

Balance & BonesTM

-prevent falls and injury-

A Presentation by Linda Rose Iennaco

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Exercise

(medical-dictionary.thefreedictionary.com/exercise)

Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

Activity

(www.merriam-webster.com/dictionary/activity)

- the quality or state of being **active**
- vigorous or energetic **action**, liveliness
- natural or normal function
- a pursuit in which a person is **active**;

Stretching

Static stretching is a muscle lengthening
and relaxing activity
which helps increase range-of-motion,
flexibility and comfort during and after
exercise activity.

Overhead Stretch



“use it or lose it”

- Strength
- Endurance
- Range of Motion (ROM)
- Flexibility
- Mobility
- Balance
- Love of life

Doctors rarely recommend

- **Bed rest**
 - for everyday of bed rest – it takes 7 days to regain strength

Normal Curves of The Spine

MUSCLES Testing and Function by Kendall McCreary & Provance

Cervical

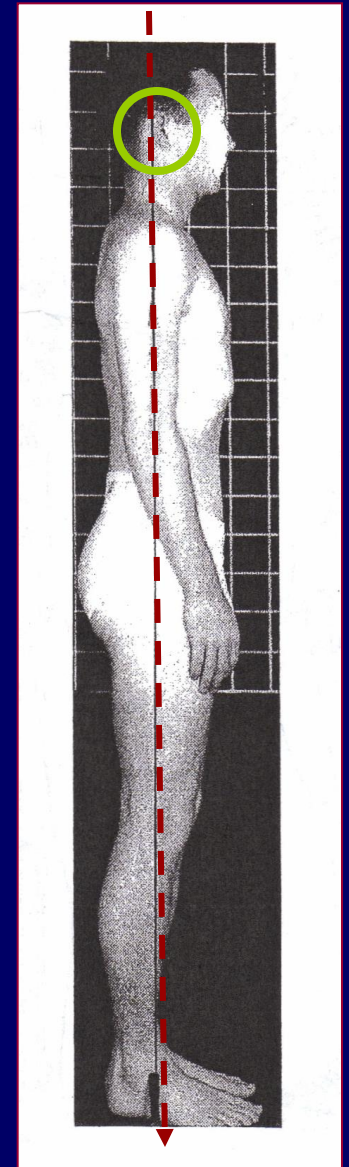
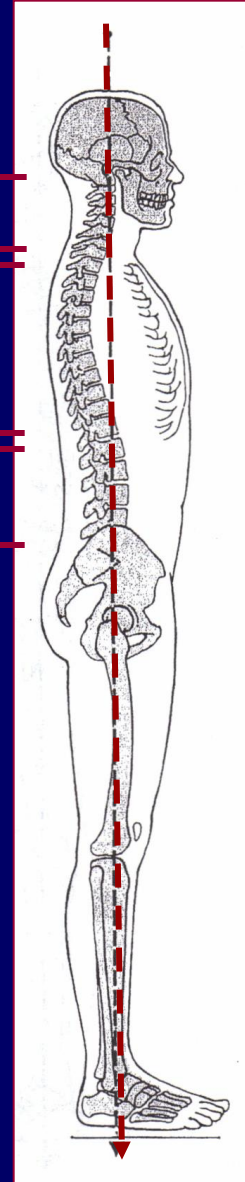
Thoracic

Lumbar

PLUMB LINE

- A line (piece of cord) to which is attached a plumb bob (a small lead weight).
- When suspended, it represents a vertical line.
- When used for analyzing standing posture, it must be suspended in line with fixed points, namely, midway between heels in posterior view, and just anterior to the lateral malleolus in a lateral view.

