



PILATES EMPOWERMENT SUMMIT

Organize the Pelvis and Ribs on the Tower

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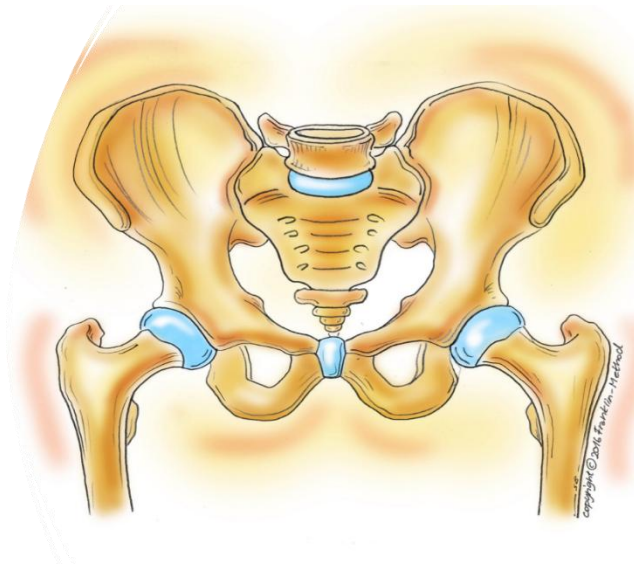
Objectives

- Explore the natural rhythm and movement of the pelvis and rib cage through nourishing Tower variations
- Understand how these variations support spinal organization, breath, and load transfer between pelvis and ribs
- Apply these principles to refine cueing, exercise selection, and hands-on or verbal guidance in practice



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Movement of the Pelvis a Whole



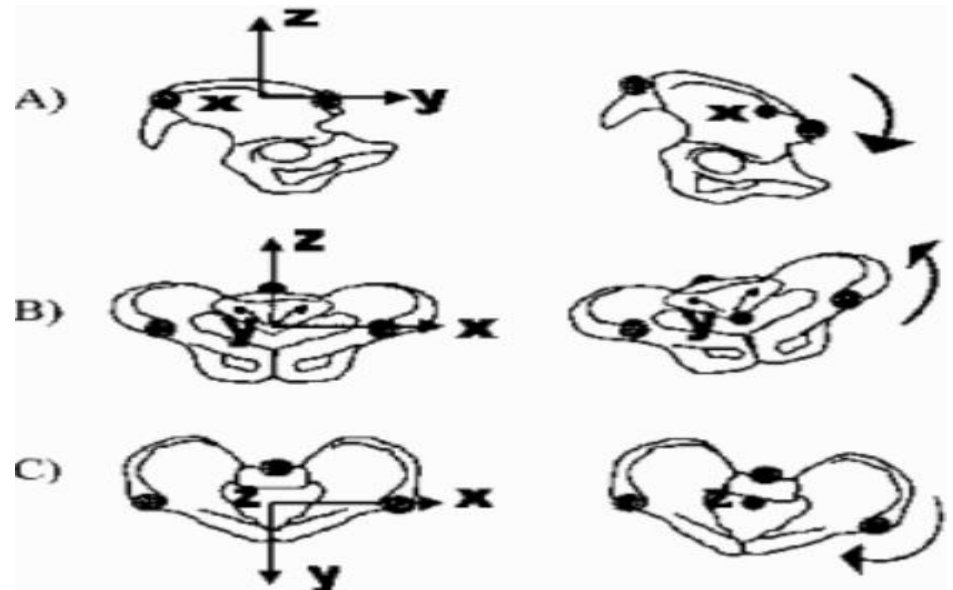
- 2 Pelvic halves (Ilium, Pubic bones, Sitz-bones)**
- Sacrum and tailbone**
- Iliac crest
- ASIS
- PSIS
- Pelvic Inlet/Pelvic Outlet



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Movement of the Pelvis a Whole

- Posterior and anterior rotation (tilt)
- Frontal and posterior translation
- Lateral translation
- Hip hike
- Rotation
- Diagonal translation
- Pelvic movement during spinal flexion
- Pelvic movement during spinal extension





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Exercise	Equipment	Notes
Seated pelvic clocks	Roll back bar	
Side to side rocks	Roll back bar	
Bridges – clocks, reaches, side to side	Roll back bar	
Rollback	Roll back bar	
Short box flat	Roll back bar	
Short box twist and reach	Roll back bar	
Short box tree front	Rollback bar	
Partial seated rolling in and out	Roll back bar	
Rolldown – kneeling, standing	Roll back bar	



