technique can be used to assess compensations, to functionally restore proper ranges of motion, and movement exposure to the Hips and legs. Performing this out of gravity will help you decrease spinal compression as you create neuromuscular strength. This will increase, stability, and endurance in the posterior shoulder girdle, spinal/hip extensors, pelvis, knees, and foot. The dynamic leg swing will provide a functional neuro-fascial glide in the posterior fascia of the leg as it teaches the contralateral leg and hip to extend. This will provide a good transition to unilateral gravity based movements. Note:(This can cause some provocation of the sciatic nerve and low back in the swing leg and should be performed as a graded exposure technique under control).

Assessment:

Look for the movement restrictions, compensations, and weaknesses in the posterior shoulder girdle, spinal extensors, core, hip extensors, knee, and foot. (Stimulate change and stability to improve learning by using the level 1,2, resistance bands).

Technique:

Image A: Lie on back your with arms in a goal post “T” position and knees bent. Lift one leg as high as comfortable. Focus your eyes to the sky. Take a deep breathe before you lift.

Image B: Engage the floor with your arms and simultaneously press your arms and heel into the floor as you lift your hips as you comfortably extend the opposite leg. Try to create a straight line from your knee to shoulder during hip press to extension. Repeat back down to the floor.

Image A (Start)

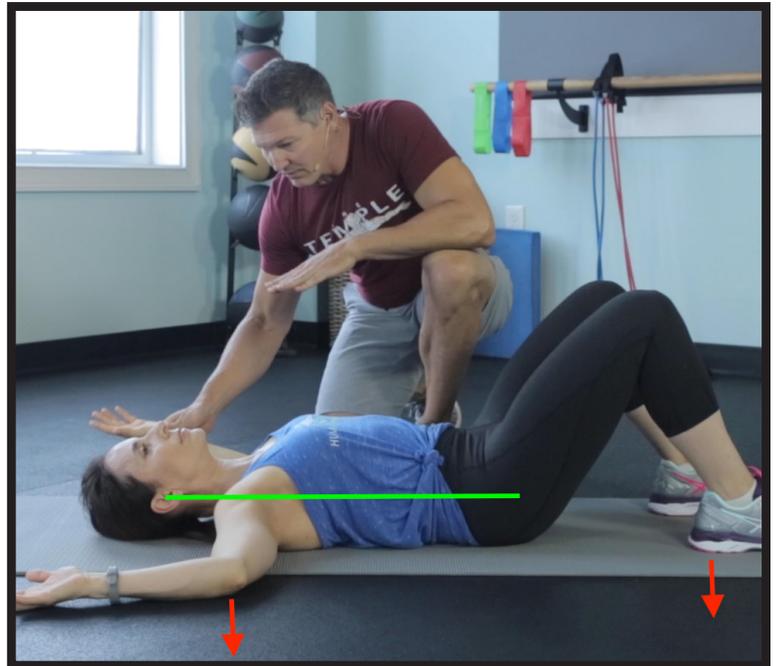
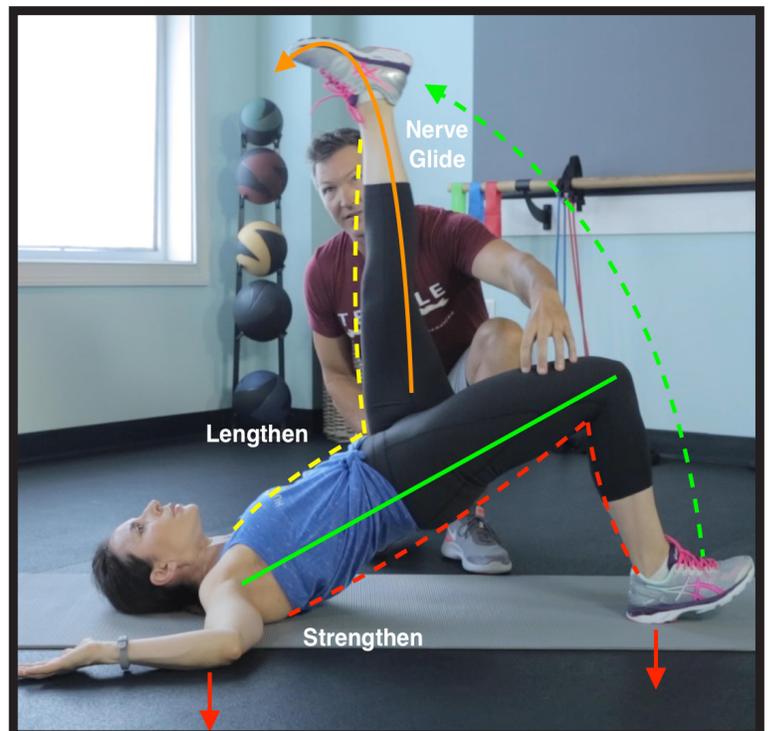


Image B (Technique)



Movement:

This graded exposure to the posterior neuro-fascial system will increase Core and Hip strength as it lengthens and mobilizes the spine.

Figure C: After each set lie with your arms over your head and one knee bent.

Figure D: Simultaneously extend and flex your leg as you reach your hands to your ankle. Tuck your chin and dorsi flex your foot. Repeat 5-10 times each leg.

Neuro-Modifier:

Figure E: Hold the yellow or green band with your hands inside loop about 12 inches apart with arms in the sleepwalking position.

Figure F: Press through the heel and lift hips kicking with the opposite leg, pull the band apart towards the floor with both hands. Repeat.

Reps:

5-10x each leg

Notes:

Image C (Movement)

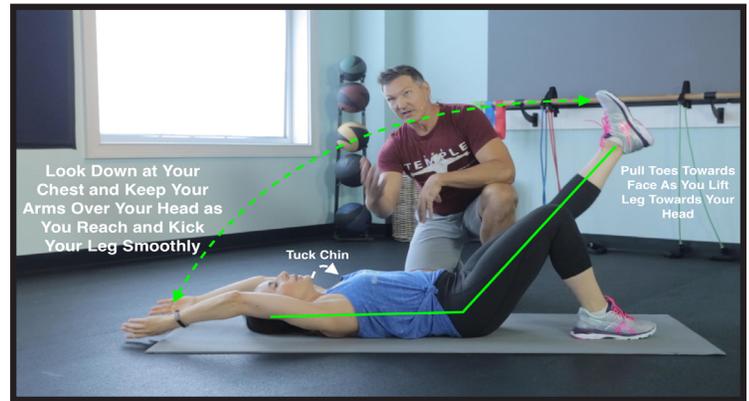


Image D (Movement)



Image E (Neuro-Modifier)

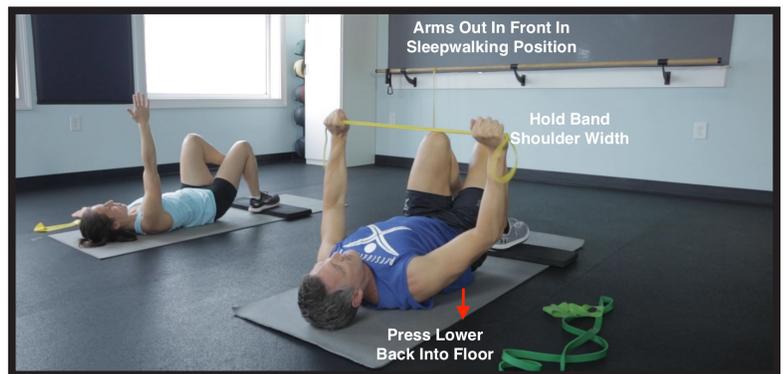
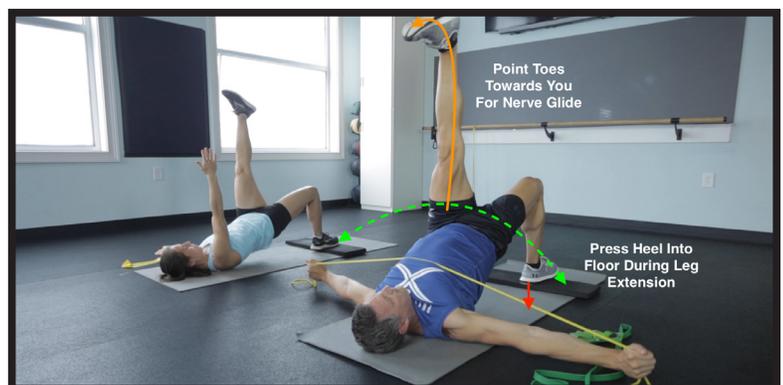


Image F (Neuro-Modifier)