Muscles Testing and Function by Kendall, McCrary, Provance



Linda's 'Laws' of Alignment

'Ears over shoulders'

'Bellybutton pulled back and up your spine'

'Shoulder blades pressed flat on your back'

'Legs in line with hip joints'

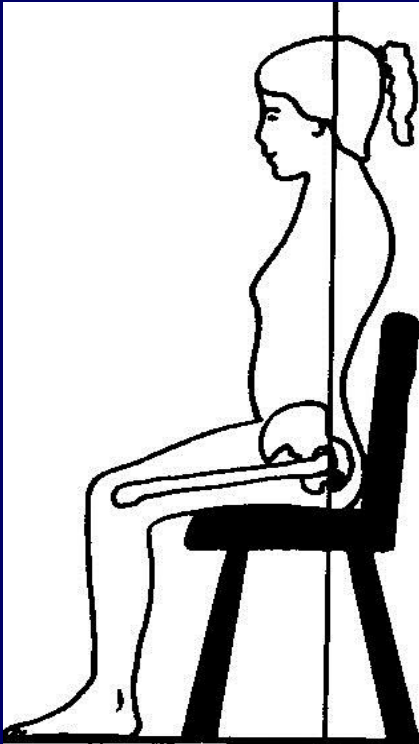
'Palms face each other'

-and for safety when bending: 'Head above heart'

before sitting: 'Back of legs touch chair'

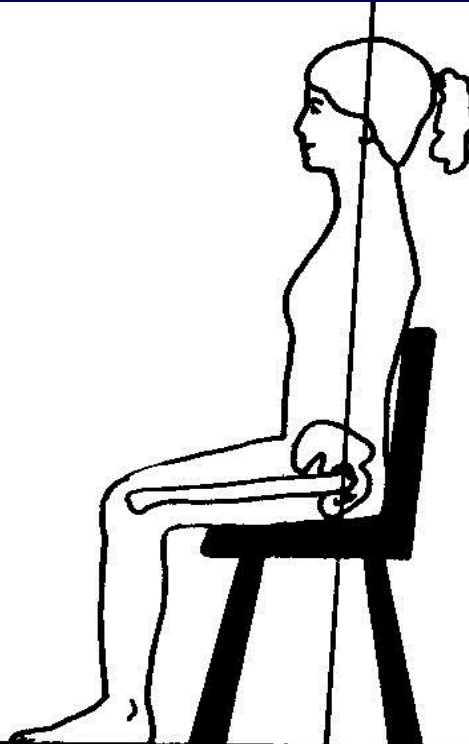
Seated postures

lumbar lordosis



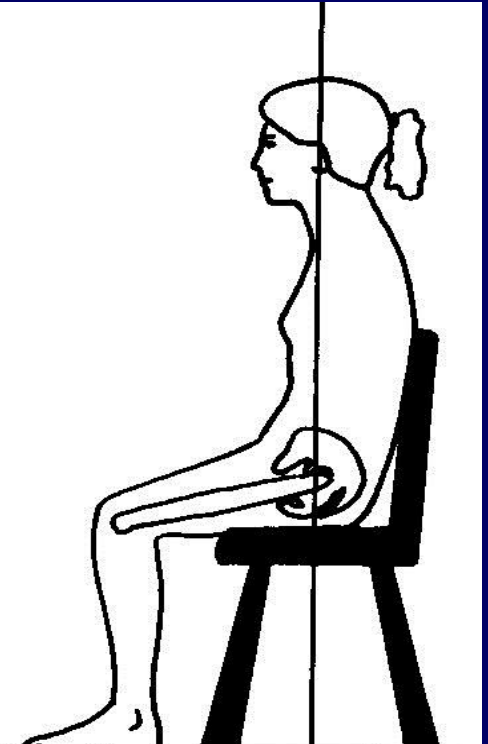
A

neutral



B

thoracic kyphosis



C

“I’ve lost my balance!”