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Exercise	Equipment	Notes
Roll up with bent legs, straight legs	Push-through bar	
Teaser – leg extended on the mat	Push-through bar	
Teaser – legs bent	Push-through bar	
Teaser – rolling	Push-through bar	
Swan prep	Push-through bar	
Swan	Push-through bar	
Thigh stretch	Push-through bar	
Thigh stretch	Roll back bar	
Kneeling cat	Push-through bar	



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Movement of the Femur Head and Pelvic Half



In hip flexion: femur head rolls back

In hip extension: femur head rolls forward



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Movement of the Femur Head and Pelvic Half



In single leg hip flexion: Pelvic half rotates back: ASIS back, sitz-bone forward

In single leg hip extension: Pelvic half rotates forward: ASIS forward, sitz-bone back



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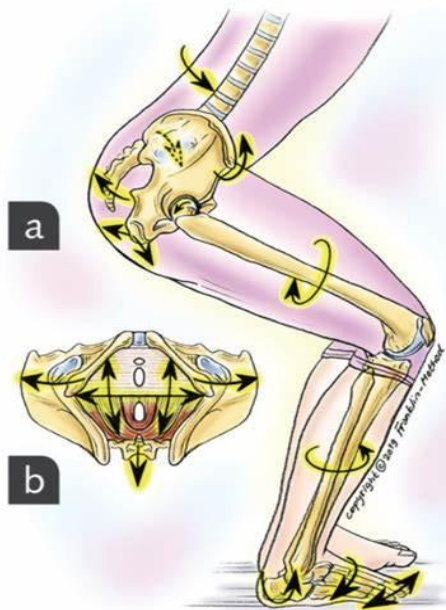
Movement of the Femur Head and Pelvic Half

Exercise	Equipment	Notes
Single Leg Frog	1 leg spring	
Single leg Lower Lift	1 leg spring	
Single leg abduction	1 leg spring	
Scissors	2 leg springs	
Single leg stretch	2 leg springs	
Side-kicks – front and back	1 leg spring	
Side-kicks – up and down	1 leg spring	
Side-kicks - bicycle	1 leg spring	



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Bone Rhythms during Hip Flexion and Extension



Hip flexion:

- Sacrum nutates
- Sitz-bones out
- ASIS in
- Low back curve deepens

Hip extension:

- Sacrum counter-nutates
- Sitz-bones in
- ASIS out
- Low back returns to regular lordosis



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Bone Rhythms during Hip Flexion and Extension

Exercise	Equipment	Notes
Frog	Leg springs	
Lower Lift	Leg springs	
Leg Circles	Leg springs	
Squat with Push-through bar	Push-through bar	



