

P.A.S.T.[®]

Functional Fitness Method

Self Empowering Journey Out of Pain



STANDING POSTURE

Where You Stand; Is Where You Start

It's important to maintain an upright standing alignment to allow gravity to flow through your skeletal system; thereby, decreasing unnecessary muscle tension and stress on your body.

- Come to a standing position and notice your habitual posture.
- Observe whether you stand with your feet close together or wider than your hips.
- Are your feet turned in or out?
- Do you stand on your heels or toes?
- Do you put more weight on one foot?
- Make a mental note of what you've discovered.
- Now, stand with your feet parallel, facing forward and hip width apart.
- Rock back and forth and side to side.
- Gradually reduce this swaying to a standstill, with your weight balanced evenly on the feet.
- Firm your thigh muscles and lift the knee caps.
- Keep a squared pelvic girdle that neither tilts forward or backwards.
- Position your sitting bones directly over your heels.
- Find your "neutral spine" by gently bringing your navel towards your spine like your putting on a tight pair of jeans.
- Your lower back is now in "neutral position" and not arched or rounded. **No slouching allowed!**
- Gently pull your shoulders blades back (retract) without depressing them down or elevating them up.
- Lift the top of your sternum straight toward the ceiling.
- Widen your collarbones and hang your arms beside your torso.
- Lastly, balance the crown of your head directly over the center of your pelvis, with the underside of your chin parallel to the floor and ears aligned over your shoulders.
- **Bonus: perform the above standing routine on the P.A.S.T.[®] Balance Boards.**