

Position	Assessment
	<p>Front Tall and relaxed. Back. From the front a person is looking at symmetry, applying grid lines or straight edges to a photo, line down the center, line across the hips, shoulders knees and ankles. Hate to admit this is my assessment, but it is easy to see that the right facing shoulder, or my left is much lower than my right, there is also a change in spine line as the line is not intersecting the middle of my chest. I have sustained rotator cuff tears on both sides and a slap tear on my right shoulder. The elevated shoulder is where my pain is. The right facing shoulder sits outside of the right facing hip, the left facing shoulder sits to the inside of the left hip. Picture this in motion and you start to understand where compensation issues begin. Asking my clients where things hurt usually helps me understand their assessments as well, you can see discrepancies have consequences.</p>
	<p>Left Side Tall and relaxed. From the side, it is suggested ideal postural alignment with the use of a straight line ( please note my camera was not positioned on a leveled tripod it was held by someone, so there are some discrepancies.</p> <p>The line begins at the ear, I couldn't reach mine with the line, I went from the bottom up, I have a forward head, it sits forward of the line.</p> <p>Midway through the shoulder</p> <p>Through the lumbar spine Slightly posterior through the hip joint Slightly anterior to the axis of the knee joint Slightly anterior to the ankle.</p> <p>I drew one line from the bottom up and one from the top down.</p> <p>The upper body resembles an upper crossed syndrome, and the lower body resembles a slouched posture, anterior tilted pelvis Lower Cross Syndrome. This is not good news for a coach. In my defense I have been off regular training for 2 and half months here and the old posture is showing through. My hope is to restore the athletic posture back to a finely tuned unit.</p> <p>Muscles affected and how</p> <p>If upper crossed syndrome is the case here then the following muscles are shortened. Upper traps, sub occipital, deep neck extensors, pec major, levator scapuli</p> <p>Weakened Rhomboids, middle and lower traps, deep neck flexors.</p> <p>If lower crossed is also a problem, then the shortened muscles are the Iliopsoas, rectus femoris, erector spinae, piriformis, tensor facia latae, leg adductors.</p> <p>Weakened muscles are the abdominals and glutes, hamstrings and from my forward lean, calves.</p> <p>I was really hoping this was not going to be the case as I have worked for a few years on my fitness, but this is the first year I will be working on balancing it, so hopefully I target the correct muscles to work and the correct muscles to stretch.</p> <p>Lateral Arch in foot is flat time for foot rebuilding. Barefoot runners</p>



Left side arms overhead. You can see how forward my head is here as the upraised shoulders are not straight up, and my head is still forward of the arms. Everything is still shifted forward of the ankles, no wonder I am having issues with Achilles.

**Suggestions for swimming**, as I have seen many people with prominent rib cages when viewing my underwater video, stand in front of a mirror and reach up level with where you take your stroke, hopefully you have your shirt off to view, but if you see your rib cage protruding as you reach, you have stopped getting your mobility from your shoulders, they have reached their limits, you are now getting your mobility from your lower back which is bad, reduce the angle of your target and start reaching lower until you see your rib cage go down or you feel the strain in your back go away, now you can see where your target should be for the beginning of your catch.

**Suggestions for Biking**, when people are biking their bike fits are all over the place, but if they lack hip mobility, they will start to get a back ache from the bike. IF you can't get your back flat you need to raise your handle bars. Work on your hip mobility and hamstring flexibility so that you can get your movement from the hips not the lower back, at that point start lowering your handle bars.



Rear hands on hips, wings, I am not an angel, so those do not belong there. Your shoulder blades should rest along your rib cage. No wonder I have shoulder issues. To correct this I have to work through the back and lower traps to get my shoulders back and down, so that my scapula rest flat and do not wing up.

Check it out, stand in a relaxed posture with your hands on your hips and see what happens. There are a lot of corrective exercises for this, mostly these are therapy easy style, because those muscles are so weak, if you do not do the easy exercises first, you will compensate and get your action from the accompanying muscles, which is what you have been doing all along, so do not skip the small corrections, they allow you to acknowledge how hard it is to activate a weak muscle.



Rear hands behind head left hip and knee flexed. Okay the lean is present, but on this side, there is no collapsing between the shoulders and the hip on the non-supporting side. Notice when I support on the right leg that my shoulder angles down to my left hip to get my stability, this is due to a really weak hip on the right side. The medial glute needs work and the core and hip work needs to balance out the issues that are here.

This is the leg my IT band is bad, no wonder, when the glute isn't working the body moves to the strongest alternative and there is the Tensor Facia Latae and the IT is ratcheting tighter and tighter. By engaging the glute when running and trying to keep a tight core and hips it supports the leg during running. This is something I need to build up.