

A



B

(A) NEUTRAL pelvis & spine

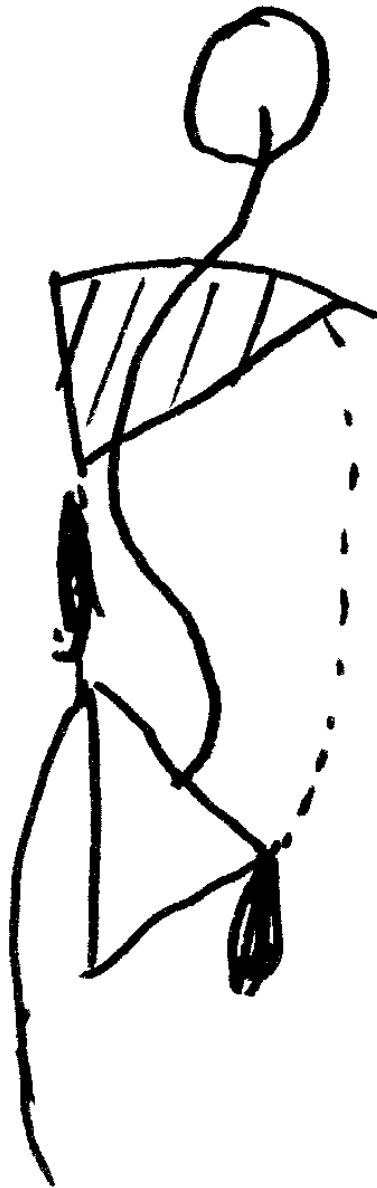
(B) ANTERIORLY TITLED pelvis RESULTING from LENGTHENED hamstrings causing INCREASED LORDOSIS in spine