ASSESSMENTS

TECHNIQUE 2: Unilateral Hip Press w/ Leg Kick																			
Ability to unilateral engage the floor and Stabilize the Trunk on heel press.	<table> <tr> <td></td> <td>Yes</td> <td>No</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Right Weak</td> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>Strong</td> </tr> <tr> <td>Left Weak</td> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>Strong</td> </tr> </table>		Yes	No				Right Weak	0	1	2	3	Strong	Left Weak	0	1	2	3	Strong
	Yes	No																	
Right Weak	0	1	2	3	Strong														
Left Weak	0	1	2	3	Strong														
ROM in hips, can they get hips in line with shoulders unilaterally	<table> <tr> <td>Left</td> <td>Yes</td> <td>No</td> </tr> <tr> <td>Right</td> <td>Yes</td> <td>No</td> </tr> </table>	Left	Yes	No	Right	Yes	No												
Left	Yes	No																	
Right	Yes	No																	
Range of Motion in swing leg ability to pull toes into dorsiflexion.	<table> <tr> <td>Left</td> <td>> 45</td> <td>>60</td> <td>>90</td> </tr> <tr> <td>Right</td> <td>> 45</td> <td>>60</td> <td>>90</td> </tr> </table>	Left	> 45	>60	>90	Right	> 45	>60	>90										
Left	> 45	>60	>90																
Right	> 45	>60	>90																
Neuromuscular endurance	<table> <tr> <td>Left Leg Weak</td> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>Strong</td> </tr> <tr> <td>Right Leg Weak</td> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>Strong</td> </tr> </table>	Left Leg Weak	0	1	2	3	Strong	Right Leg Weak	0	1	2	3	Strong						
Left Leg Weak	0	1	2	3	Strong														
Right Leg Weak	0	1	2	3	Strong														
Breathing is Controlled	<table> <tr> <td>Yes</td> <td>No</td> </tr> </table>	Yes	No																
Yes	No																		
Pain / Discomfort During Technique	<table> <tr> <td>Yes</td> <td>No</td> </tr> </table>	Yes	No																
Yes	No																		

NOTES

Exercise 3: Belly Angel Push Ups

Materials Needed:

PKT Level 1, 2 resistance bands, Yoga Mat

Goal:

To build strength and stability to the shoulder girdle, spine, and hips while it trains global motor control and decreases joint and spinal compression.

Assessment:

Look for lack of control in upper and lower body during the press. Look for lack of range of motion in compensations and weakness in your shoulder, core, and hip complex.

Technique:

Image A: Lay in the push-up position with your legs bent and heels toward the ceiling. Put your arms in the parachuting position and elbows at 90 and hands in line body.

Image B: Lift your hands, head, chest and thighs in extension as comfortable as possible, then come back to the floor.

Image C: Come back to the floor and do a modified push-up. Engage your CORE and forcefully exhale on the press. Make sure you keep your head, shoulders, and hips in a straight line. Then lower yourself back to the floor.

Reps: 8 to 15 x 2-3 sets

Image A (Start)

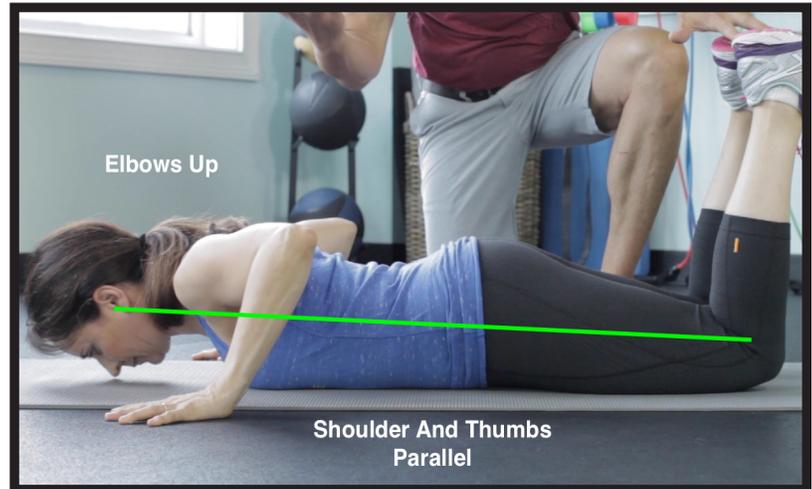


Image B (Technique)

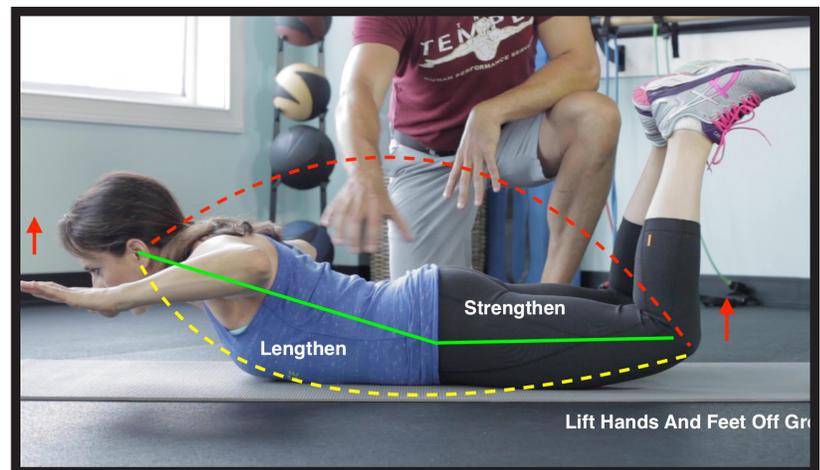
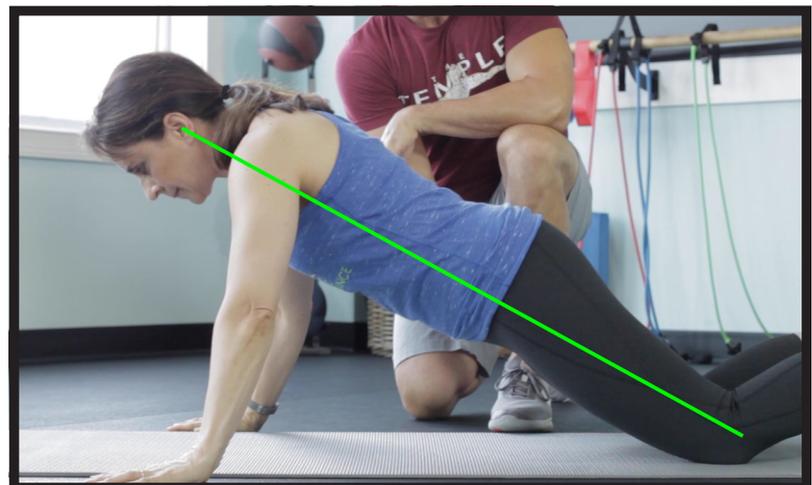


Image C (Technique)



Graded Exposure Movement:

Image D: This is an excellent Neuro-fascial glide and spinal mobility exposure. Extend one arm out and the other in the push-up position. Turn your head away from your extended arm as you extend hand and fingers. Use your opposite hand to push and look into the rotation. (These are great for NTOS, Carpal Tunnel Syndrome, Cervical and spinal arthritis).

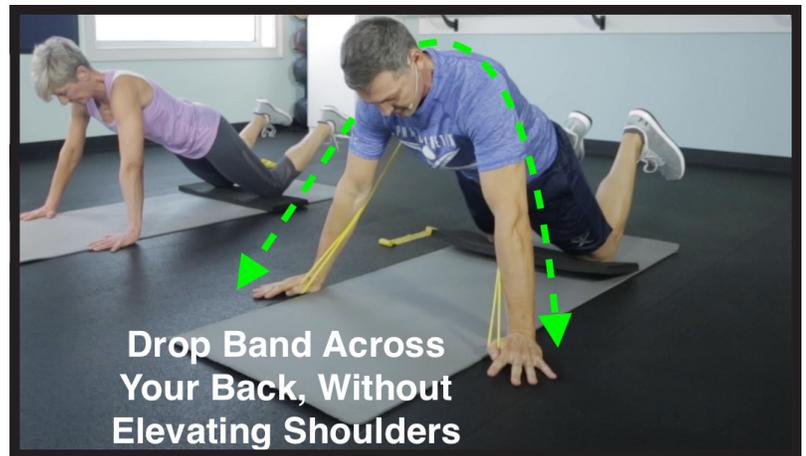
Image D (Movement)



Neuro-Modifier:

Image E: Use your PKT band across your back and under your arm pits. lock your thumbs around end loops. Repeat modified push-up.

Image E (Neuro-Modifier)



Notes:

Exercise 4: Bird Dogs (with Diagonal Movement)

Materials Needed:

PKT Yoga Mat

Goal:

To stabilize your shoulder trunk and hip on a cross pattern while you create core and spinal stability. This technique will work on your Motor control and Vestibular centers as it creates graded exposure to the opposite shoulder girdle, spine.

Assessment:

Look for the instability and motor weakness in cross patterns. Look for lack of control and range of motion of the Shoulder, T-spine and hip. .