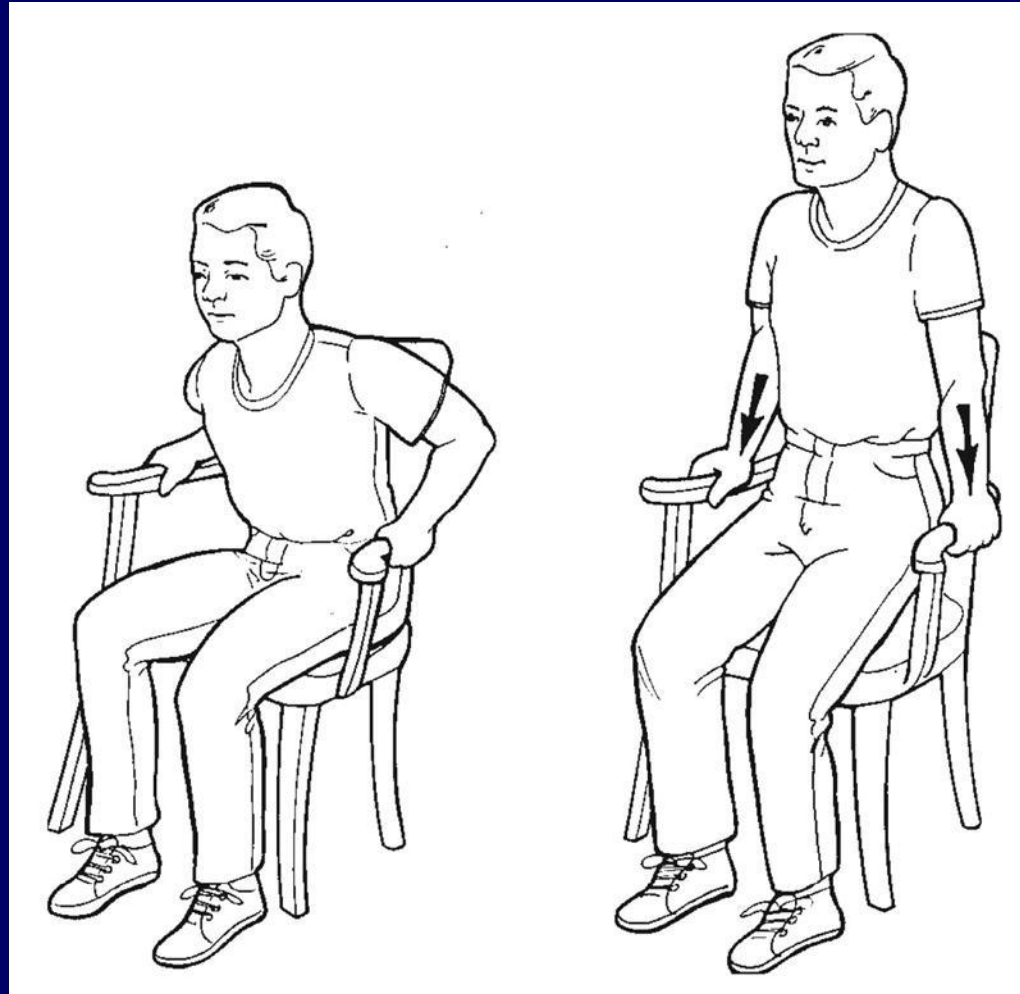
?What did we have that we no longer have?