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Rib Cage and Rib Angle

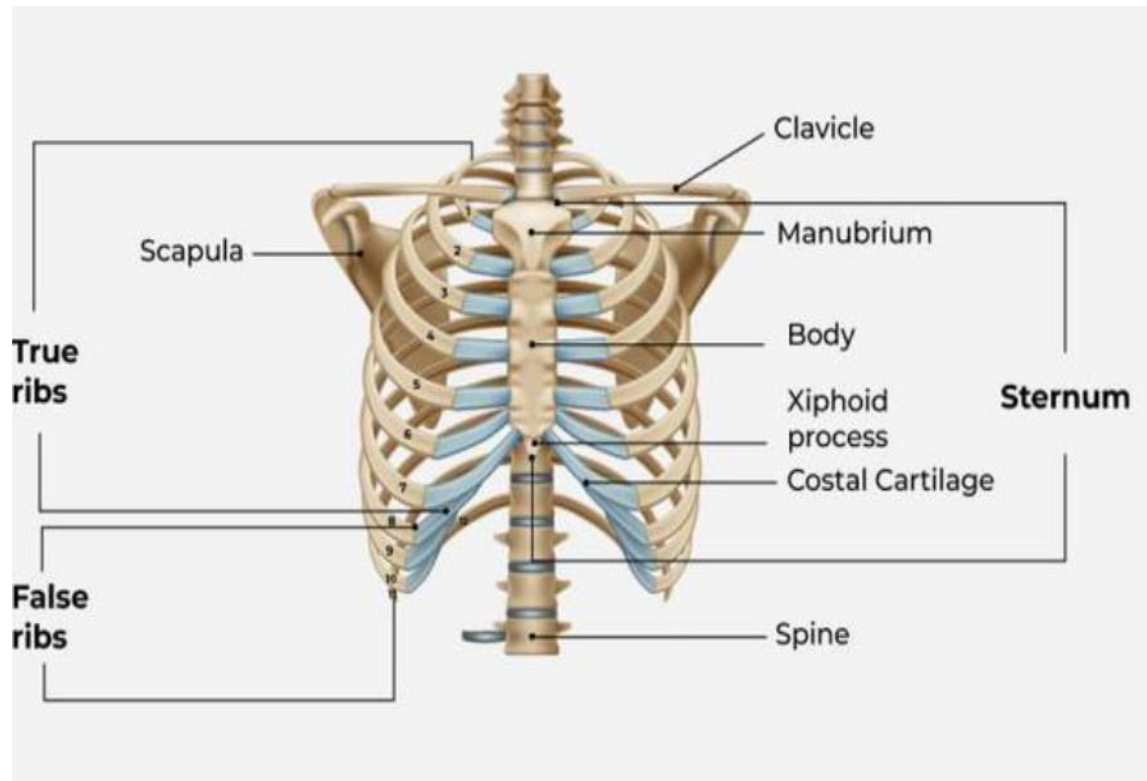




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Rib Cage and Rib Angle

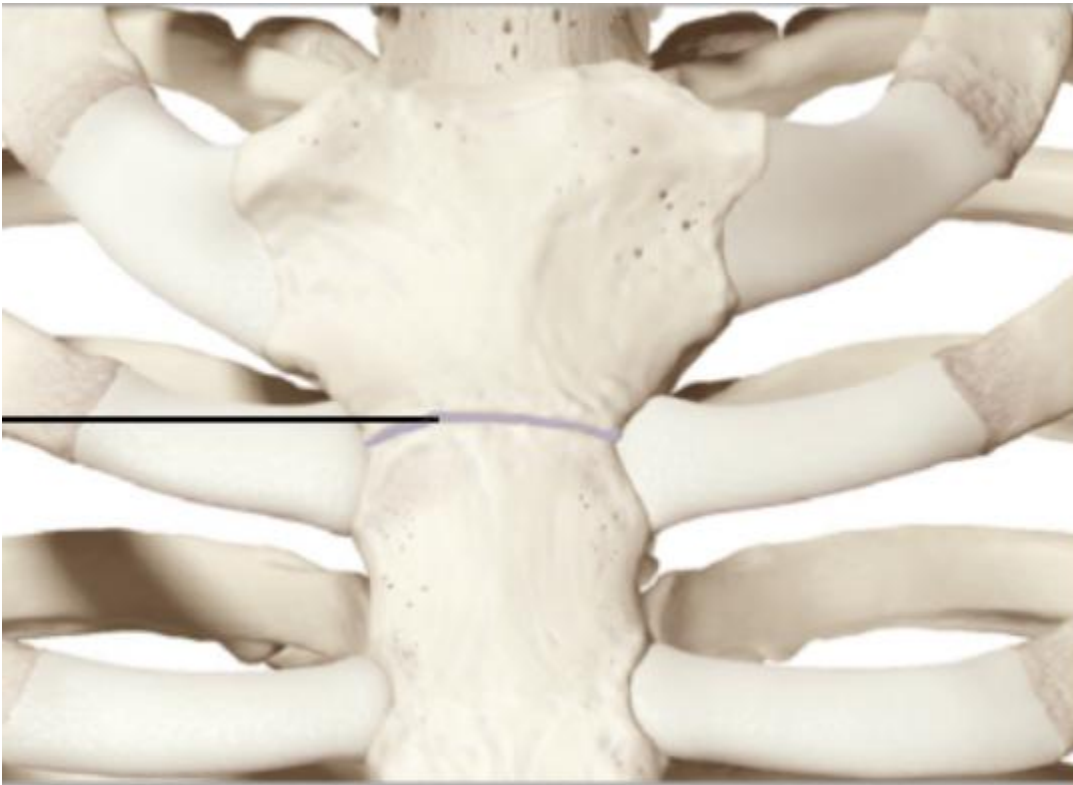
Rib angle – widens in spinal extension
Rib angle narrows in spinal flexion
Rib angle widens on inhale
Rib angle narrows on exhale





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Manubriosternal joint (sternal angle)



