



TRADITIONAL MATWORK ON THE SPINE CORRECTOR

- Level 1—Single Leg Pull—Double Count
- Level 1—Single Leg Pull—Single Count
- Level 2—Criss Cross
- Level 3—Double Leg Pull—Double Count
- Level 3—Double Leg Pull—Single Count

SPINAL ROTATION IN FLEXION WITH LENGTHENING

- Round over center
- Sweep to side with pole assist
- Contract and rotate
- Pull pole away from client on rotation like the tiller of a boat
- Change breath pattern
- Side Stretch to front
- Side Stretch to Back
- Side Stretch front to back with pole on floor
- side stretch front to back keeping pole on floor
- Rotate to side stretch keeping pole off floor

ASYMMETRICAL SCAPULAR WORK

- Scapular depression seated with pole front
- Scapular depression with pole overhead
- Scapular depression in flexion

SIDE BEND WITH HIP LIFT BREATH CHANGE

- Stretch to side with pole on floor, hand around pole(not on floor)
- Lift hip/lower stretching away from pole (inhale up/exhale down)
- Maintain side stretch – tip pole away from client (inhale/exhale)
- Change breath pattern

SEATED FOURTH

- Arm reach from pole with assisted stretch
- Assisted body lift
- Bent knee hip lift

NOTES: _____
