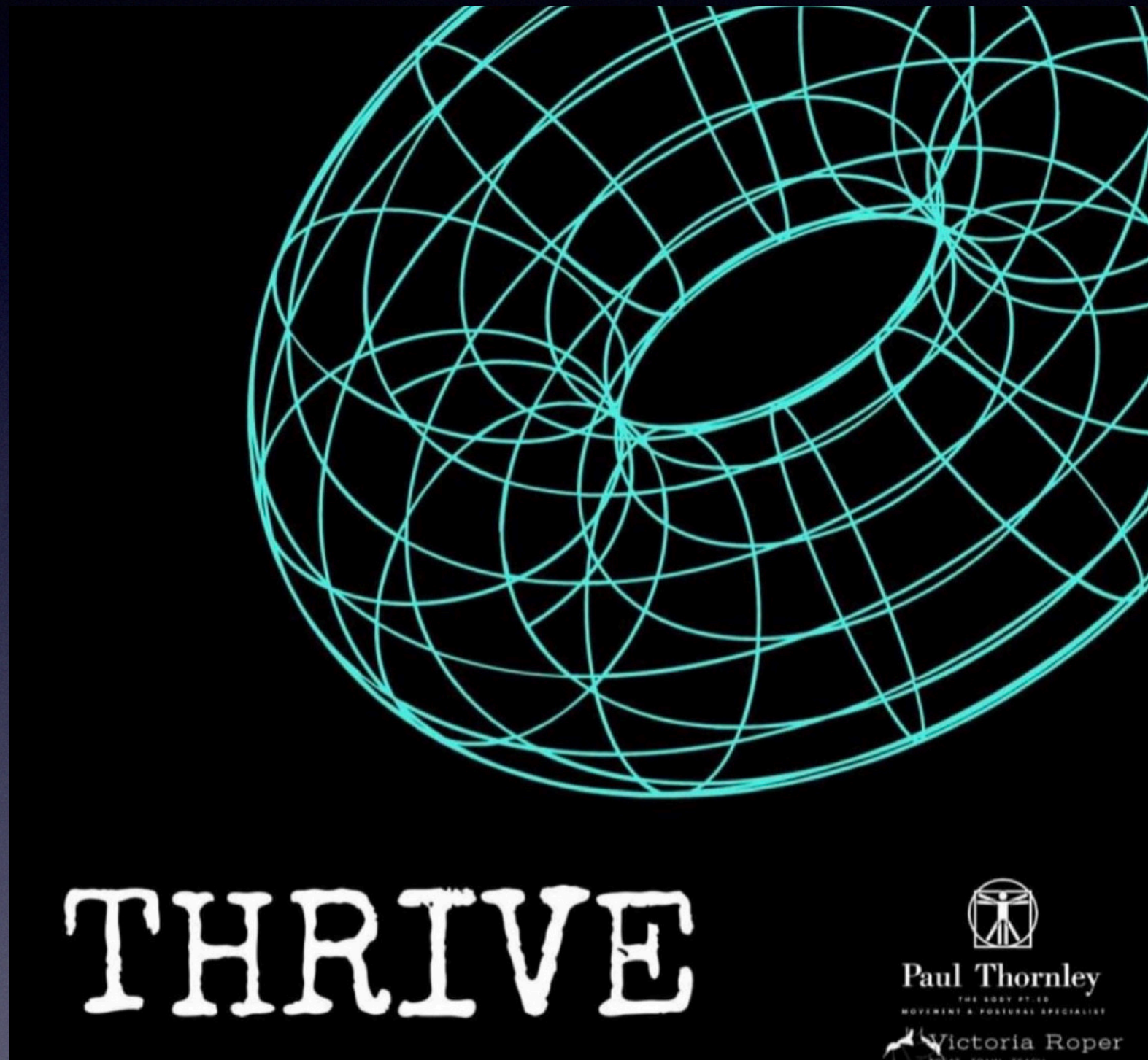


# The Thoracic & Lumbar A Change of Focus



Fasciategrity in Motion  
21st Century Anatomy & Physiology  
Embracing Your Uniqueness



