

Cogs

These exercise are designed to teach your body how to move freely and naturally as they do on a more subtle basis during walking or 'gait'. They will also help to show you imbalances in joint range of motion as you constantly move from one extreme to the next.

As you perform the movements, try to move smoothly from one position to the next and gently encourage more range of motion but do not force it. Try to be balanced with each part of the body involved, starting and finishing together and peaking together.

Forwards & Back

First stand barefoot with your back to a wall with your feet hip width apart and toes facing straight forwards and making sure that your heels, buttocks, shoulder blades and head are all touching the wall.

Begin the movement by tilting your pelvis forwards and arching your lower back, as this starts to happen it should be connected with these other body motions:

(When pelvis is tilting forwards & lumbar arching)

- Knees rotating in • Foot arch flattening • Chest lifting up
- Shoulders pulling back • Palms turning forwards
- Chin dropping to chest

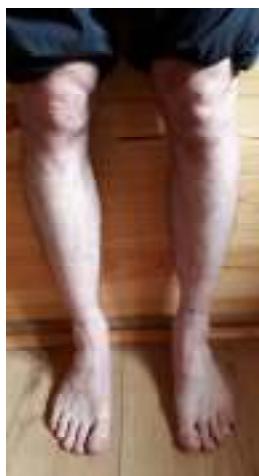
From this position you are then going to slowly and smoothly move into the next position which is the opposite. Begin first by tilting your pelvis backwards and rounding your lower back, as this starts to happen it should be connected with these other body motions:

(When pelvis is tilting backwards & lumbar rounding)

- Knees rotating out • Foot arch lifting
- Chest pulling down • Shoulders rounding forward
- Palms turning backwards • Chin lifting up

Tips:

Keep your legs straight throughout the exercise, also try to keep all parts of the body in contact with the wall throughout.



Lateral

First stand barefoot and tall, with the crown of your head lifted and chin tucked in, arms hanging down by your sides with palms flat against your thighs with your elbows facing backwards, your feet hip width apart and toes facing straight forwards.

Begin the movement by shifting your weight to your right side but keeping your right knee straight and let your left knee bend. At the same time the left side of your pelvis should drop whilst the right side of your pelvis should hike up. As this starts to happen it should be connected with these other body motions:

(When pelvis is hiking up on the right side)

- Left hip dropping down
- Left knee bending
- Right Knee straightening
- Trunk side bending right
- Head side bending left



From this position you are then going to slowly and smoothly move into the next position which is the opposite.

Begin the movement by shifting your weight to your left side but keeping your left knee straight and let your right knee bend. At the same time the right side of your pelvis should drop whilst the left side of your pelvis should hike up. As this starts to happen it should be connected with these other body motions:

(When pelvis is hiking up on the left side)

- right hip dropping down
- Right knee bending
- Left Knee straightening
- Trunk side bending left
- Head side bending right



Tips:

Keep your body facing straight forwards so only sideward movement occurs. Keep your shoulders relaxed so they can move with the rib cage. Also try to finish each sideways shift feeling like you stacked up over the straight leg and not falling back towards the bent leg.

Rotational

First stand barefoot and tall, with the crown of your head lifted and chin tucked in, arms straight out in front of you at shoulder height with your palms together, your feet hip width apart and toes facing straight forwards.

Begin the movement by rotating your pelvis to the right. As this starts to happen it should be connected with these other body motions:

(When pelvis is rotating to the right)

- Shoulders and rib cage rotating to the left
- Head rotating to the right



From this position you are then going to slowly and smoothly move into the next position which is the opposite.

Begin the movement by rotating your pelvis to the left. As this starts to happen it should be connected with these other body motions:

(When pelvis is rotating to the left)

- Shoulders and rib cage rotating to the right
- Head rotating to the left

Tips:

Keep your shoulders down and neck stretched. Try to imagine you have a pole going straight down through your body so that you cannot bend in either direction.