Technique:

Image A: While on your hands and knees, extend opposite arm and leg out as far as possible. Keep palm and toes up. Maintain level shoulders and pelvis with the floor. Repeat on opposite side. **10 to 15 reps x 2 to 3 sets**

Image B: Push out into diagonals, stabilizing with your opposite hip/arm. Hold 5 seconds then switch sides.

Image A (Start)

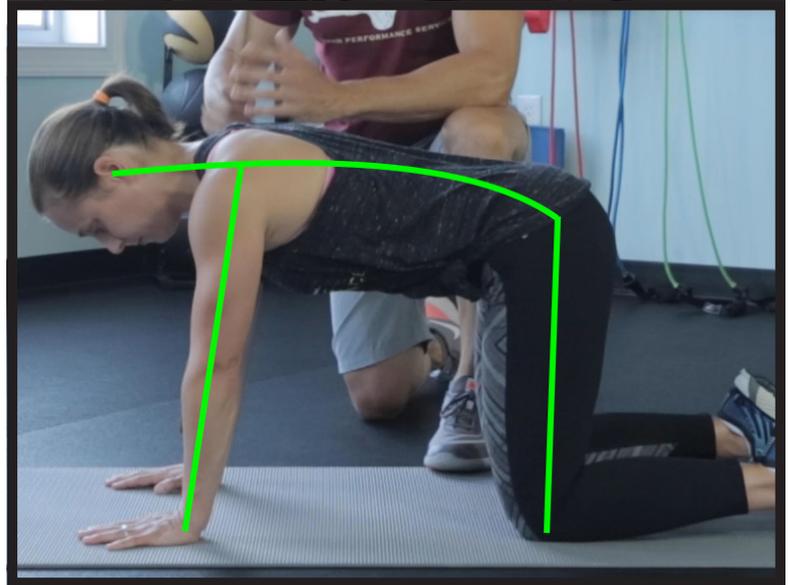
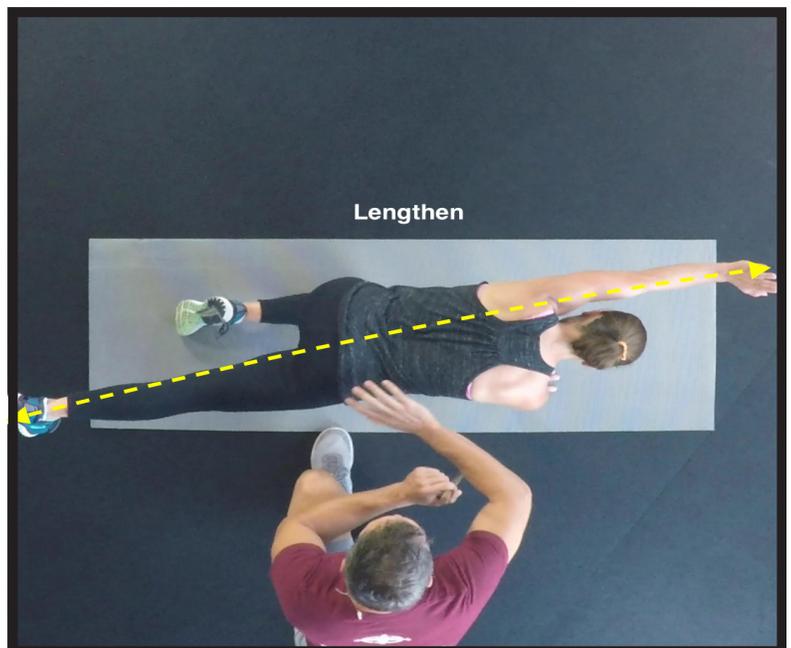


Image B (Technique)



Movement:

Image C: Drop back into child's pose, stretching your arms out in front of you comfortably lengthening and decompressing your spine. As you inhale draw navel in toward the spine decompressing your lumbosacral junction.

Image C (Movement)

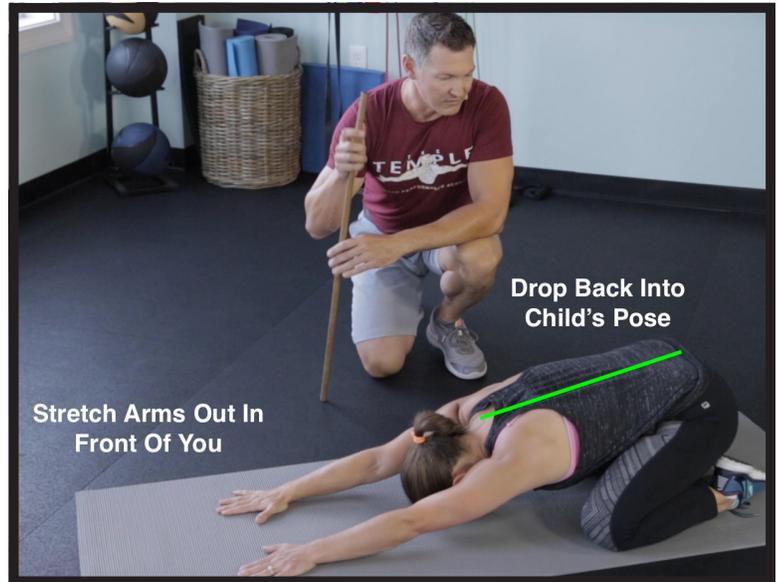


Image D: Walk over to the left and breath into the Right side of your Ribcage as you rainbow reach the right arm. This should be comfortable and controlled to gradually expose the movement.

Image D (Movement)

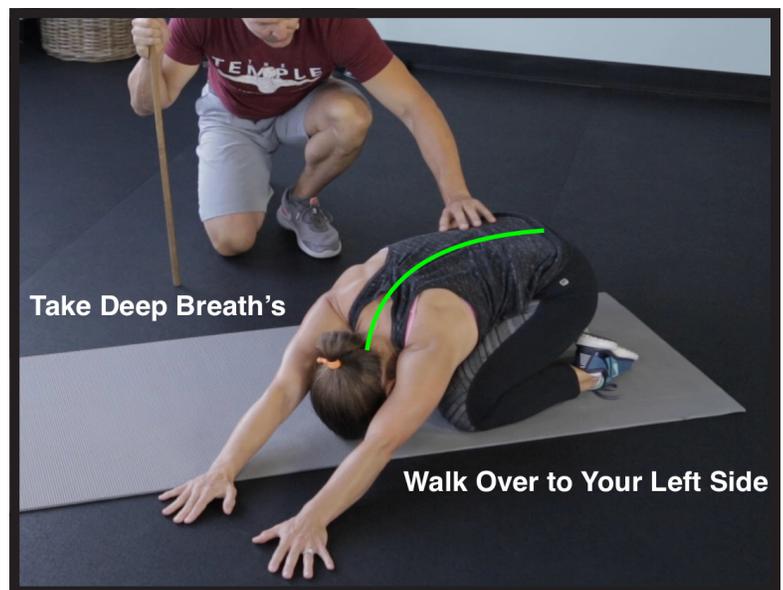
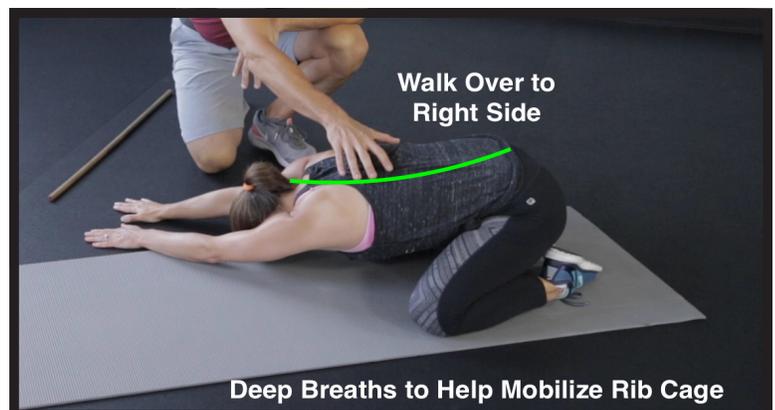


Image E: Walk over to the right while taking deep breathes into the ribcage on the left to mobilize ribs and lengthen the lats and thoracolumbar fascia. (Great functional exposure for right and left thoracic and lumbar scoliosis).

Image E (Movement)



Neuro-Modifier:

Image F: Extend Right arm and Left knee as you maintain core stability and control. Inhale as you bring your elbow to your knee stabilizing through your opposite arm and knee. Exhale as you extend your arm and leg out reaching in cross-pattern.

Repeat 8-12x each side.

Image G: Bring knees and elbows all the way together during contraction. Or try a unilateral reach and leg extension.