# Thoracic & Lumbar in Focus

- How are they constructed & what are their primary roles & relationship]
- You've 2 of them, what functions do the scapular influence during thoracic positioning & motion?
- Understanding the paramount importance of counter rotational forces of the thoracic & lumbar
- Vertebrae & the discs, formation & considerations that are the plague of most back pain. Or are they?
- The Neutral debate.... What does that mean when cuing the primary function of the lumbar?
- Let's review the life systems that occupies & coexists within the thoracic & lumbar.
- Breathing is our only source of life, why & how is it absolutely critical to life & movement! The organic structural effects of breathing are simply crucial to live & attain the longevity we desire.
- Do you have clarity of the term Fasciategrity & the implications if it's compromised?

# Thoracic Spine ~ Ribs ~ Lumbar ~ Pelvis

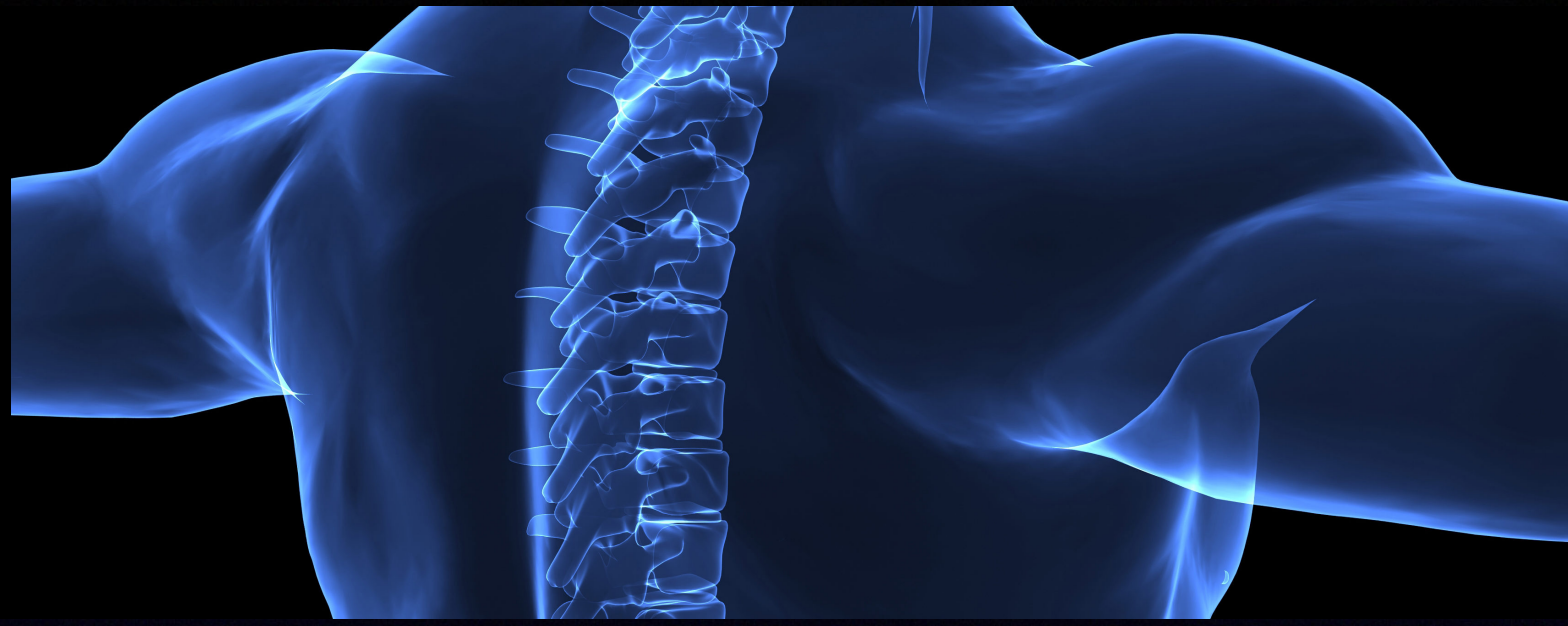


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Your Super Structure Natures Magnificent Creation ~ Fasciategrity in Motion



