



Lateral Bends

Objectives

1. Understand the primary purpose and be familiar with other purposes.
2. Become exposed to basic terms of movement, anatomy and risks that pertain to this direction of movement.
3. Understand how this direction of movement might affect the autonomic nervous system.

Purpose of Lateral Bends



1. To move the spine laterally; stretch, strengthen and balance the supportive musculature of the spine
2. To adjust the relationship between the spine and the appendicular skeleton (hips and shoulders); stretch, strengthen and balance the muscles of the shoulders, hips, (parts of) pelvis and legs

Movement of Lateral Bends

1. Move into the primary form of a lateral bend on an exhale to establish stability in the lower back (standard)
2. Inhale to stretch laterally or to move out of the pose
3. Primary movers are the diaphragm, shoulder muscle group, back muscle group abdominals - especially the internal and external obliques which stretch and contract on the same movement

Other terms to be familiar with: scoliosis

The Muscles of Lateral Bending

Primary movers

Diaphragm

Shoulder muscle group

Back muscle group

Abdominals - especially the internal and external obliques which stretch and contract on the same movement

Risky Business

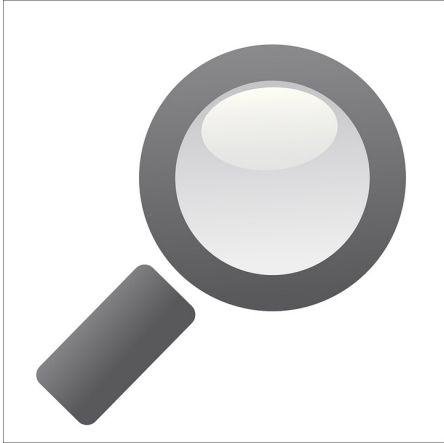
- Disc compression at any point along the spine.
- Risk to the neck when the head is looking up
- Stress to joints (knee, hip, shoulder, sacroiliac, wrists)
- Stress to wrists
- Excessive lumbar curve
- Excessive lateral curve (scoliosis)

LBs are contraindicated for many spinal conditions

LEARN THE ADAPTATIONS FOR CONTRAINDICATIONS

For the safety of all participants, use sufficient preparation and compensation (to be covered later), emphasize principles of EX to maintain lumbar stability and principles of IN to maintain relationship between thoracic spine and shoulder girdle

What to Watch For



1. The position of the pelvis in relationship to the lumbar spine. Are the hips displaced backward, forward or laterally?
2. The position of the shoulder girdle in relationship to the spine. Are the shoulders rotated forward, displaced forward? Is the chest collapsing over the belly?
3. The position of the femur heads in relationship to the pelvis. How does this affect the rotation of the knee and ankle joints?
4. Are the arches of the feet collapsed?

The Physiology of Lateral Bends

1. Depending on how they are done, lateral bends can ignite sympathetic activation
2. Deeper breath could mean more energy.

Lateral Bends

Poses

1. Trikonasana
2. Vasistasana
3. Jathara Parivrtti
Adaptation
4. Supta Parsva
Padangustasana
5. Janusirsasana Parivrtti
6. Upavista Konasana
7. Pascimattanasana
Parivrtti



Cue

1. Breath
2. Belly
3. Movement of the
spine