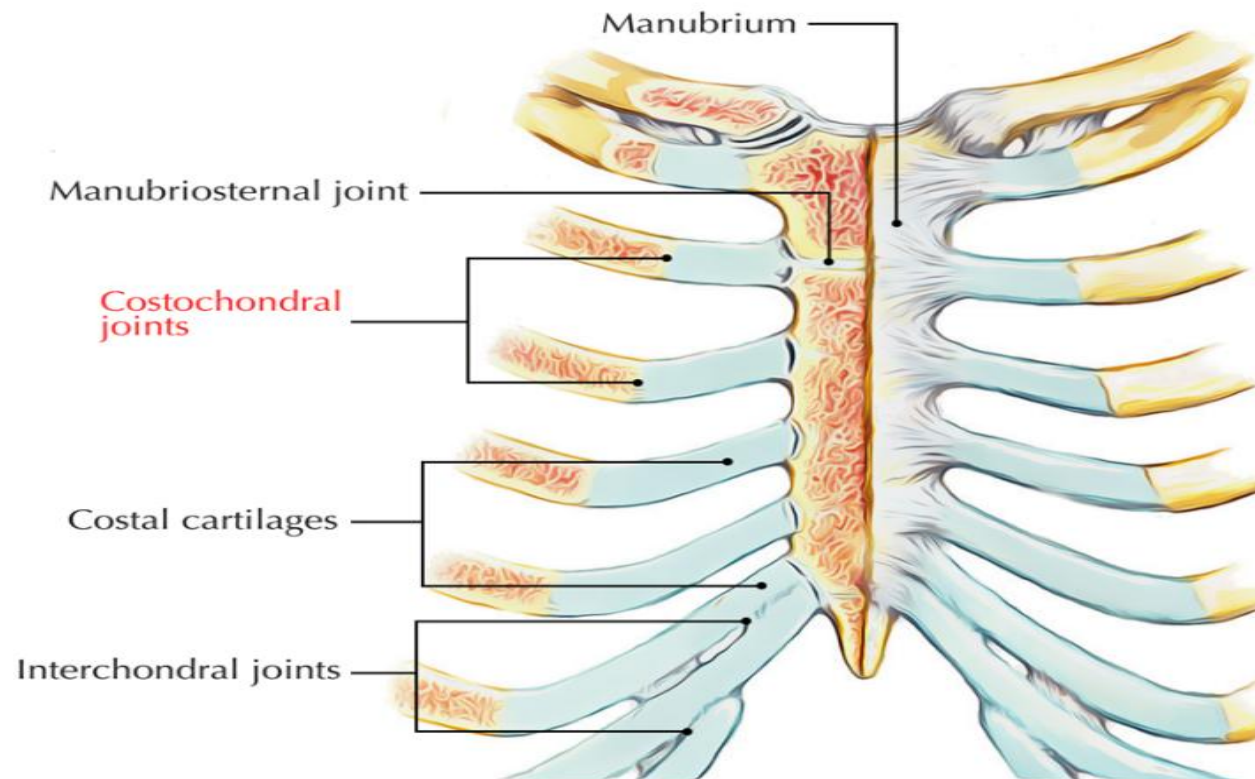
During breathing, it allows a small amount of movement as the rib cage expands and contracts.

It helps the sternum act like a slightly flexible unit, rather than a completely rigid bone.