- Muscle strength
- Range of motion
- Change of motion

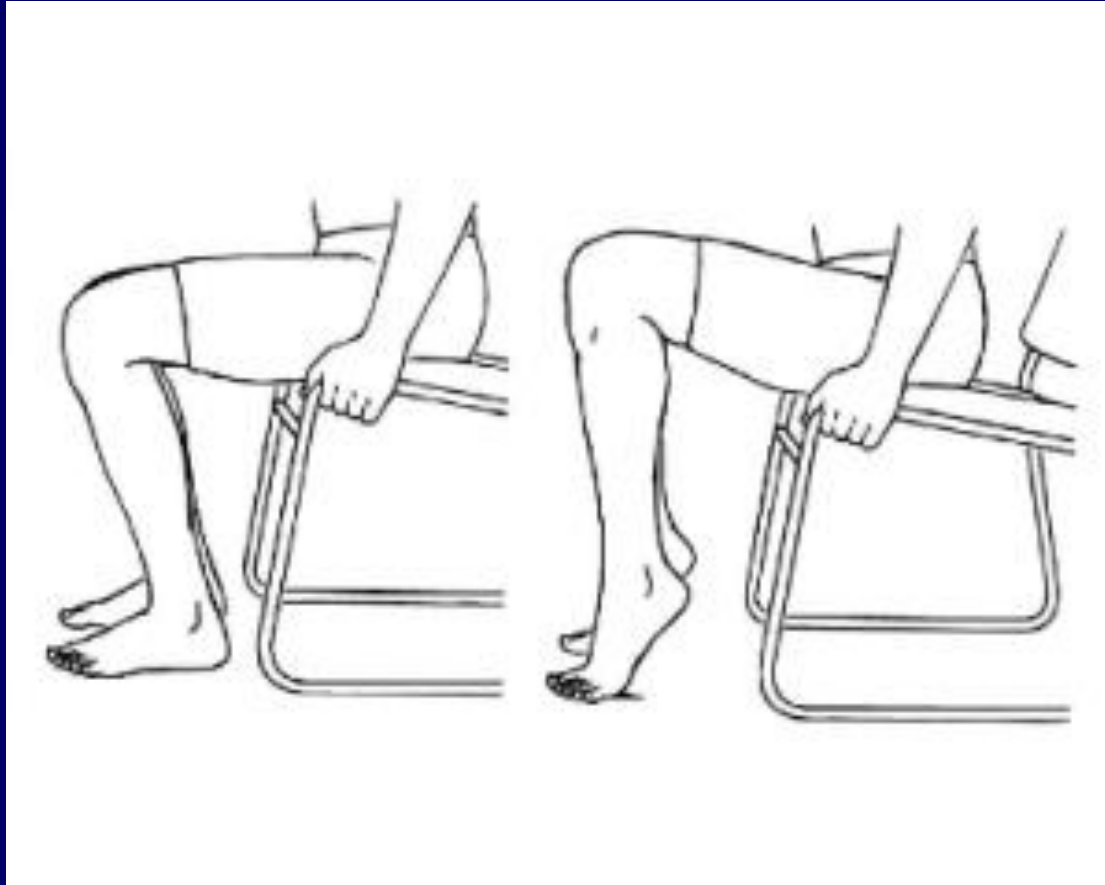
Building lower body strength



Building upper body strength



Seated Heel Raise



ALPHABET – by the foot

B

Q

F

N

K

R

H

S

U

D

X

W

M

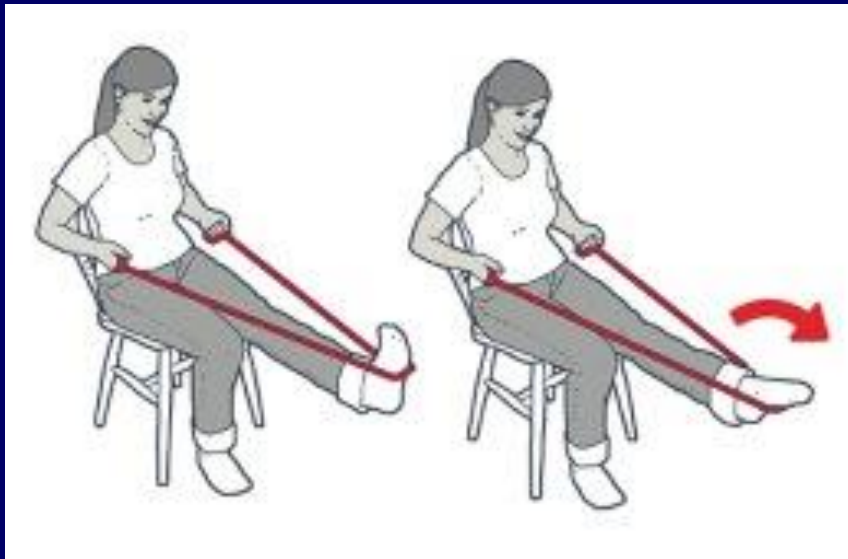
Y

Z

L

J