(C) Flared rib cage

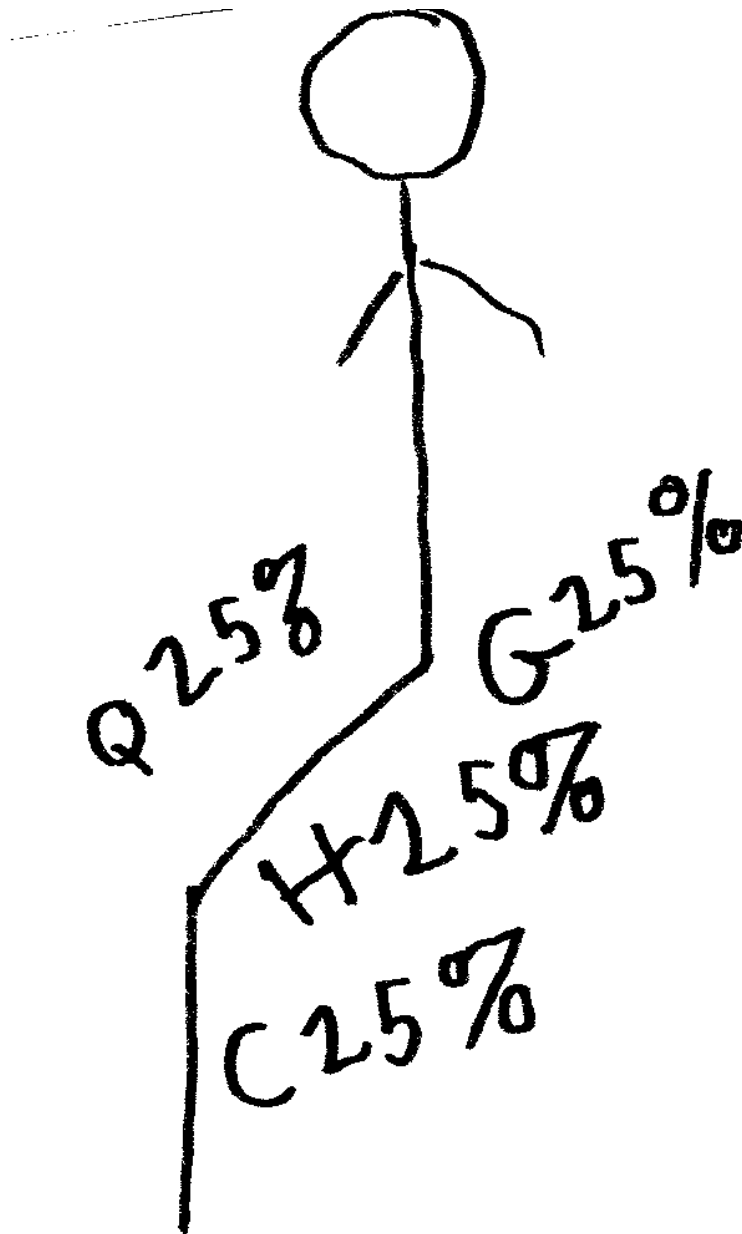


Longer weaker ABDOMINALS) usually present in the presence of longer weaker HAMSTRINGS. In this position the DIAPHRAGM is put into a shortened or contracted position. This COMPROMISED position limits thoracic mobility. The ribs can no longer go down properly for the exhalation. The ideal relaxation of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

(D) Stretched/weakened abdominals & tightened lower back



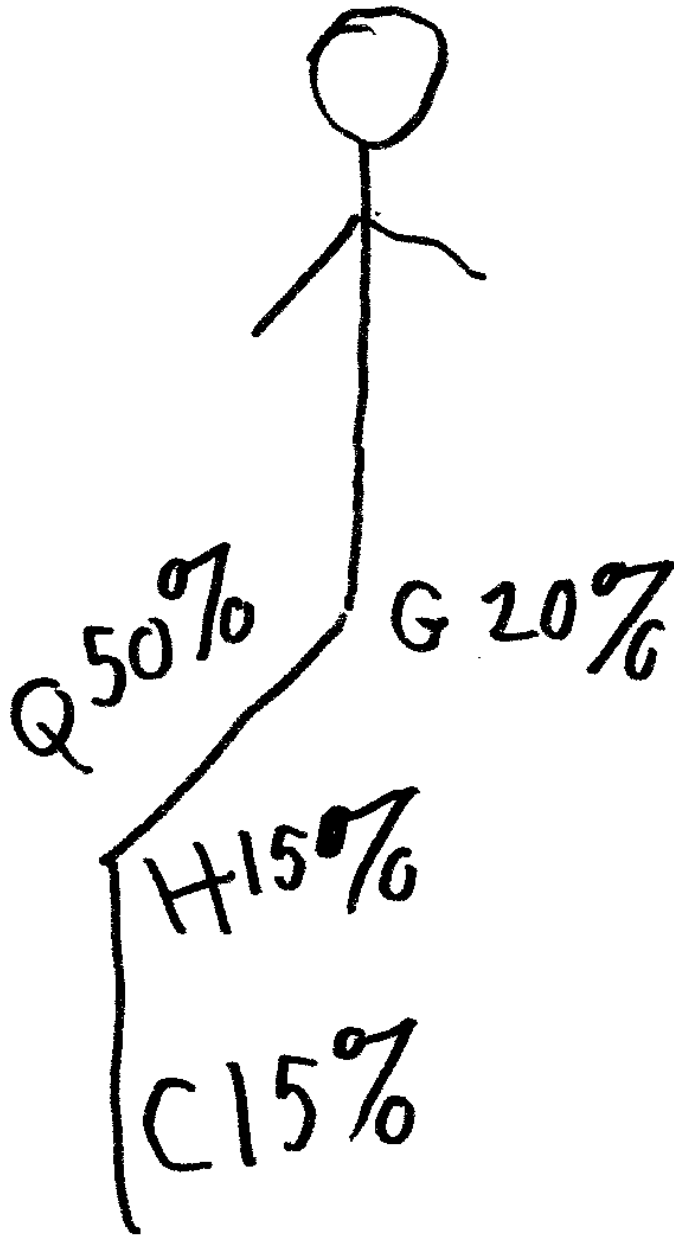
(E) Normal co-contraction for stable knee



C – Calf muscle
G – Gluteal muscle
H – Hamstring muscle
Q – Quadriceps muscle

All the muscles are stressed equally

(F) Tension skewed by an over-active quadriceps, which is working harder and tires, thus destabilizing the knee



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