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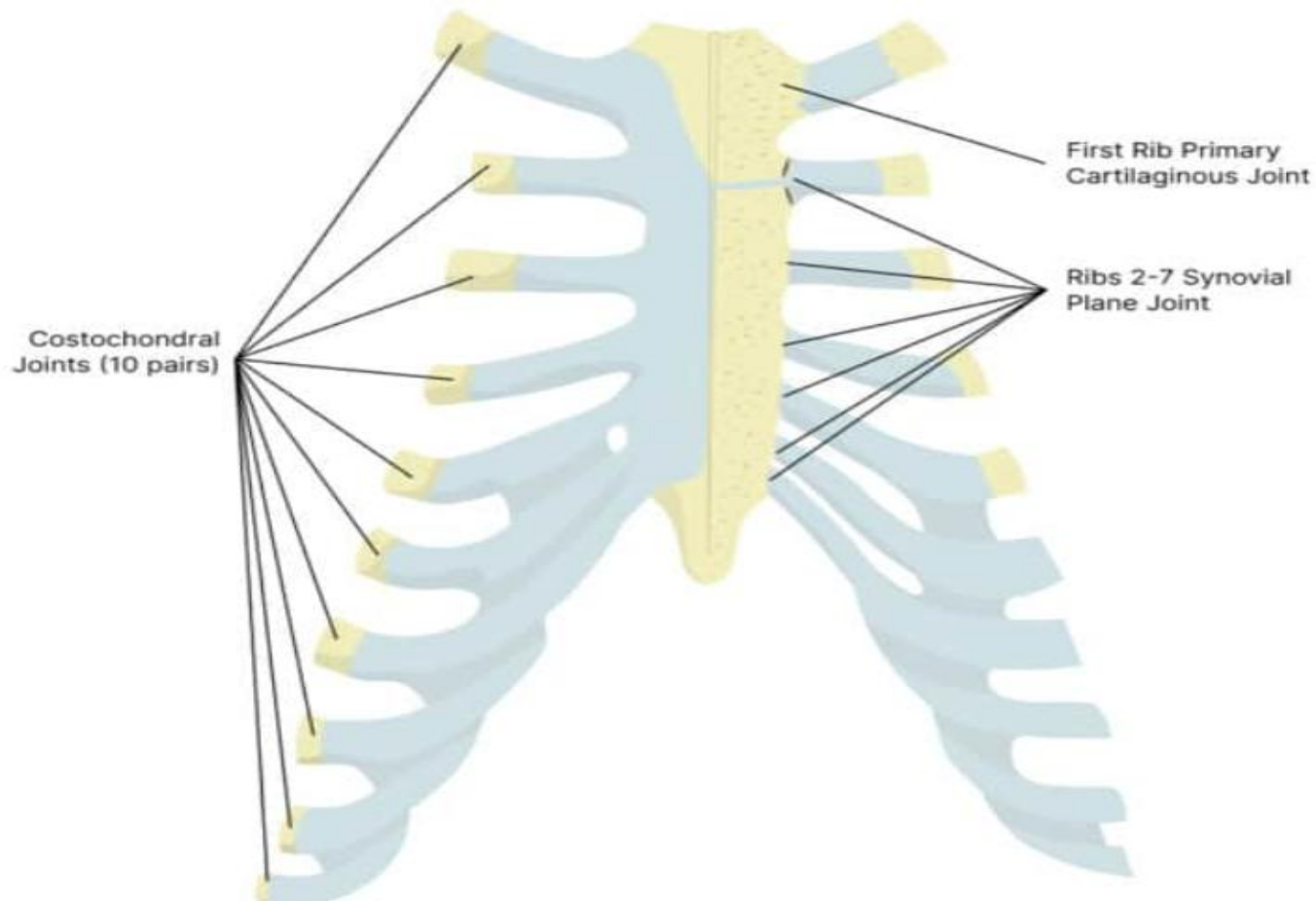
Costochondral Joints





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Sternal Costal (Synovial Plane) Joints

