

Abdominal Core Power

Kim Thompson • Wise Traditions Conference 2011 Movement Class Notes

Pelvic Rotator Cuff Basics

- **Inhale**
 - belly expands
 - knees open, toes open
- **Exhale**
 - belly contracts
 - knees together, toes together
- **Rest**
 - Rest for one breath cycle (inhale and exhale). Legs remain still and relaxed.
 - Tension above the waist? Gently lower the front of your ribs until you feel movement of breath in the back of the ribs.

PRC Variations

- **Pivot Point**
 - pivot on heels - toes move in and out
 - pivot on toes - heels move in and out
- **Toes**
 - windshield wiper - feet remain flat on floor
 - exaggerate toes - lift and spread toes, curl toes under
- **Positions**
 - sit in chair, feet flat on floor
 - lie on back, knees bent, feet on floor
 - lie on back, knees bent, feet on wall
 - lie on back, legs straight, heels on wall
 - lie on back, legs straight in the air
 - lie on back, hips raised on wedge, any of the above variations
- **Active** = movements with no resistance
- **Resistance** = movements using ball and band to create resistance for the muscles

The **Pelvic Rotator Cuff** (PRC) is a dynamic muscle field that supports internal organs. The main muscles in the PRC are the adductors, the obturator internus and the pelvic diaphragm. Staying balanced, dry and pain-free is best accomplished when PRC muscles work as a functional team with the breathing diaphragm and muscles of the abdomen and low back.

Posture / Movement Thru Space

Posture Muscles make small movements. They are endurance muscles and benefit most from being brought to resting tone and reminding your Autopilot about how to call on them for effective teamwork. They do not require strengthening or stretching.

Movement Thru Space Muscles are responsible for large, global movements. You can stretch and strengthen these muscles, but they are sprinters: do not ask them to work all day to support you in crummy posture.

Muscle Tones:

- high tone = clenching
- low tone = drooling
- resting tone = just right

One goal of the Pelvic Rotator Cuff program is to restore resting tone to the posture muscles.

No Pain!

You are informing your Autopilot. If you generate cramps or other kinds of pain during PRC sequences, your Autopilot will reasonably conclude that this combination of muscle actions is not to be used in daily activities. Keep your movements small and gentle enough to be comfortable throughout.

Abdominal Core Power

- **Function of core muscles:** preserve length and stability of the center line while core is moved thru space and while limbs are moved in relation to the core.
- Sit upright, lift one leg without disturbing spine
- Table, Bird Dog, Plank, Side Plank
- Lie on back, press hands and knees together
- Rotation
 - lie on back, knees bent, feet standing
 - interlace fingers, raise hands toward ceiling
 - alternate taking arms to R and L, tilt legs opposite of arms. Optional: bring knees toward chest / raise feet off floor

Resources

Jan Hulme, PT of the Pelvic Rotator Cuff Institute

www.phoenixcore.com