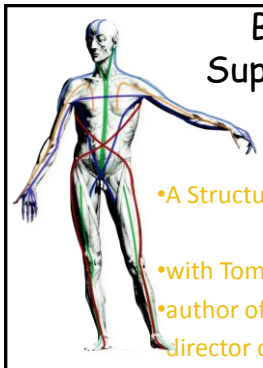


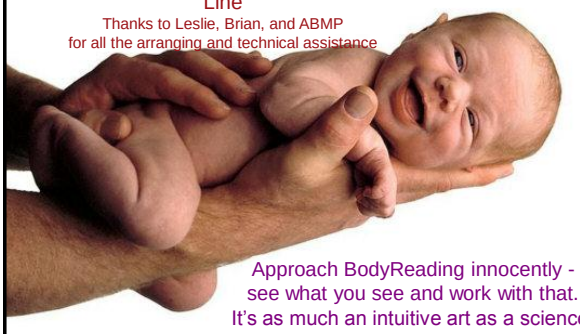
BodyReading the Superficial Front Line

- A Structural Approach
- with Tom Myers,
- author of *Anatomy Trains*
- director of Kinesis, Inc

"Seeing is touch at a distance" - Dr Ida Rolf

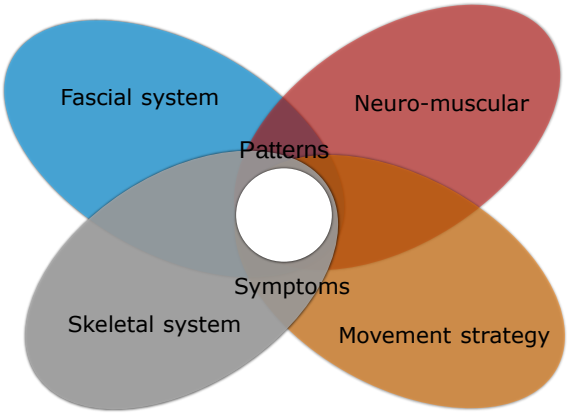
Thanks & Welcome to the Superficial Front Line

Thanks to Leslie, Brian, and ABMP
for all the arranging and technical assistance

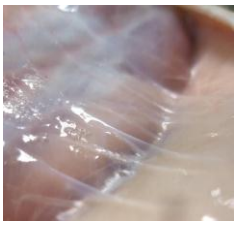


Approach BodyReading innocently - see what you see and work with that. It's as much an intuitive art as a science.

Your seeing skills will build with practice



Patterns occur in the 'neuro-myo-fascial web'



Your fascia is your richest sensory organ - you are 'feeling your fascia' much more than your muscles.

There are many levels to 'movement' in your brain

Patterning occurs for biomechanical, traumatic, emotional, and psycho-social reasons

The Path to Structural Compensation

Experimentation becomes gesture.

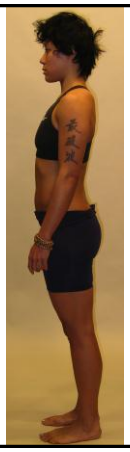
Posture becomes structure.

Structural Compensation

Gesture becomes habit.

Habit becomes posture.

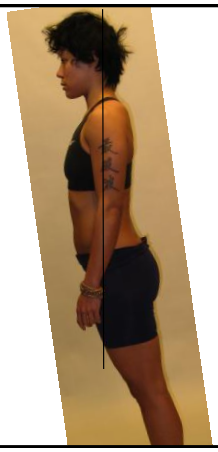
BodyReading : to be holistic it has to be relational - about relativity & relationship - not just biomechanics



Looks good, right?

Strong, upright, toned and ready

But if we build her posture from her rib cage, we see just how the soft-tissue has to be patterned



Tight 'extensor coxae brevis', short scalenes, dysfunctional relationship between the lumbar and the legs.