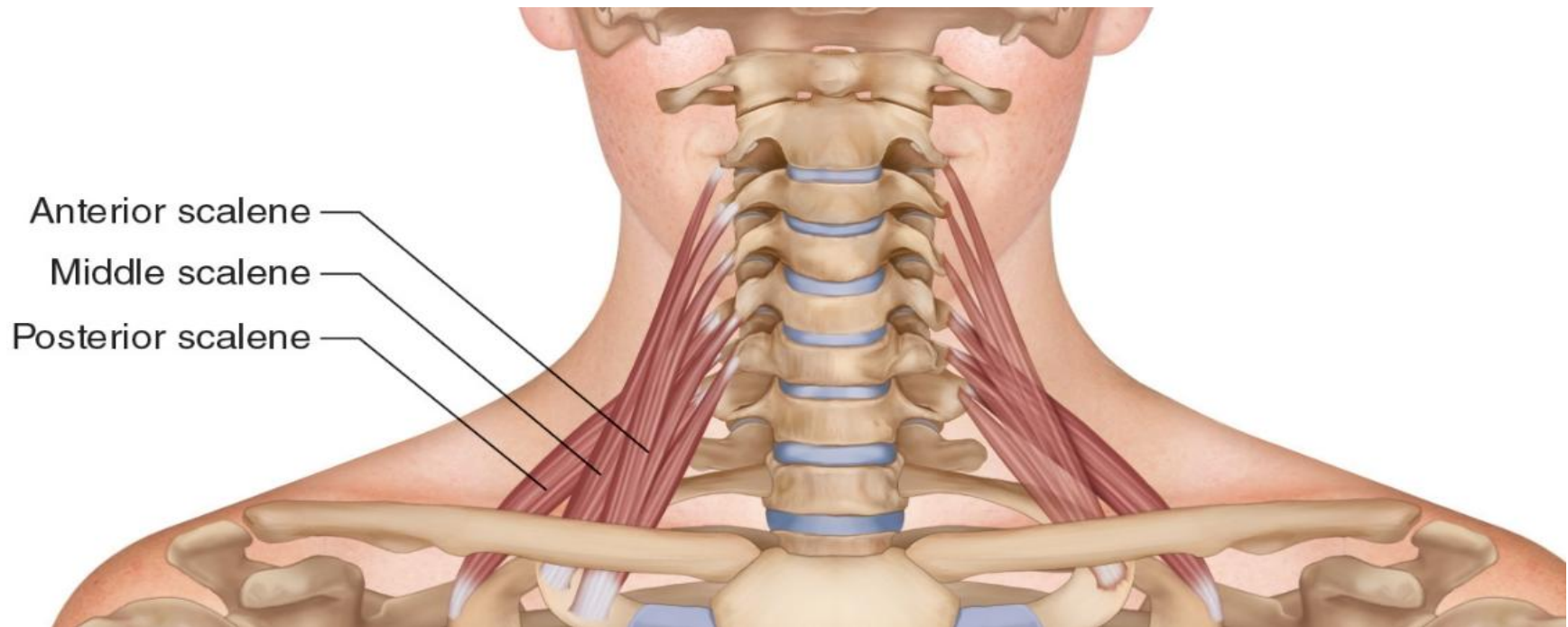




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Scalene muscles and 1st rib

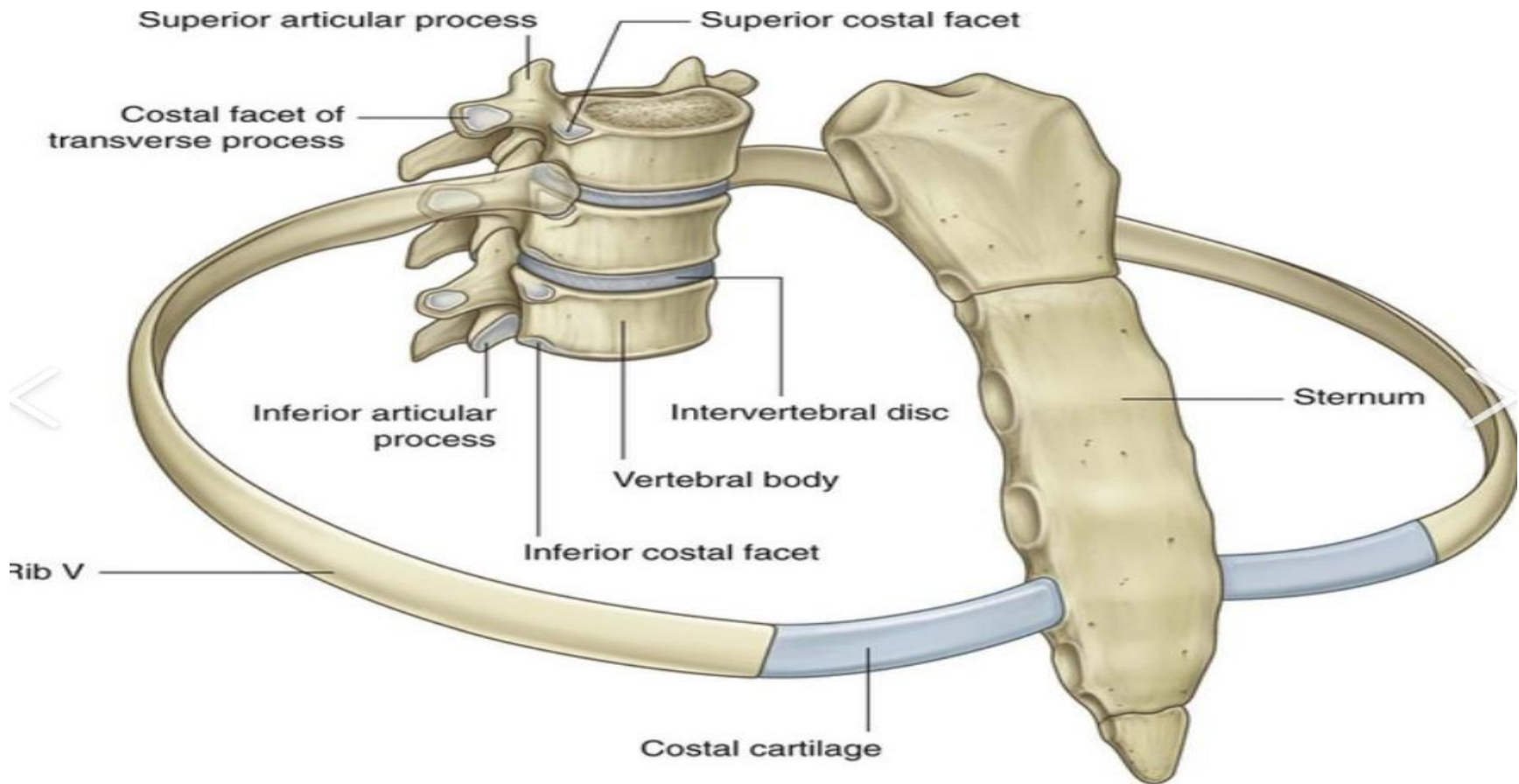
Scalene muscles lift the 1st and 2nd ribs up during inhalation