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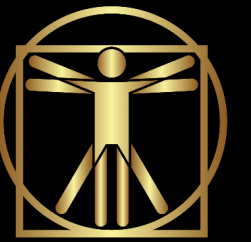


# Thoracic Motion

- Primary movements of the thoracic are rotational.
- It's through its vertebral configuration that facilitates all motion of centre.
- The predominant shape should be a posterior convex curve.
- This large but highly mobile structure is hugely influenced by its length and requirement to adapt to environmental challenges
- The thoracic is clearly noticeable and denotes your life long adaptation to the invisible forces that influence its positioning throughout your life.

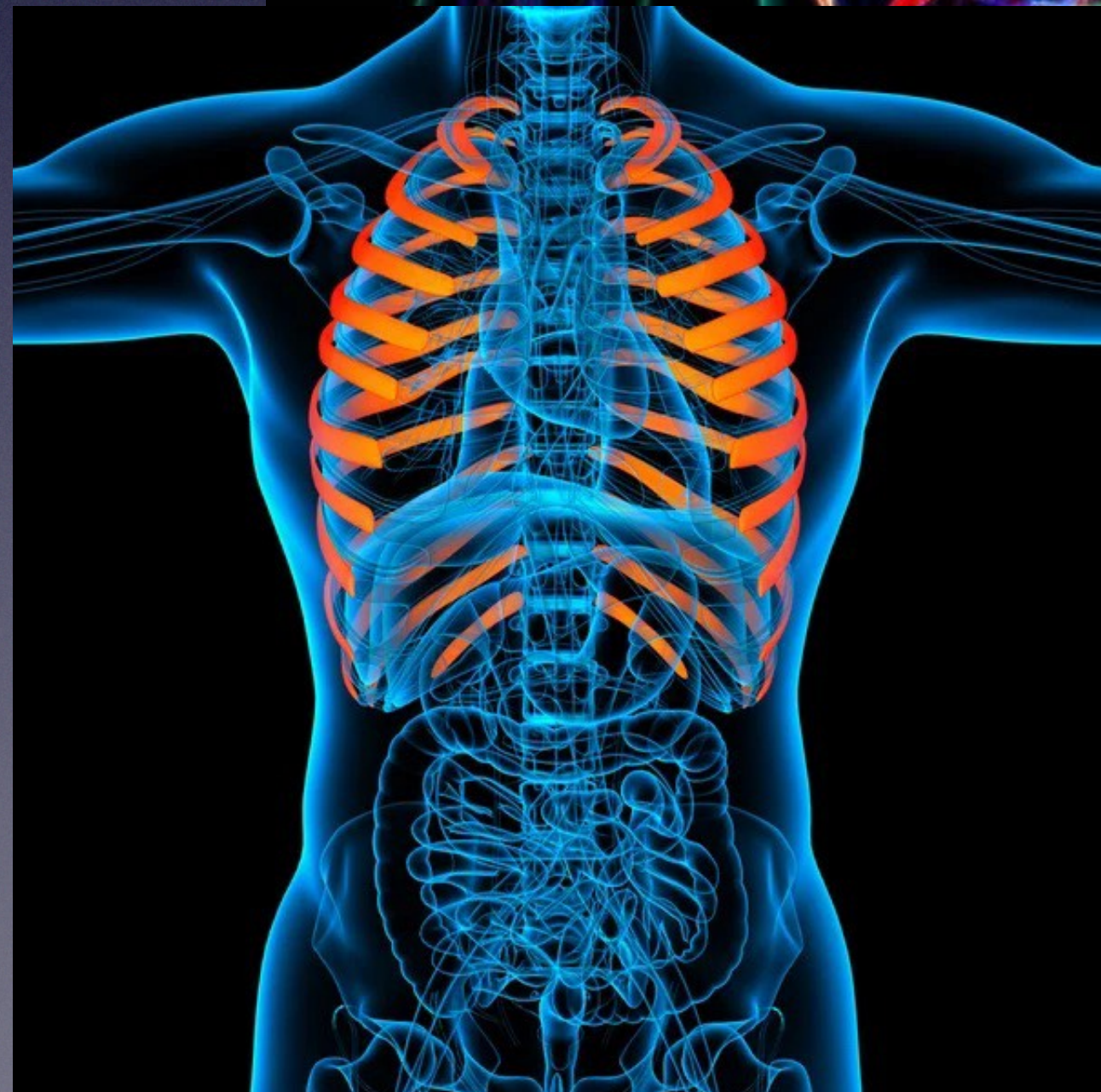


# The Ribs & Thorax



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- Long Considered a Cage!
- It encapsulates & protects all your major breathing organs.
- It has a direct relationship with the thoracic spine and determines what movement you will external see & is plays a major role in visceral functionality.
- Think of it like you would the roof top canapé of the rain forest
- We've more in common with tree than you might know!