Reps:

2x 12-20 reps

Notes:

Image F (Neuro-Modifier)

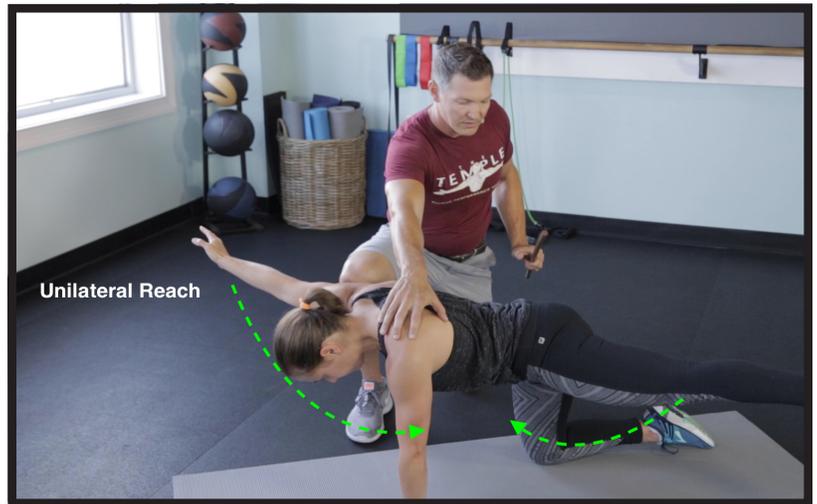
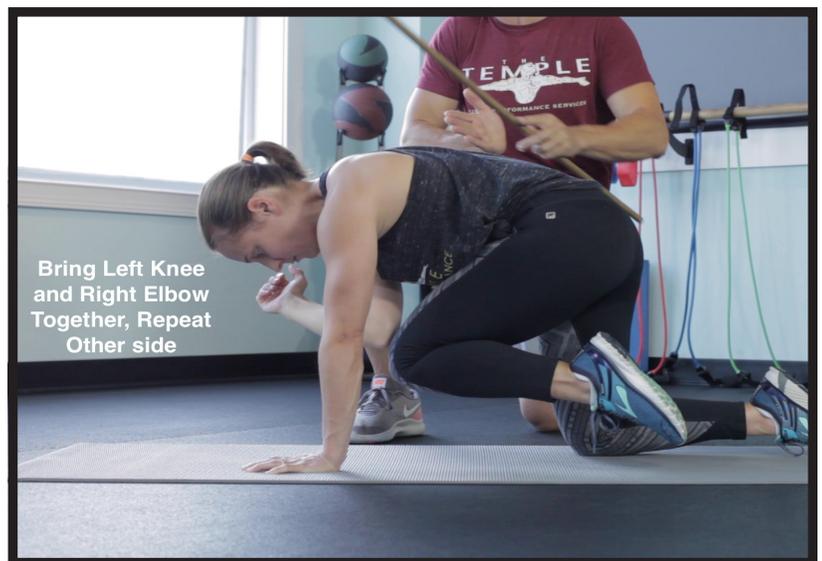


Image G (Neuro-Modifier)



Exercise 5: Knee Side Plank Extension (with Abduction)

Materials Needed:

PKT Yoga Mat, PKT Balance Pad, PKT knee Band

Goal:

To functionally restore lateral hip abduction and extension as it provides spine and shoulder strength and stability. This technique is a progression to unilateral standing.

Assessment:

If you can't extend or lift then there is later hip or spinal dysfunction or weakness. Look for shoulder instability and make sure to,(pack the shoulder). Good lower cross correction.

Technique:

Image A: Lay on your side with knees only on your PKT balance pad. Slightly flex your knees towards your chest, (as if you are half seated). Keep feet in line with hips, and rest on your elbow under shoulder.

Image B: Keep your shoulder girdle depressed as your knees and feet stay on the ground. lift hips forward and up into a straight body plank. Repeat by sitting back down to the floor. Hinge at your hips in extension as you stabilize your trunk and shoulder.

Image A (Start)

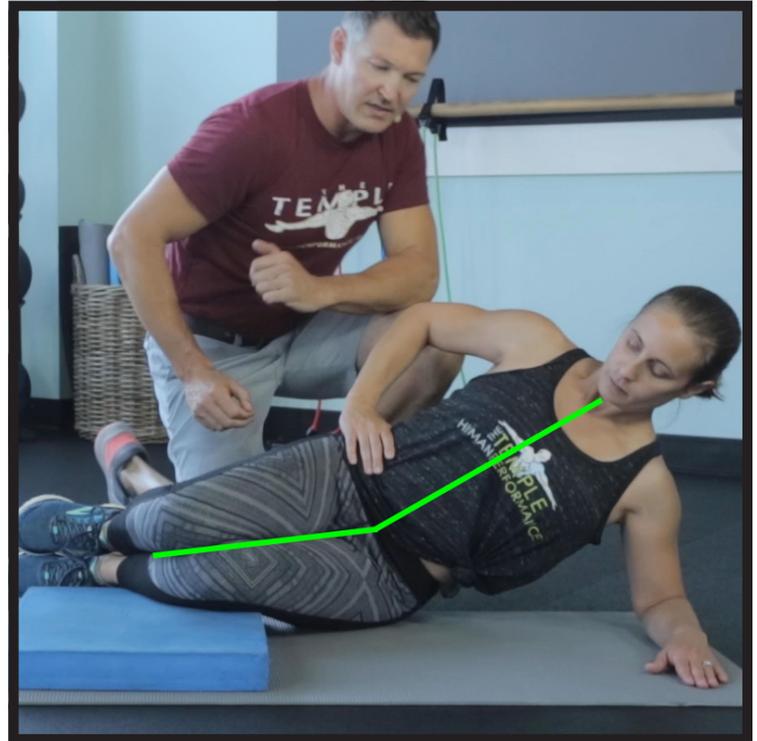
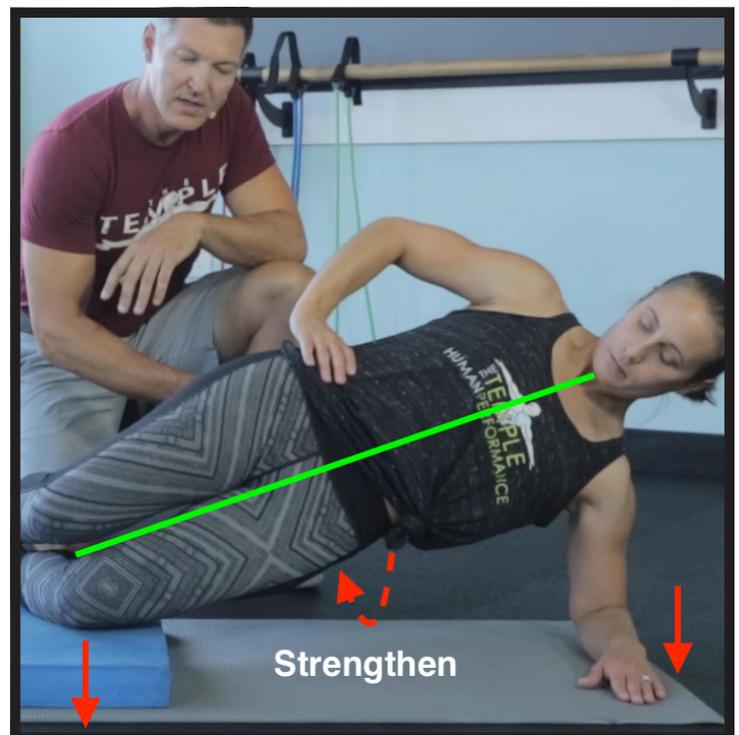


Image B (Technique)



Movement:

Image C: Sitting with both your knees at 90 degree angles, put one arm out like tripod, keeping a straight spinal angle. Take your opposite arm and swing to the front placing hand in front of knee and elbow toward the foot. Think about bringing your hip and same shoulder forward. You should feel the graded exposure on the, (floor side), lateral hip rotators, anterior contralateral fascia of the leg, and posterior thoracolumbar cross pattern.

