

Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Spine Stretch Forward
Critical Instances	Personal Execution
<p>Setup:</p> <ul style="list-style-type: none"> • Inhale and sit tall on your sit bones with your back against an imaginary wall. • Legs slightly wider than your shoulders, knees pointing to the ceiling and heels lengthening away. • Arms straight out in front, palms down. • Roll your shoulder blades away from your ears. <p>Action:</p> <ul style="list-style-type: none"> • Exhale, hollow your abdomen and peel off an imaginary wall vertebra by vertebra. • Reach forward "up and over a barrel", and stretch forward. • Inhale as you roll back up: your sacrum, your low back, your mid back, your upper back, and finally your neck and head. <p>Classic Pilates Cueing:</p> <ul style="list-style-type: none"> • Peel off the wall. • Exhale and reach over a barrel. <p>Purposes:</p> <ul style="list-style-type: none"> • Stretches the spine vertebra by vertebra, and stretches the hamstrings • Teaches how to sit tall on the sit bones (so you don't slump at your desk). <p>Precision Points:</p> <ul style="list-style-type: none"> • Align your back and head against an imaginary wall. • Don't muscle into the C-curve, but rather scoop deeply inward and upward, and relax into it with the help of your powerhouse. <p>Modifications:</p> <ul style="list-style-type: none"> • If your back is sore, bend the knees slightly and ease forward a minimal (even 2 inches is OK) distance, staying within your pain free or minimal pain range. • Pelvis tilts backward when you are sitting tall - Bend your knees slightly until pelvis is vertical. 	