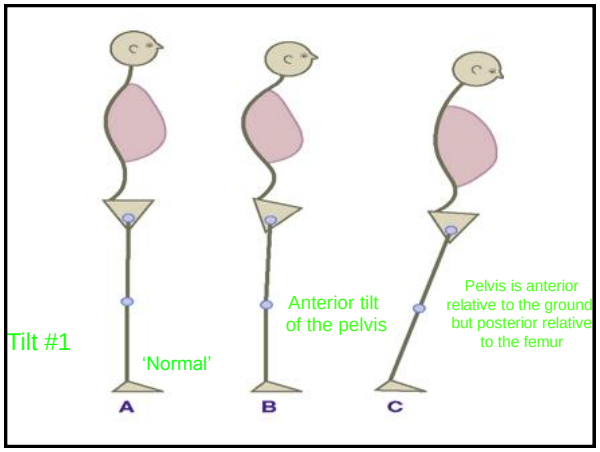
BodyReading Terminology

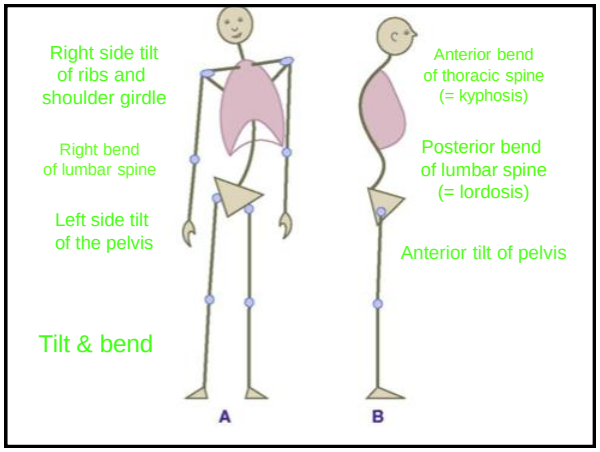
Tilt: A body part leans off the vertical or horizontal relative to another part

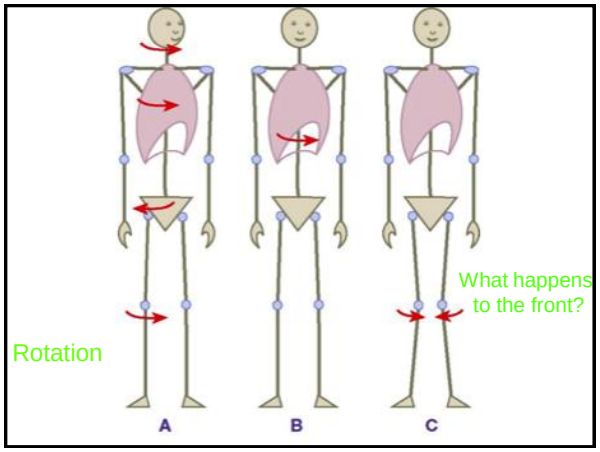
Bend: A series of tilts in the spine

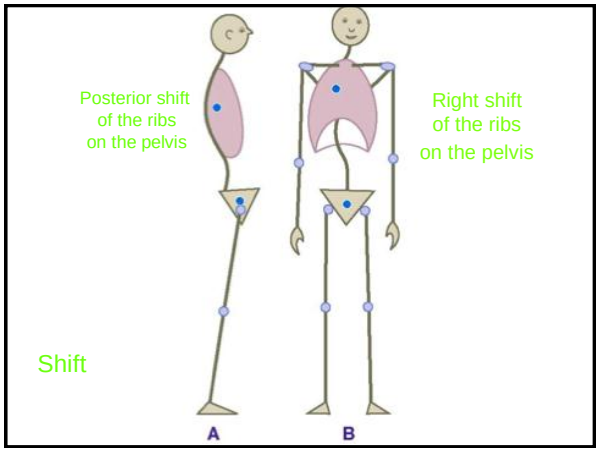
Rotate: A right / left (or medial / lateral) deviation in the horizontal plane

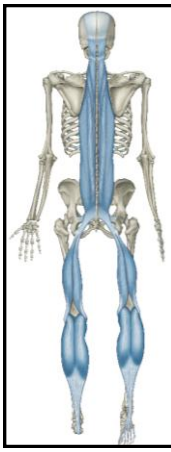
Shift: A misalignment of the centers of gravity of body weights


Tilt #1
'Normal'
Anterior tilt
of the pelvis
Pelvis is anterior
relative to the ground
but posterior relative
to the femur
A
B
C


Right side tilt
of ribs and
shoulder girdle
Right bend
of lumbar spine
Left side tilt
of the pelvis
Tilt & bend
Anterior bend
of thoracic spine
(= kyphosis)
Posterior bend
of lumbar spine
(= lordosis)
Anterior tilt of pelvis
A
B


Rotation
What happens
to the front?
A
B
C

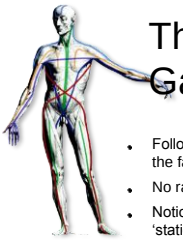

Posterior shift
of the ribs
on the pelvis
Right shift
of the ribs
on the pelvis
Shift
A
B



Superficial Front Line
'the Protector'

&

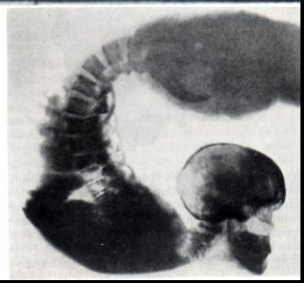
Superficial Back Line
'the Lifter'