Image C (Movement)

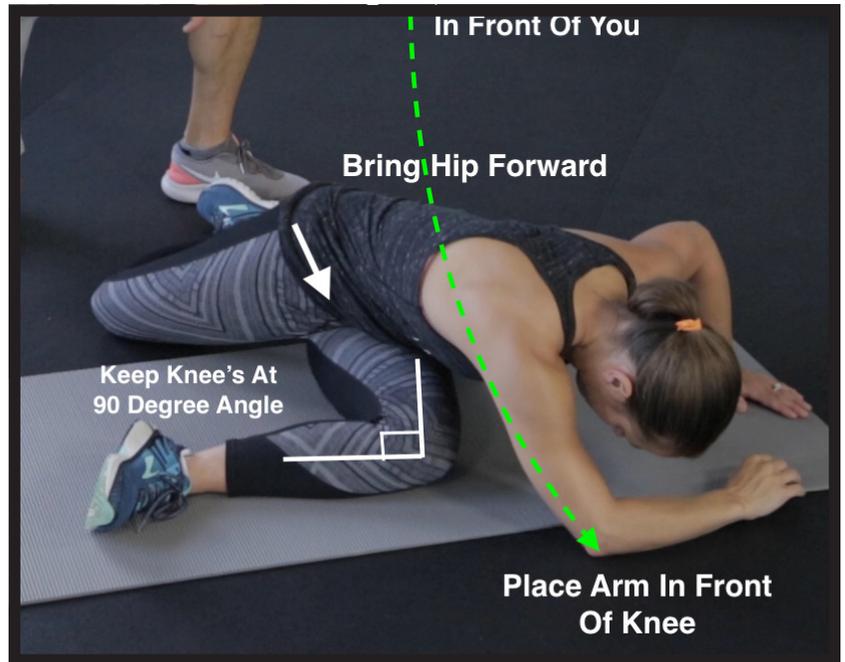
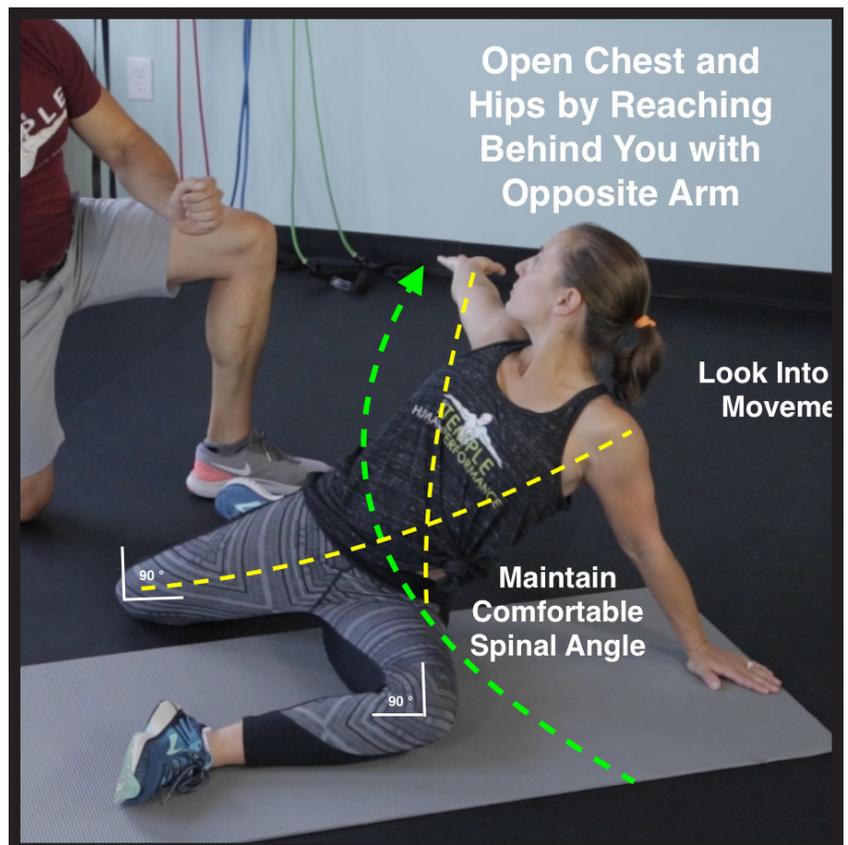


Image D (Movement)

Image D: Reach back and behind your chest to open your hips, arm and anterior fascial spiral system. Maintain a straight line from your knee to your opposite shoulder during the exposure. (Do not twist spine).



Neuro-Modifier:

Image E: Abduct and push your top leg into extension in the side plank position. Come back together to the floor and hold leg apart in abduction as you repeat the anterior hip hinge kick back motion.

Image F: Come back together to the floor while keeping your legs apart in abduction. Repeat the hip hinge kick back motion. (add a PKT knee band for even more neuromuscular adaptation.

Notes:

Image E (Neuro-Modifier)

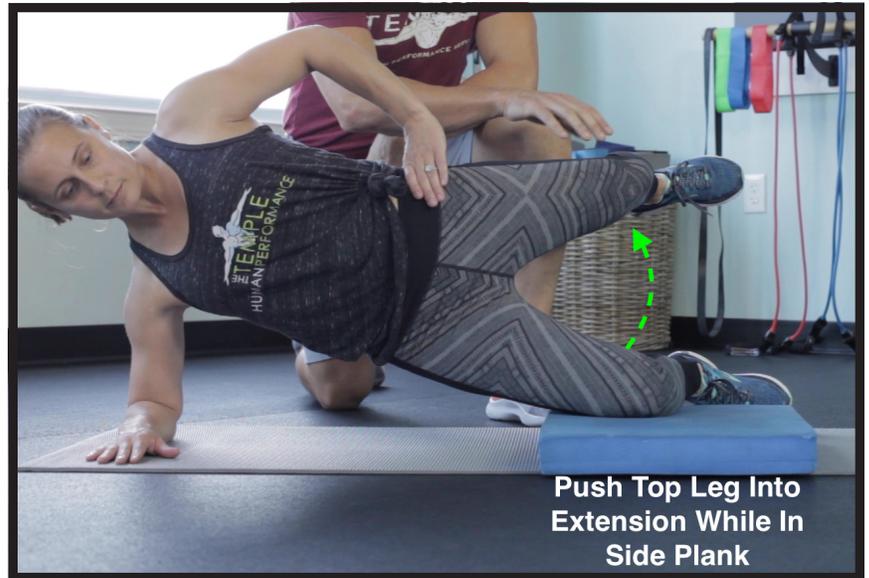
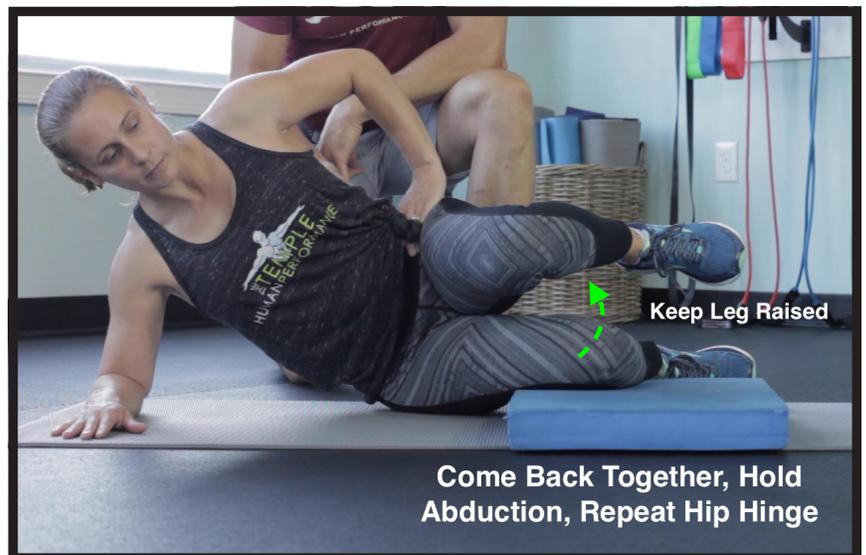


Image F (Neuro-Modifier)



Exercise 6: Kneeling Palloff (with Band Movements)

Materials Needed:

Level 1 or 2 Resistance Arms Bands, PKT Handles, PKT Yoga Mat, PKT Balance Pad

Goal:

To create kinesthetic awareness and Balance, strengthen the shoulder girdle, Core, Hips, and vestibular centers of the Brain. This technique will challenge your whole neuromuscular system while providing you with a wider base for stability. This is a great in gravity progression to unilateral standing movements.

Assessment:

Watch for elevation of your shoulder girdle, a sign of weakness of the lower shoulder stabilizers, and compensations of trunk and hips in the Palloff press. This is a Good assessment of Core strength and the balance between the anterior and posterior spiral spring systems, (Erik Dalton's Dynamic Body). Ex: When opp. arm, (inside), presses L to R cross pattern trunk stability, and Left hip stability is improved.

Technique:

Image A: Attach band to PKT wall mount, tree loop, etc. Walk out to create lateral resistance facing perpendicular to band, hold band to your chest while kneeling into Right outside leg lunge.

Image B: Press band out in front of body with shoulders stabilizers engaged. Hold for 2 seconds alternating hands. Use a hard breath with each punch. Alternate knee's and Repeat then turn around.