Lower Limb Activities with Resistance Band



Lower Limb Activities with Free Weights

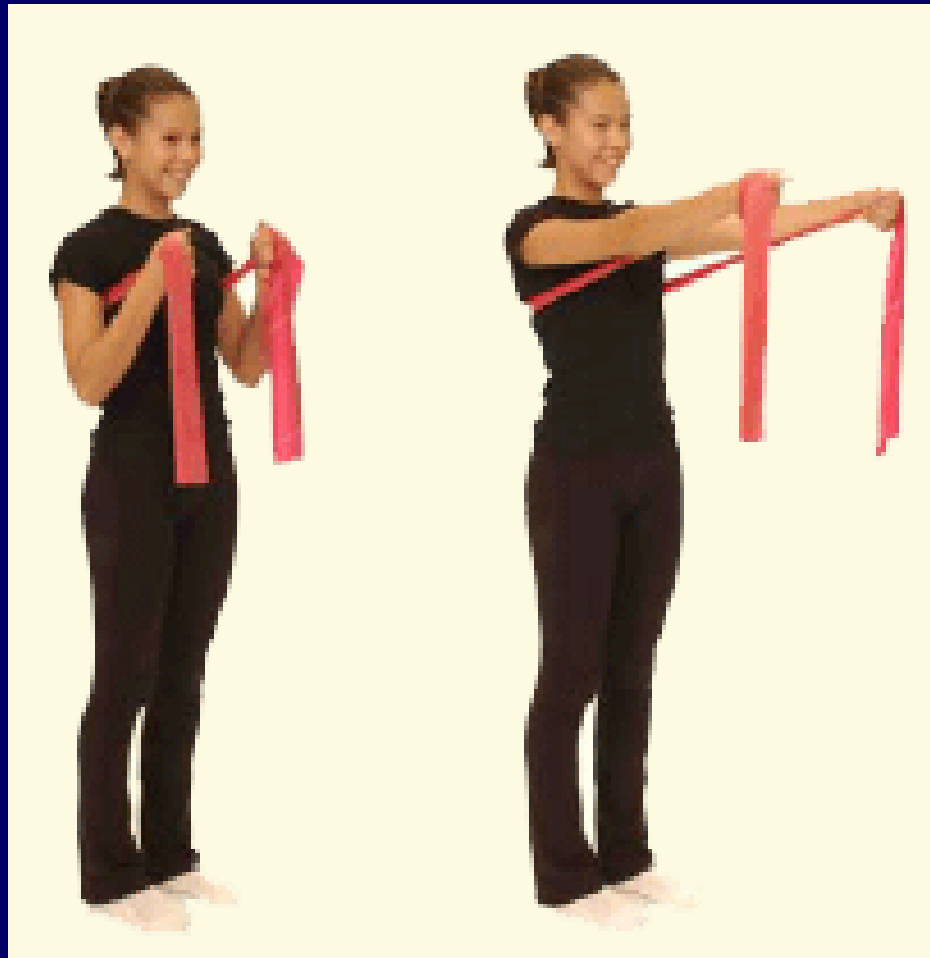
- Dorsiflexion
- Knee lifts (marching)
 - Add one tap: tap-step

UPPER Limb Activities with ADDED Resistance

- Wrist curls: supinated (palms up)
pronated (palms down)
- Chest press: forward
overhead