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Ribs and Spine





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Orientation of Ribs



Top ribs – pump handle movement

Lower ribs – bucket handle movement

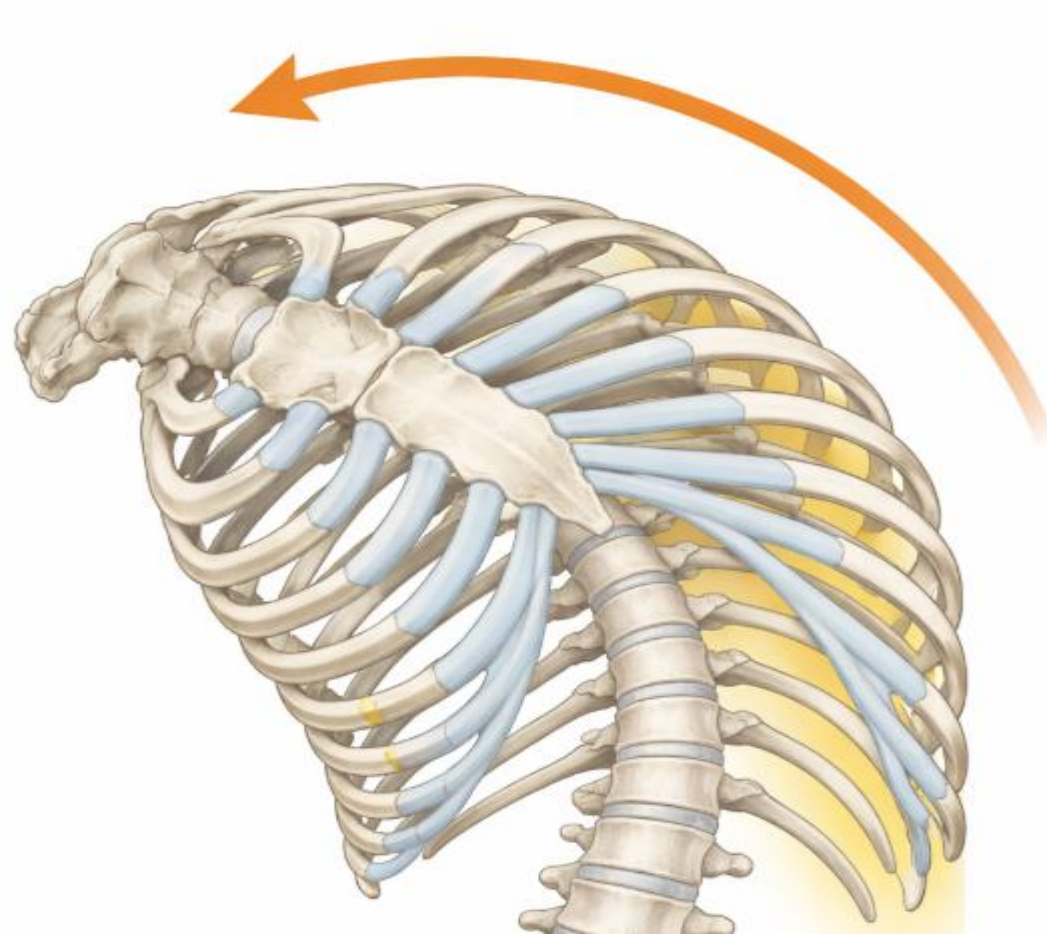
Floating ribs – open back

When front of the rib lifts, back of the rib drops down



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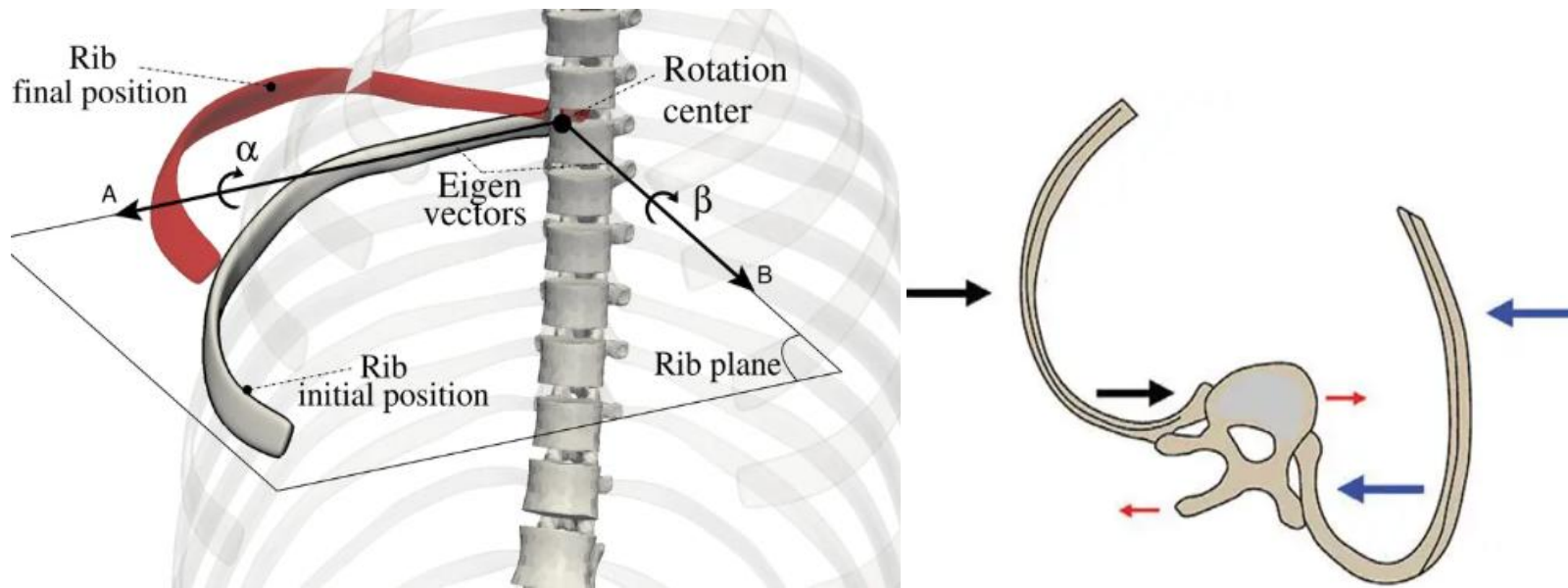
Ribs in Lateral Flexion





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Ribs in Rotation



- Ribs approximate
- Ribs slide over each other
- Ribs change shape



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Ribs and Sternum Movement

Exercise	Equipment	Notes
Supine Arm Springs	Arm springs	
Breathing on the tower	Arm springs	
Chest expansion	Arm spring	
Kneeling rolling in and out	Arm springs	
Flying eagle	Arm springs	
Side sit up	Arm springs	
Seated mermaid	Push-through bar	
Seated mermaid with rotation	Push-through bar	



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Sample Class

Exercise	Equipment	Notes
Seated pelvic circles	Roll back bar	
Rollback	Roll back bar	
Shoulder bridges	Roll back bar	
Rolling like a ball	Roll back bar	
Breathing – Rotation Variation	Roll back bar	
One Leg Circle	Opposite leg spring	
Abs series variations	2 leg springs	
Seated upper back rotation	2 springs	
Seated rows + rotation	1-2 springs	



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Exercise	Equipment	Notes
Roll Up	Push-through bar	
Shoulder Rolldown	Push-through bar	
Tree Front	Push-through bar	
Cat-cow + Extension	Push-through bar	
Seated mermaid – cat cow	Push-through bar	
Swan Prep	Push-through bar	
Single Leg Kick	Push-through bar	
Double Leg Kick	Push-through bar	
Teaser Variation	Push-through bar	
Kneeling Side Kicks	Push-through bar	
Butterfly	2 springs	
Standing Chest Expansion	2 springs	
Pushdown to squat	2 springs	



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