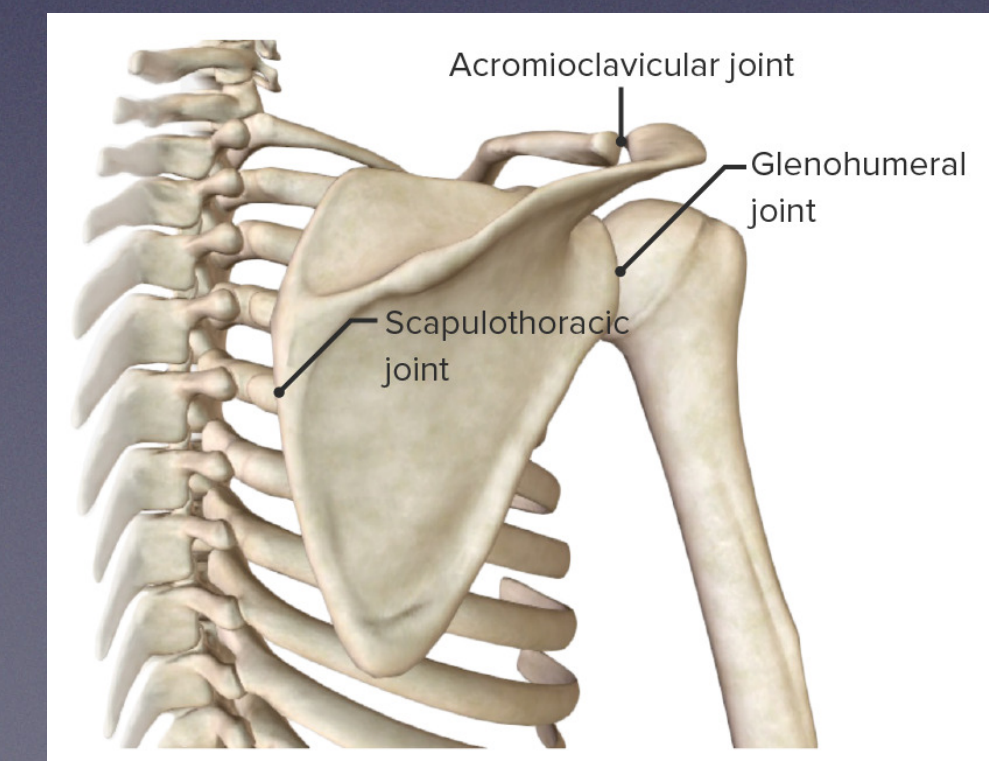