Image A (Start)

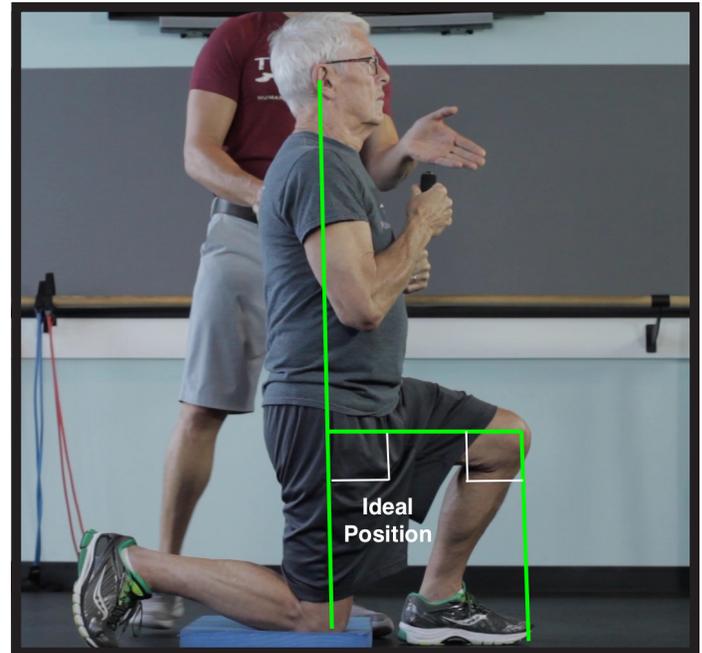
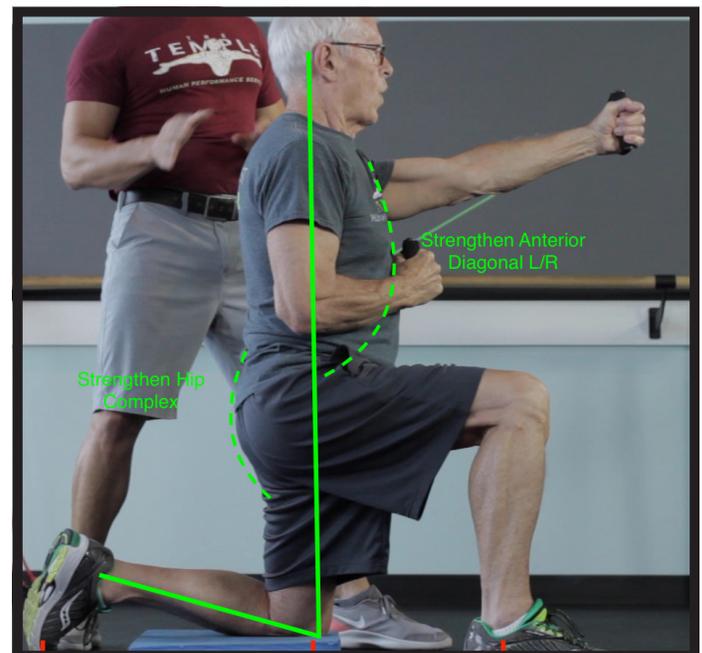


Image B (Technique)



Movement:

Image C: Knee rocker's while seated with your hands behind you palms down. Creates movement exposure, mobility, and lubrication of the hip, spine, and anterior arm.

Keep 90's in your knees and spaced about 12 inches apart. Roll hips and knees back and forth lubricating and decompressing your spine. Go back and forth slowly and butt crawl away from hands creating length in the chest, anterior shoulders, and arm flexors.

Neuro-Modifier:

Image D: Use both hands extended at same time. Hold for 5 seconds.

Reps:

2 x 8 to 10 reps

Notes:

Image C (Movement)

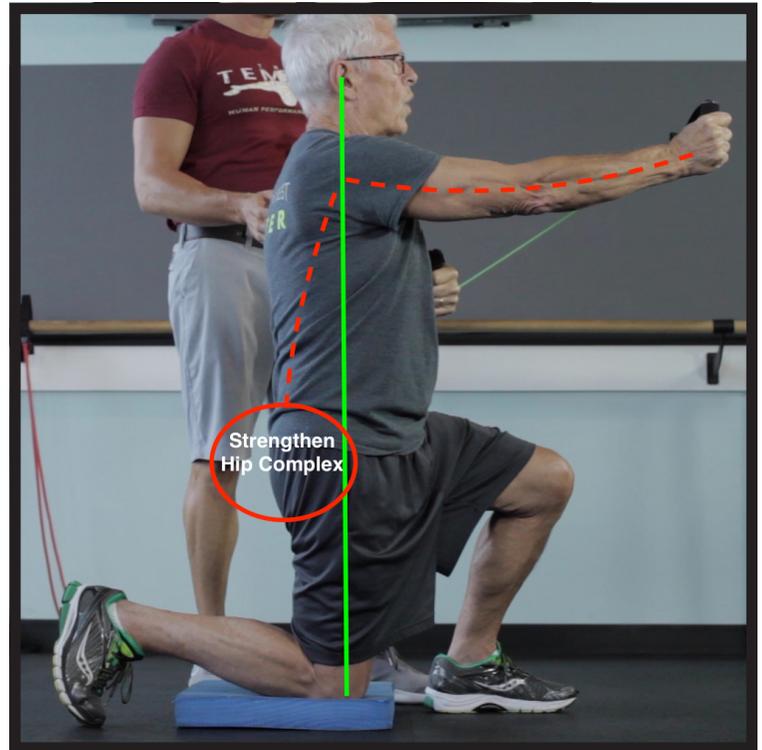
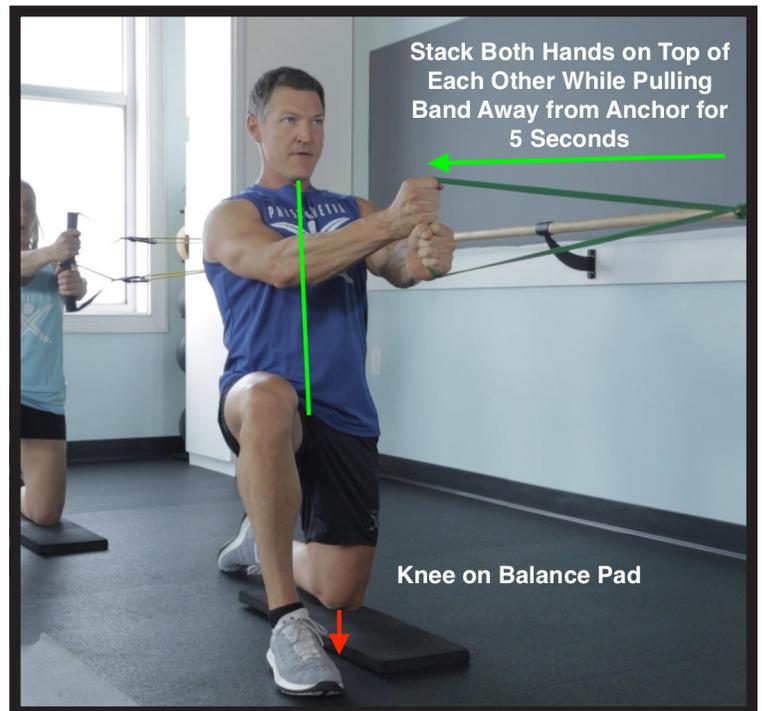


Image D (Neuro-Modifier)



Exercise 7: Kneeling Hip Extensions (with band arm extension)

Materials Needed:

Level 1 or 2 Resistance Bands (1 or 2 bands),
2 PKT Handles, PKT Yoga Mat, PKT
Balance Pad

Goal:

To create length in the anterior chain and teach coordination and separation of upper and lower body movements. This will neurologically strengthen your gluts, erectors, abdominals, lower shoulder stabilizers, and arm extensors.

Assessment:

Use this in gravity technique to show dysfunction in the upper and lower cross zones: the anterior neck, arms, Thoracic spine, hip, knees, and ankle. Look for the ability for you to form a straight line from head to knee with forceful exhalation.

Technique:

Image A: Attach band to PKT bar/mount, at chest height. Holding handles and walk back taking out slack in band. Step back over balance pad and kneel down on both knees. Brace your arms against your side with elbows bent at 90's. Hold band with your fingers palms up.

Image B: Start with slight tension in your band and elbows by your side and sitting back into your heels with your chest up. Hold elbows at side while you hip hinge into extension and extend hands palms. Finish with a forceful exhalation, chest up and head/shoulder/hands in alignment. Hold and squeeze your gluts and lower abdominals.