Chest Press with Resistance Band

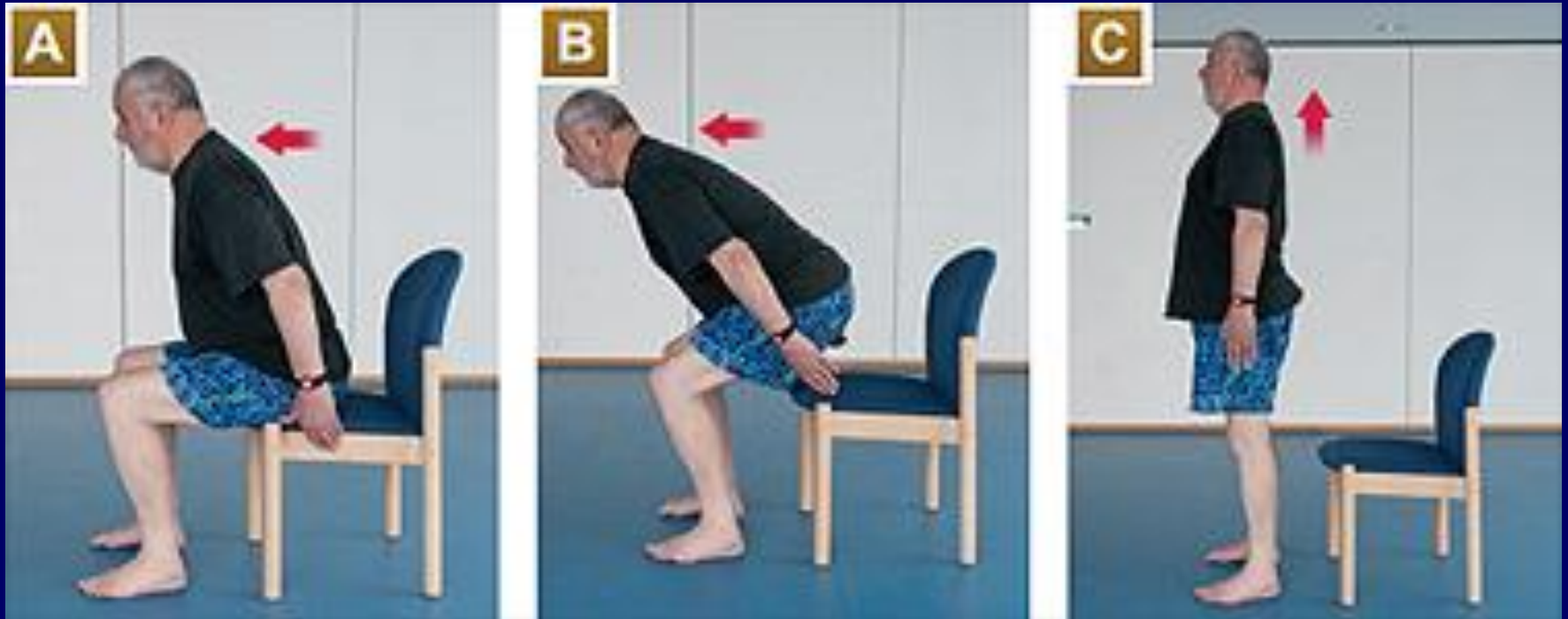
-seated or standing-



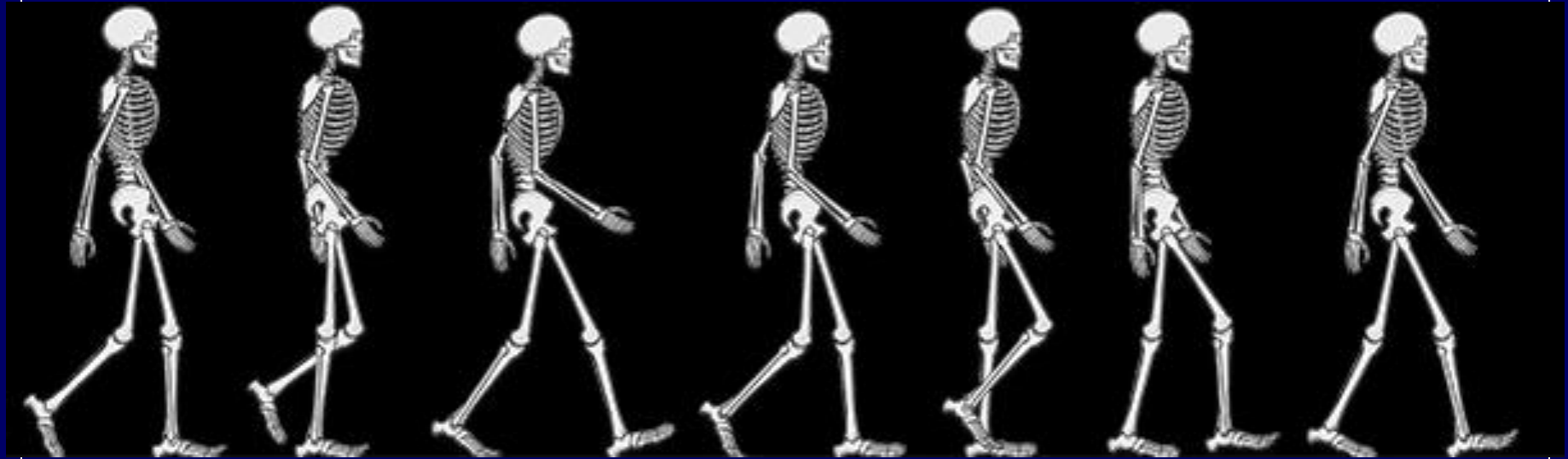