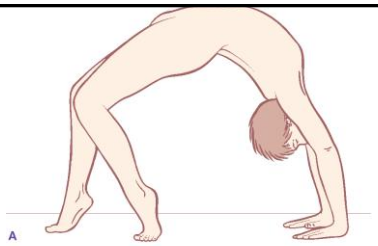
The Rules of the Game

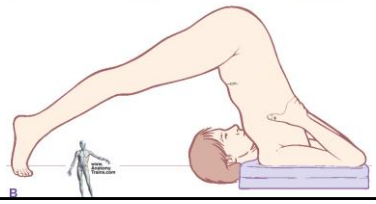
- Follow the 'grain' - a consistent fiber direction through the fascia and muscle
- No radical changes of direction or level
- Notice the myofascial 'tracks' and the attachment 'stations'
- Notice 'expresses' and 'locals' - the monarticular muscles hold posture
- Pay attention to 'switches' where forces join or separate, and 'roundhouses' where many forces cross

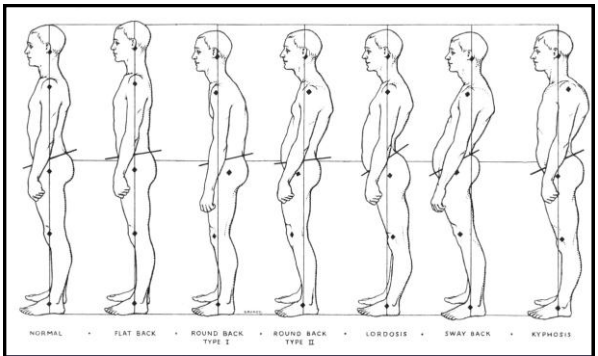
Abb. 91



The SFL and SBL have a reciprocal relationship



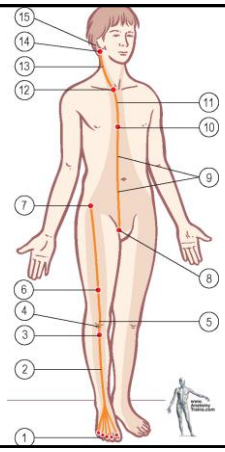




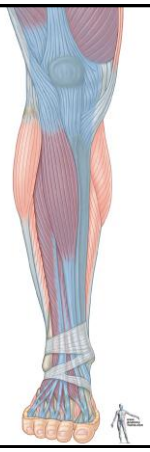
The SBL and SFL
counterbalance in many strange ways

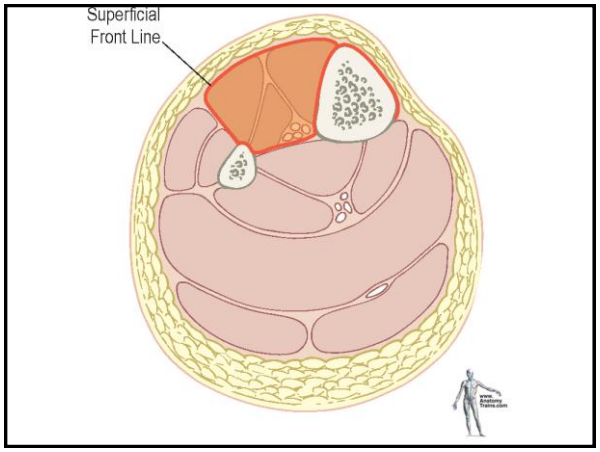
The Superficial Front Line

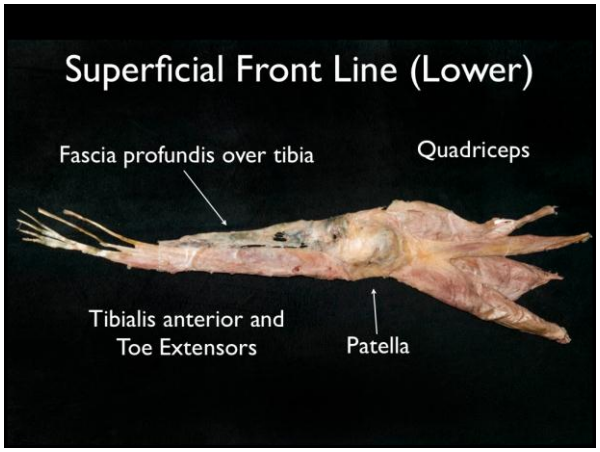
- Comes in two pieces - toes to hips, pelvis to head
- Is associated with the 'startle response'
- Protects our most sensitive areas



The SFL includes the entire anterior compartment - (the retinaculae are thickenings of the crural fascia, not individual structures of their own)







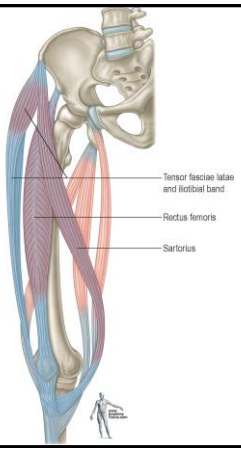
What's left when the lower SFL is removed:

Check out:

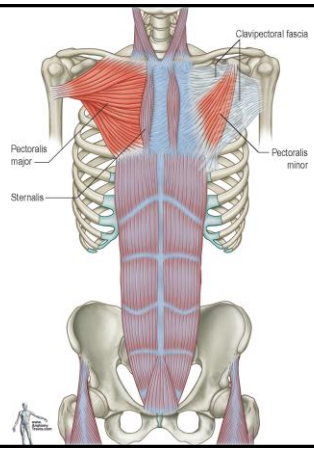
- the interossous membrane
- where the patella lies
- the lateral intermuscular septum

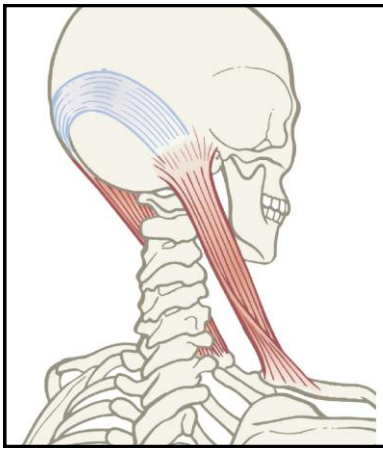
The thigh part of the SFL includes:

- the quadriceps as the main component
- the branch lines of the sartorius on the inside, and the tensor fasciae latae on the



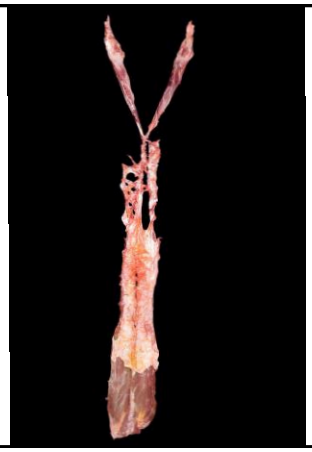
The SFL is in purple - but it connects to both front arm lines in red

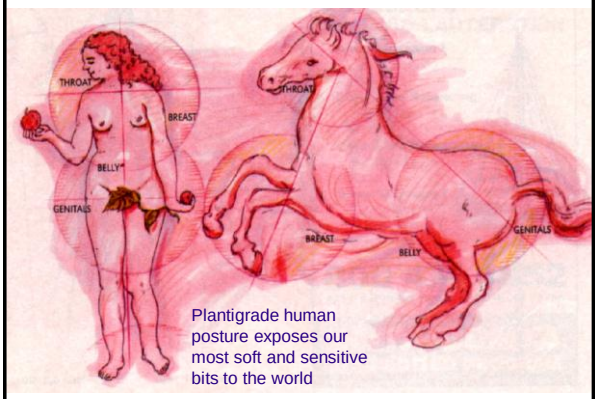




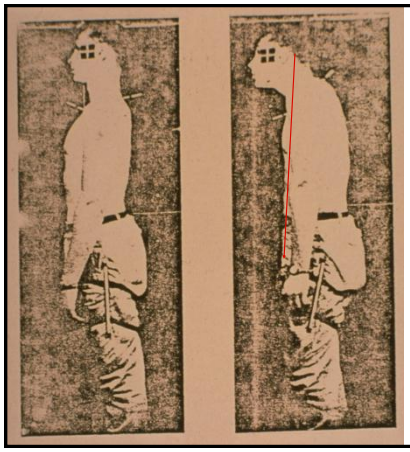
The SCM essentially acts like a head scarf to pull the head down and forward

A fresh-tissue dissection of the upper Superficial Front Line - a direct line of pull from the skull to the pubic bone

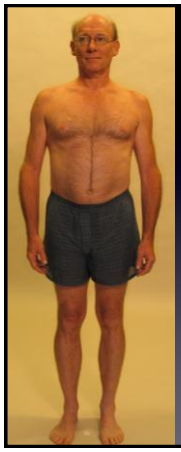




Plantigrade human posture exposes our most soft and sensitive bits to the world

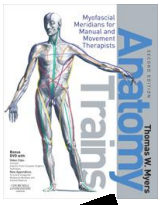


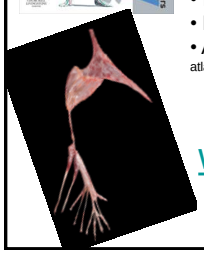
The ‘startle response’ can be seen as a shortening of the Superficial Front Line



Getting started:

- What’s your first impression?
- What are three good aspects? (What are the client’s resources?)
- How are the parts arranged? (Tilt, bend, rotation, and shift)





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