Image A (Start)

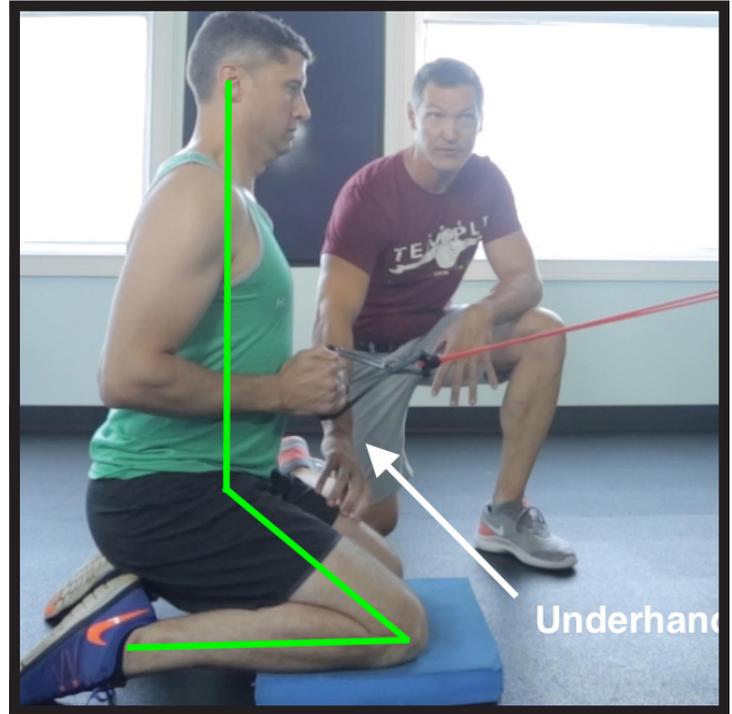
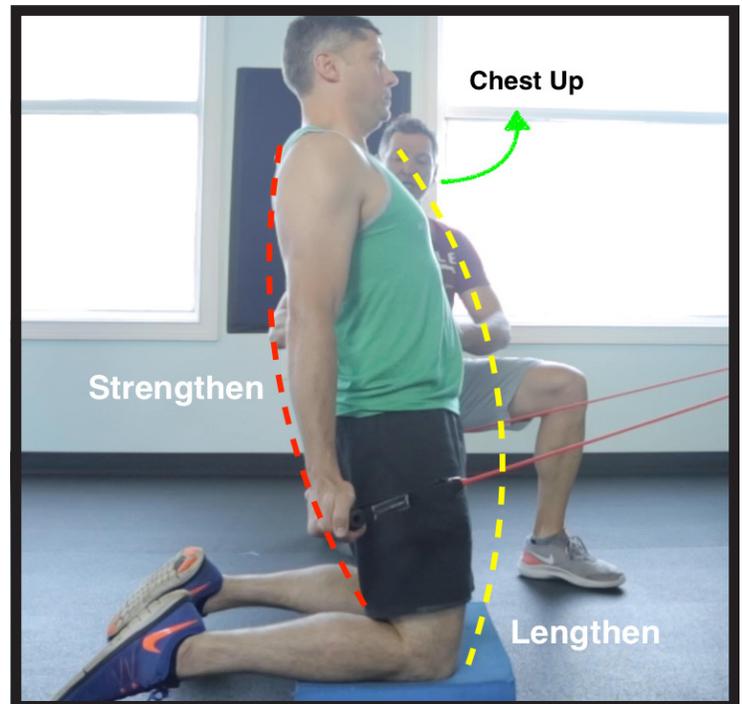


Image B (Technique)



Movement:

Image C: Child's pose with 3 deep breaths. Holding the bands drop your hips back and lower your chest over your thighs with arms reaching over head . Take 3 full breathes and allow your body to gradually lengthen and decompress.

Neuro-Modifier:

Image D: Again, hold elbows at side while you hip hinge into extension bring your arms into horizontal extension and extend hands palms out. Try using two bands with the Handles with this Posterior chain technique. Use level 1, 2, 3 exercise band or optional Handles. Tie close to chest height at anchor point, (wall mount, door, Tree, Bar).

Image D: Finish with chest up and head/shoulder/hands in alignment. Hold and squeeze your gluts as you lift your chest, forcefully exhaling.

Reps:

2 x 12-15 reps

Notes:

Image C (Movement)

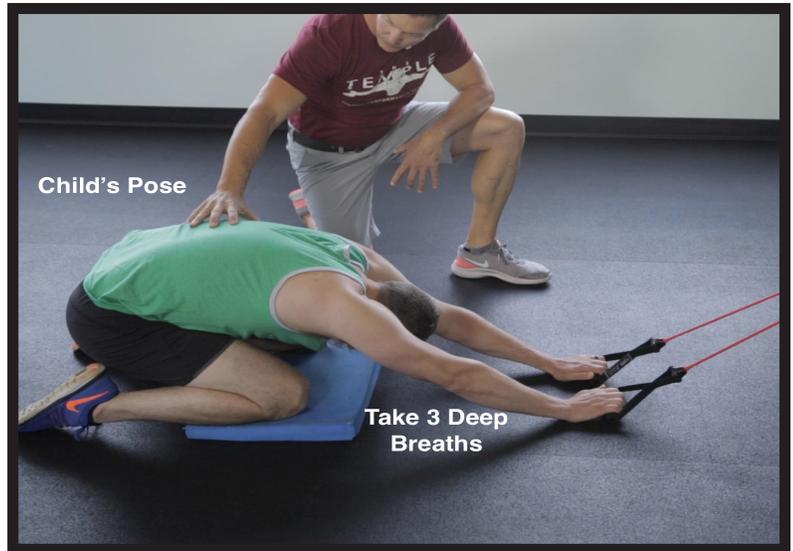


Image D (Neuro-Modifier)

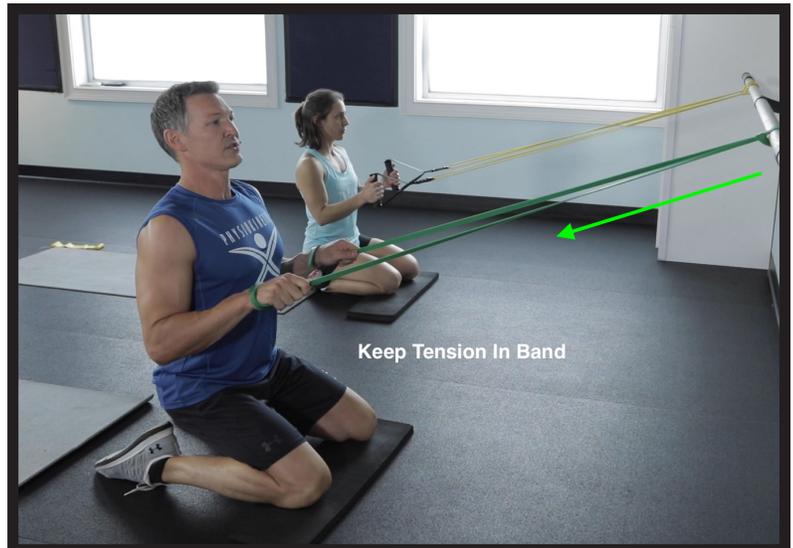
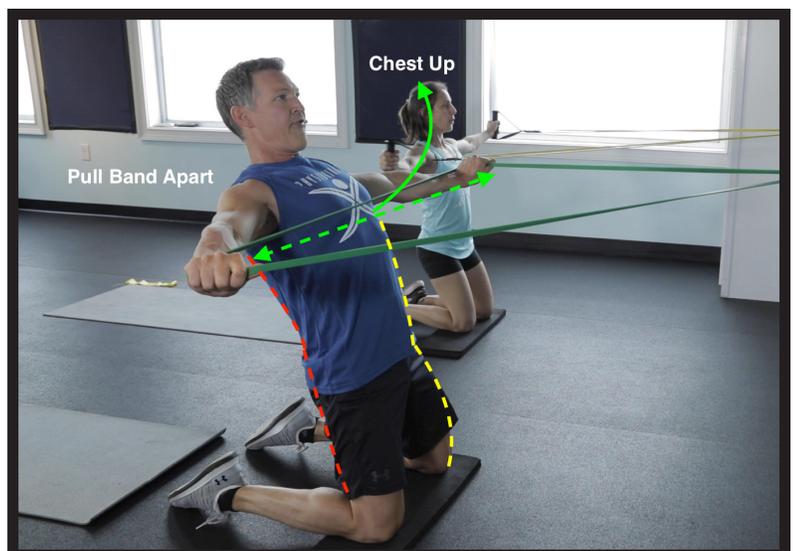


Image E (Neuro-Modifier)



Exercise 8: Single Leg Step-ups (with wide Band Row)

Materials Needed:

Level 1 or 2 Resistance Arms Bands (Can use 2x bands), PKT Handles, PKT Yoga Mat, PKT Balance Pad

Goal:

To create in gravity postural kinesthesia, (body awareness), and unilateral strength with dynamic stability of the trunk during resisted movement. This technique will build your posterior chain as well as help with upper cross syndrome. Use this to improve vestibular balance, create ankle, hip, spine, and shoulder neuromuscular endurance, and global stability. (This is a great brain trainer that should be used with all age's including Dementia, Parkinson's clients. Research shows that training inputs and outputs from brain centers is one of the most powerful ways to prevent many neurologic dysfunctions and improve overall health. When you train you secrete Dopamine, Oxytocin, Serotonin, and Beta endorphins, which helps with inflammation, tissue regrowth, pain, depression, Stress, and systemic health).

Assessment:

Look for instability and compensations in ankles, knee's, hips, and spine during step up. You should be able to maintain head over your hips on step back without your knee going over your toes. You want to feel like your center of gravity is maintained over your hips and mid foot.

Technique:

Image A: Attach handles on bands and attach to anchor about chest height. Row the band with elbows out to Create tension in band as you step back over the balance pad.