Seated Weight Shift Side-to-Side



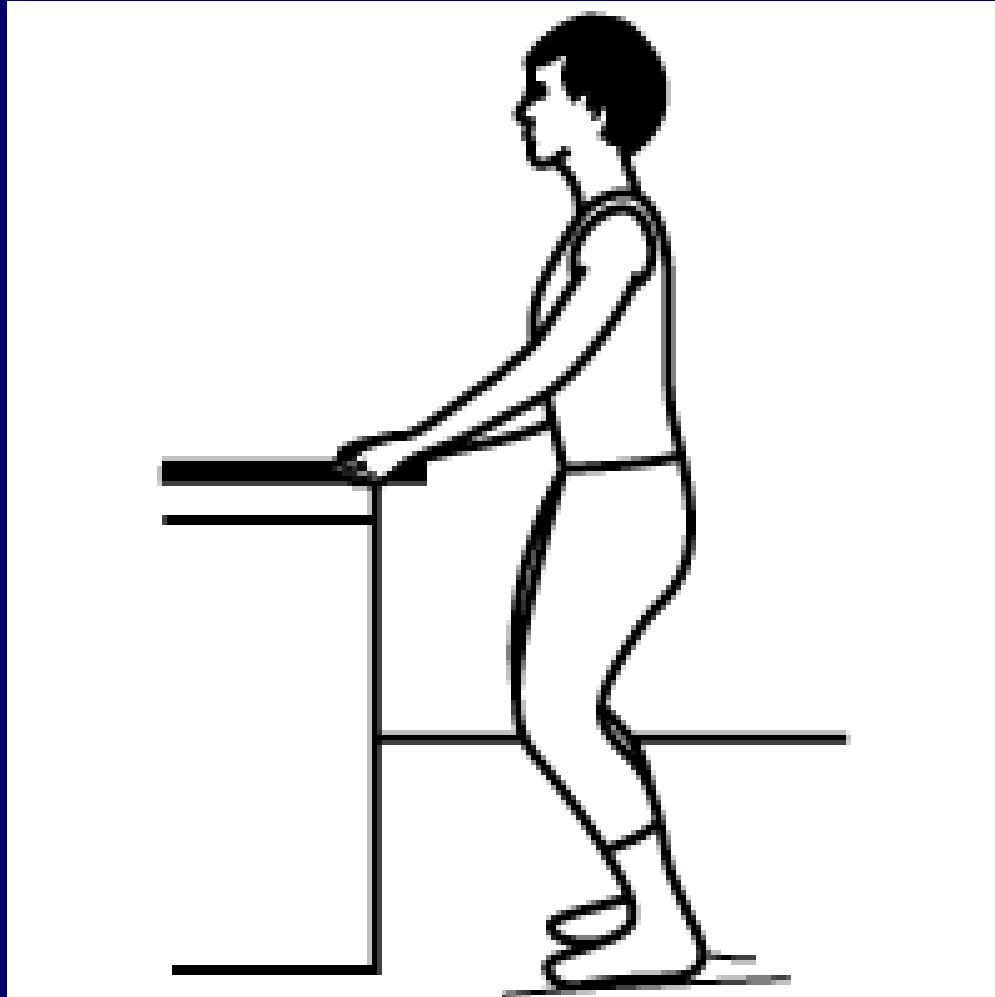
Sit to Hover to Stand to Squeeze to Hover to Sit to ...



