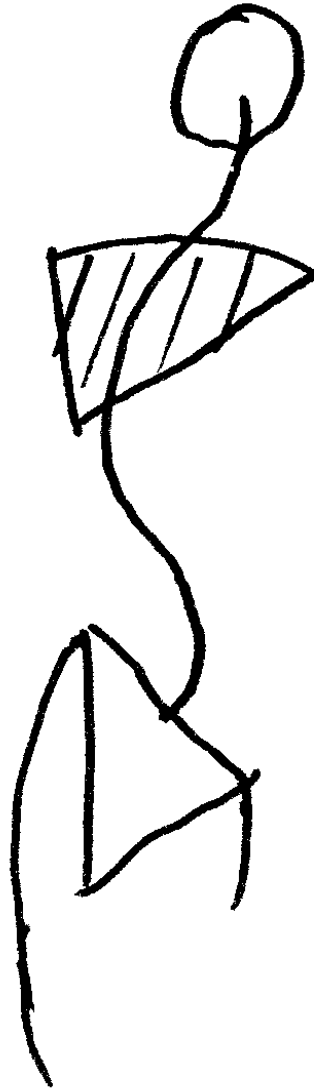


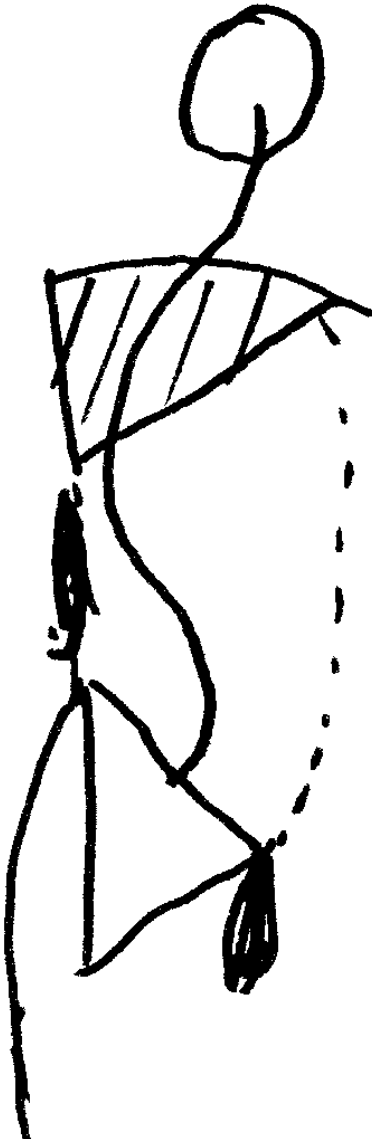
(lan A) NEUTRAL pelvis  
& spine — (lan B)  
ANTERIORLY TITLED  
pelvis  
RESULTING from  
LENGTHENED  
hamstrings causing  
INCREASED  
LORDOSIS in spine

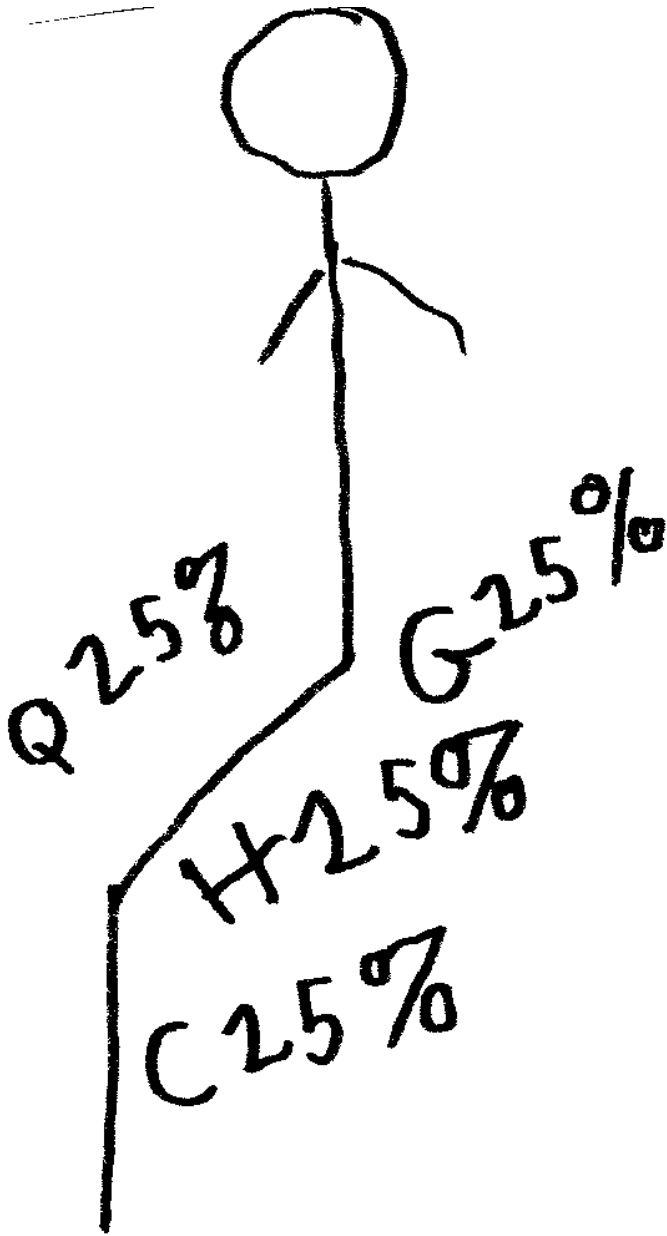
(lan C) – Flared rib cage

Longer weaker ABDOMINALS) are usually present in the presence of longer weaker HAMSTRINGS. In this position the DIAPHRAGM is put into a shortened or contracted position. This COMPROMISED position limits thoracic mobility. The ribs can no longer go down properly for the exhalation. The ideal relaxation of the ribs/ diaphragm is impeded.



(lan D) Stretched/weakened abdominals & tightened lower back





(Ian E) Normal tension for stable knee

C – Calf muscle

G – Gluteal muscle

H – Hamstring muscle

Q – Quadriceps muscle

All the muscles are stressed equally

(Ian F) Tension skewed by weak quad, which must work harder (and tires, thus destabilizing the knee)

