

scientific sequencing PTX THEOREMS

Use in conjunction with
“Quick Reference Guide to
Analyzing Postural Therapy Exercises”

Excerpt from PTX Education & Training Manual (Vol. II)

EXERCISE SEQUENCING

SPECIAL CONSIDERATIONS, via (1) Observation and (2) Client Feedback

A. POSITIONING / FRAMES OF REFERENCE

B. APPROPRIATE LEVEL OF DEMAND (within each position)

C. SUBSTITUTIONS

- a. Sub an exercise (same area/region)
- b. Sub an exercise (completely different area/region)

D. EVAL, AND RE-EVALUATION

- a. Postural Alignment
- b. GAIT
- c. Symptoms (static, upon movement, during exercises)
- d. Constant / Ongoing

1. EVALUATE BREATHING PATTERN

* INSTRUCT DIAPHRAGMATIC BREATHING

2. REDUCE THE SYMPTOM - "NO RULES"

3. CREATE A NEUTRAL POSTURE

DEVIATION REDUCTION THEOREM: Postural deviations are reduced or eliminated by performing an exercise that is in the direction of plane of motion from which the body deviates. **EXAMPLE:** a person with rotation (hip and torso) who enters a closed kinetic exercise / position such as counter stretch, whereby the rotation cannot be maintained during the exercise.

Using principles of physics (kinetics):

- use reference points to force the take away of certain postural deviations and muscle imbalances: floor, wall, wall/floor combo, chair, blocks, towels, straps, etc.
- by performing exercises in a position foreign to the body's dysfunctional state, proper alignment and muscular engagement is afforded.

Addendum to above: This is a general guideline and does not apply in all cases. Use it when you have trouble thinking of appropriate exercises or when you invent new ones.

- A. REDUCE FRONTAL PLANE DEVIATIONS
- B. REDUCE SAGITTAL PLANE DEVIATIONS
- C. REDUCE TRANSVERSE PLANE DEVIATIONS

4. REGAIN LOST MOTION THROUGH THE RESTORATION OF MUSCLE FUNCTION

- A. FLEXION AND EXTENSION - Sagittal Plane
- B. BILATERAL LATERAL MOTION - Frontal Plane
- C. ROTATION - Transverse Plane
- D. UNILATERAL LATERAL MOTION

5. STABILIZE AND STRENGTHEN

MUSCULAR HOLD THEOREM: Muscular imbalances that lead to postural deviations and biomechanical compensations can be reduced or eliminated only if exercises are performed in a sequence that first addresses a dysfunction and then applies a strong “hold” that doesn’t allow the push or pull of muscles or muscle groups to reengage the dysfunction. EXAMPLE: a person with asymmetries in scapular position and/or movement, whose routine has called for elbow curls, then pullovers, may then require reverse presses or sitting floor, to “hold” what was accomplished prior.

- A. CENTER OF GRAVITY
- B. PROXIMAL TO DISTAL
- C. POSTURAL MUSCLE GROUPS
- D. DYNAMIC MUSCLES GROUPS

6. MAINTAIN NEUTRAL POSTURE UPON CONCLUSION OF SEQUENCE

7. MACRO / PROGRAM SEQUENCING: Week to week, month to month, including, maintenance schedule

EXAMPLES

“VERIFICATION”

EXERCISES THAT REDUCE FRONTAL PLANE DEVIATIONS

Static Back
Airbench
Static Extension Position
Reverse Presses
Knee Pillow Squeezes
Gluteal Contractions
Scapular Contractions
Inner Thigh Stretch / Frog etc (more demanding)
Shoulder Rolls
Hip Flexor Lifts

“VERIFICATION”

EXERCISES THAT REDUCE SAGITTAL PLANE DEVIATIONS

Airbench
Squat
Static Extension (position and elevated)
Static Back
Cats and Dogs
Abdominal Crunches
Static Wall or Sitting Floor
Downward Dog
Hand Leg Opposite Lifts (hands & knees)
Isolated Hip Flexors Lifts
Pelvic Tilts
Pullovers
Shoulder Rolls
Bilateral Hamstring Stretch (hanging, static wall, downward dog, counter stretch)

“VERIFICATION”

EXERCISES THAT REDUCE TRANSVERSE PLANE DEVIATIONS

Gravity Drop
Hip Crossover
Foot Circles and Point Flexes
Gluteal Contractions
Shoulder Rolls
Sitting Floor Twist
Femur Rotations (sitting, supine, and static wall)
Hand Leg Oppos8ites (hands & knees)

**“VERIFICATION”
MULTIPLANAR EXERCISES**

Arm Circles
Gravity Drop
Airbench
Static Back
Elbow Curls
Hip Crossover
Cats and Dogs
Downward Dog
Foot Circles and Point Flexes
Assisted Hip Lift
Sitting Floor Twist