



## Up and Down and All Around the Studio Pamela Garcia

### Tools used to evaluate movement: how do they assist/challenge

• Setup - Initiation
• What's still What's moving – Dis-association
• Movement Patterns – what needs assistance – challenge

#### **Initiation:**

Setup has a specific sequence of event and sometimes must be adjusted for the body in front of you. Every exercise has a beginning and an end; which are both at the same place. Initiation is where the movement begins; some exercises are simultaneous

#### **What's Still and What's Moving:**

Every movement has something still and something moving and it's important that we teach both pieces. Establish what's what and break out Upper Extremities: Lower Extremities: Trunk Look at it in flexion – extension – rotation – lateral flexion

Is the Trunk still and the extremities moving?

Are the extremities still and the trunk moving?

If the head and shoulders are lifted off the mat; the height of the head does not change.

#### **Alignment:**

A key component of Pilates; proper alignment can both assist and challenge movement. Box; small box; plumb line side; legs and ribcage/ pelvis integration

#### **Gravity:**

Are we working with or against it and what is the relationship between the body the exercise and the apparatus.



# PEAK PILATES®

<b><u>Movement/ Pattern &amp; exercise example</u></b>	<b><u>Common Errors</u></b>	<b><u>Solutions</u></b>
Lifting the head with tips of scapula barely touching Hundred, Ab Series, Coordination, Back Stroke	Head not really up; chin sticking out  Ribs protruding	
Arms reaching overhead  Short Box, Roll up, Teaser	Shoulders Raise; Shoulders out of joint	
Unilateral leg movement  Tree, Single Leg Stretch, Scissors, Criss Cross	Hips shift & lose square, abs bulge, back arches	
Spine extension  Swan, Pull Straps, Semi-Circle, Swimming	Neck & lower back over arches, abs lose supporting scoop, shoulders raise	
Rounded positions  Stomach Massage, Short Box, Rolling like a Ball	Collapsed C Curve, deep kyphotic curve, head dropping	



# PEAK PILATES®

<p>Bilateral leg lifting/lowering</p> <p>Hundred, Lower/Lift, Corkscrew, Teaser</p>	<p>Back arching, abs bulging, quads overly engaged</p>	
<p>Rolling up/rolling back</p> <p>Roll up, Roll Over, Teaser, Rolling like a Ball</p>	<p>Rolling in too open a position, throwing the arms forward to get up, rolling flat, losing control on the way down</p>	
<p>Weight bearing on the hands</p> <p>Front Support, Long Stretch, Push Ups, Elephant</p>	<p>Pelvis, lower back, abs or head dropping; winging scapula, hyperextended elbows, shoulders over fingers hyperextending wrists</p>	
<p>Prone positions</p> <p>Pull Straps, Swan, Single Leg Kick, Double Leg Kick</p>	<p>Lower back overly arched, ribs pressing into the mat, legs flaccid</p>	
<p>Standing bilaterally,</p>	<p>All common</p>	



# PEAK PILATES®

<p>unilaterally</p> <p>Chest Expansion (standing), Power Circle, Arm Weight Series, Elephant, Arabesques</p>	<p>posture deviations that occur on both legs gets exaggerated on one leg</p>	
<p>Opening collar bones</p> <p>Stomach Massage (hands back), Short Box (arms up), Footwork (set up)</p>	<p>Ribs popping up, arching back, chin protruding</p>	