... and then to STRIDE



Knee Bends or 'mini-Squat



Standing Weight Shift Side-to-Side



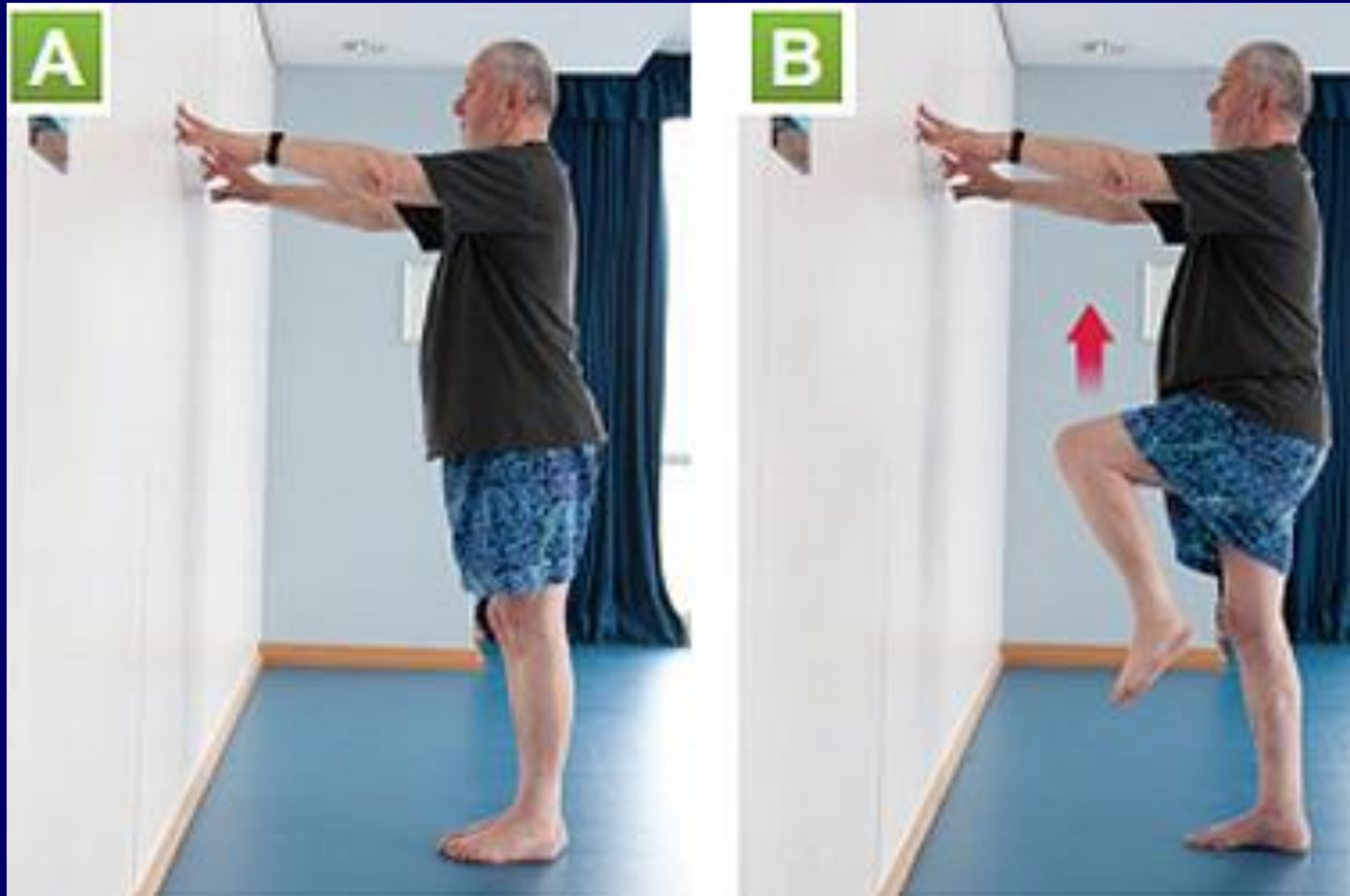
Standing Heel Raise



-and then ...

- Walk on toes (balls of feet)
- Walk on heels
- Heel jar
- 'Faux' jumping

Single Leg Stance



Single Leg Stance



Tandem (Heel-Toe) Stance



BONUS ACTIVITY!!!!

WALL PUSH-UPs

Injury-Prevention - if you lose your balance

Improves:

- reaction time
- postural strength
- balance
- upper limb and chest strength

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MOVING FORWARD™

-or to the side, even backwards,
but keep moving **SAFELY!**

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Postural and Safety Directives

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‘Legs in line with hip joints’

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