Figure B: Kneeling down on the pad, Hold the band out parallel to your body with your elbows parallel to the floor. Maintain pull as you step up into your front leg, engaging the floor through the whole foot with knee at or behind the foot and chest up. Stand up and hip hinge with head over hips and heel.

Image A (Start)

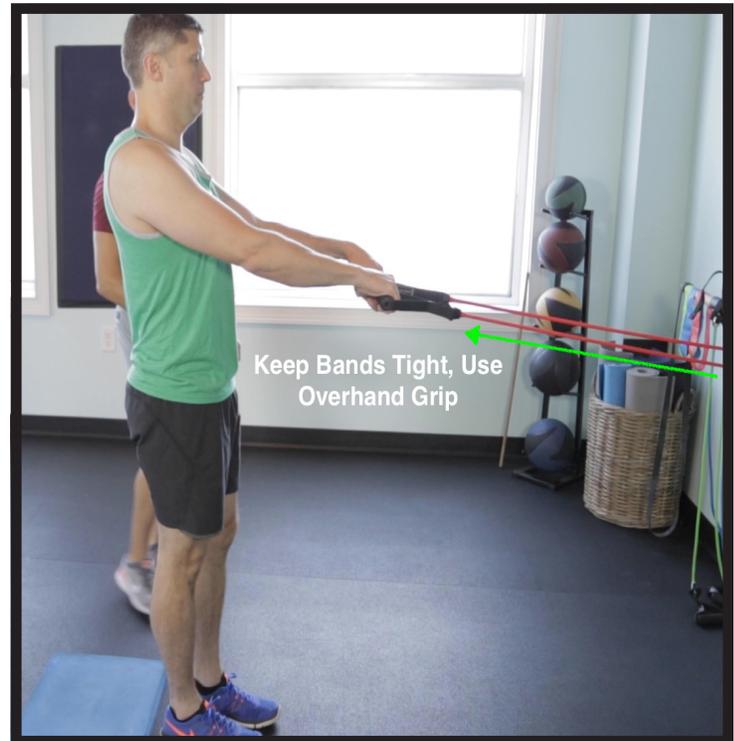
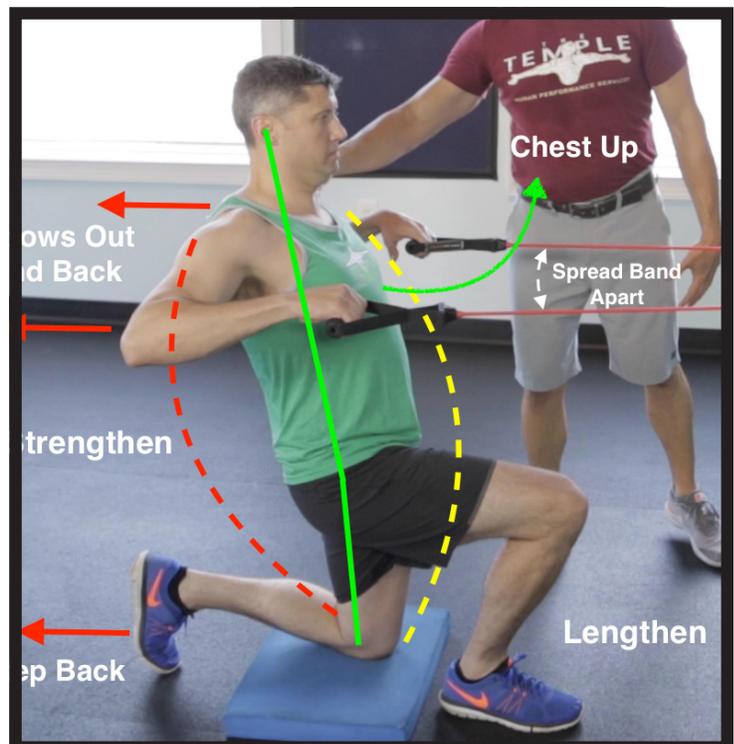


Image B (Technique)



Movement:

Image C: Bar/counter downward dogs. Try this graded exposure pigeon toed for more neuro-fascial tension. Support arms/wrists on bar/counter with thumbs up. Bow down through arms as you press your hips posterior over your heels. Elongate your spine and posterior leg, hip hinge back up to standing and then repeat motion. Hold for only 2 seconds and be sure to be able to maintain a controlled breathe during this movement exposure.

Neuro-Modifier:

Image D: Before the step back, try to isometrically hold resistance band by keeping arms straight and horizontally abducted parallel to your body and parallel to floor. . Feel free to increase the resistance of the band to Level 3(Purple), make sure to use (2) PKT Handles to attach to band.

Image E: Take a deep breathe before you press through your heel and lift your opposite knee to 90 degrees at the hip. Forcefully exhale as you maintain a good head, shoulder, hip, balance and isometrically hold the bands parallel to your body. Repeat this motion up and down and build confidence and stability in the posterior chain and in single leg standing.

Reps:

2 x 10-15 reps

Notes:

Image C (Movement)

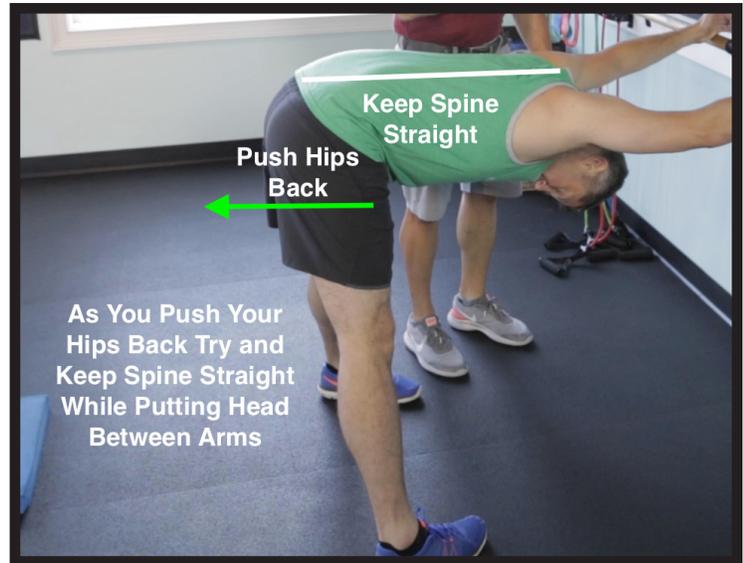


Image D (Neuro-Modifier)

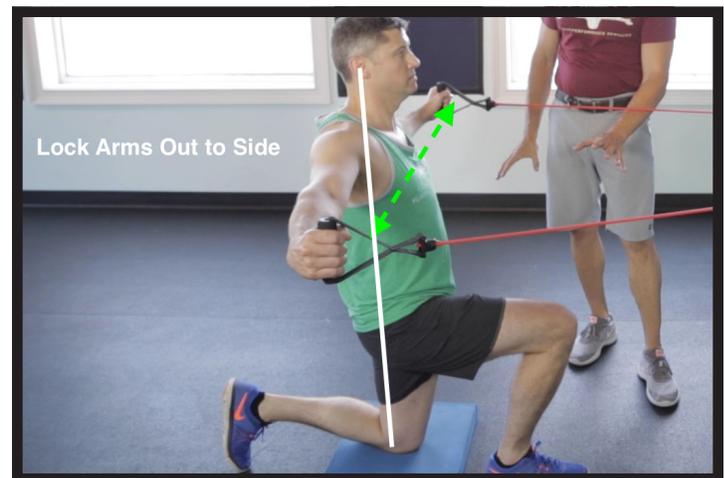
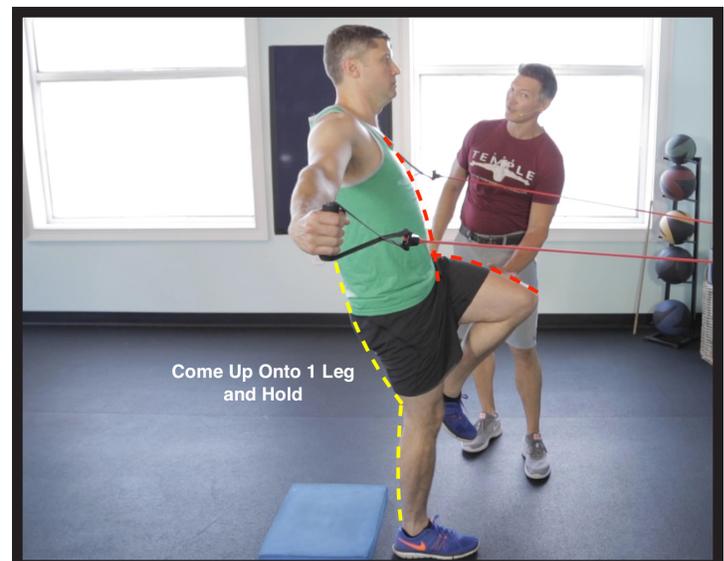


Image E (Neuro-Modifier)



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