

Trunk Alignment

Why we do it:

Create a safe, stable position to begin work or movement.

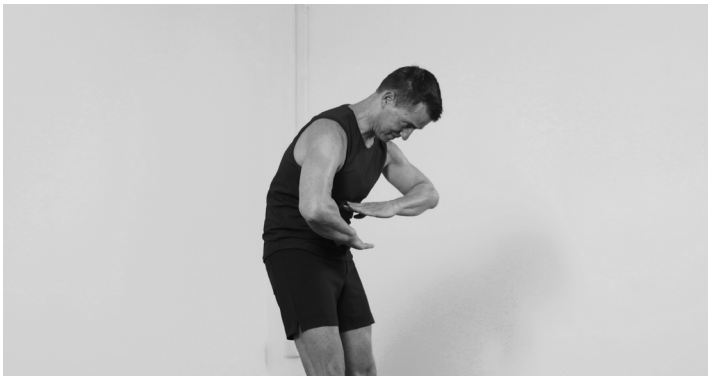
Functional Benefit:

Mobility
Stability

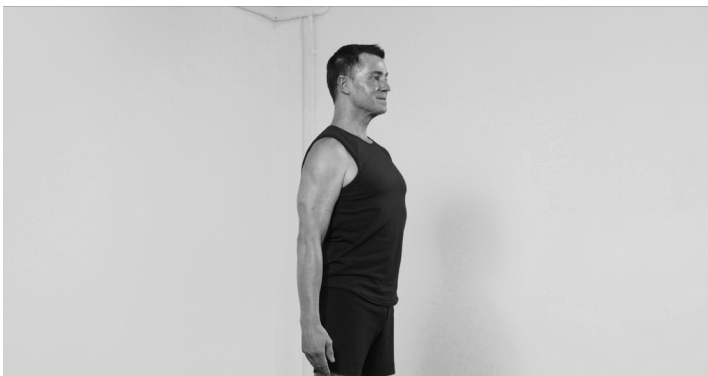


Put one hand in the middle of your chest, the other above your pelvic bone.

Breathe in.



Exhale, and create a C-Curve with your spine - keeping your shoulders broad!



Breathe in and return to the neutral stance.