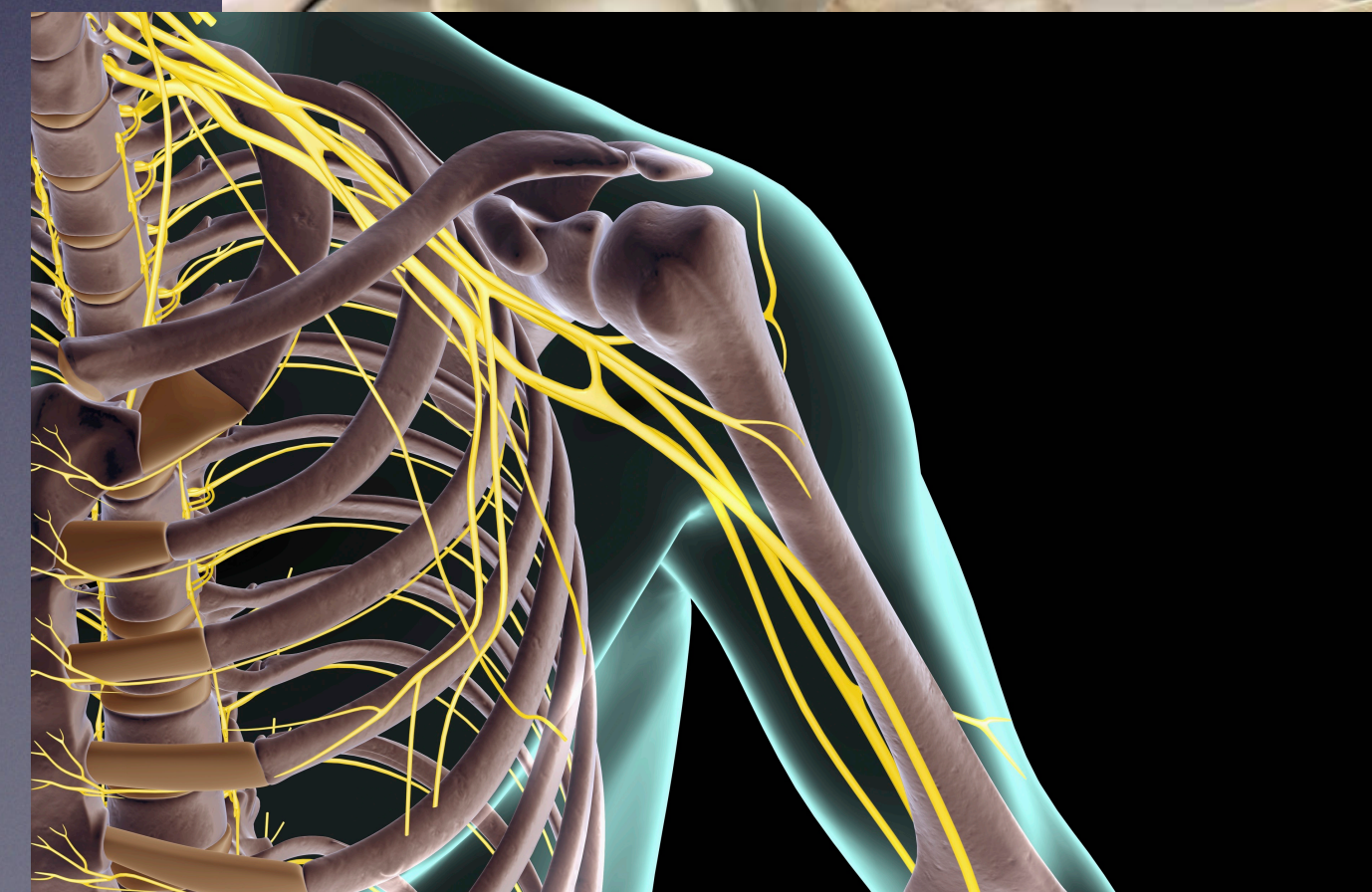
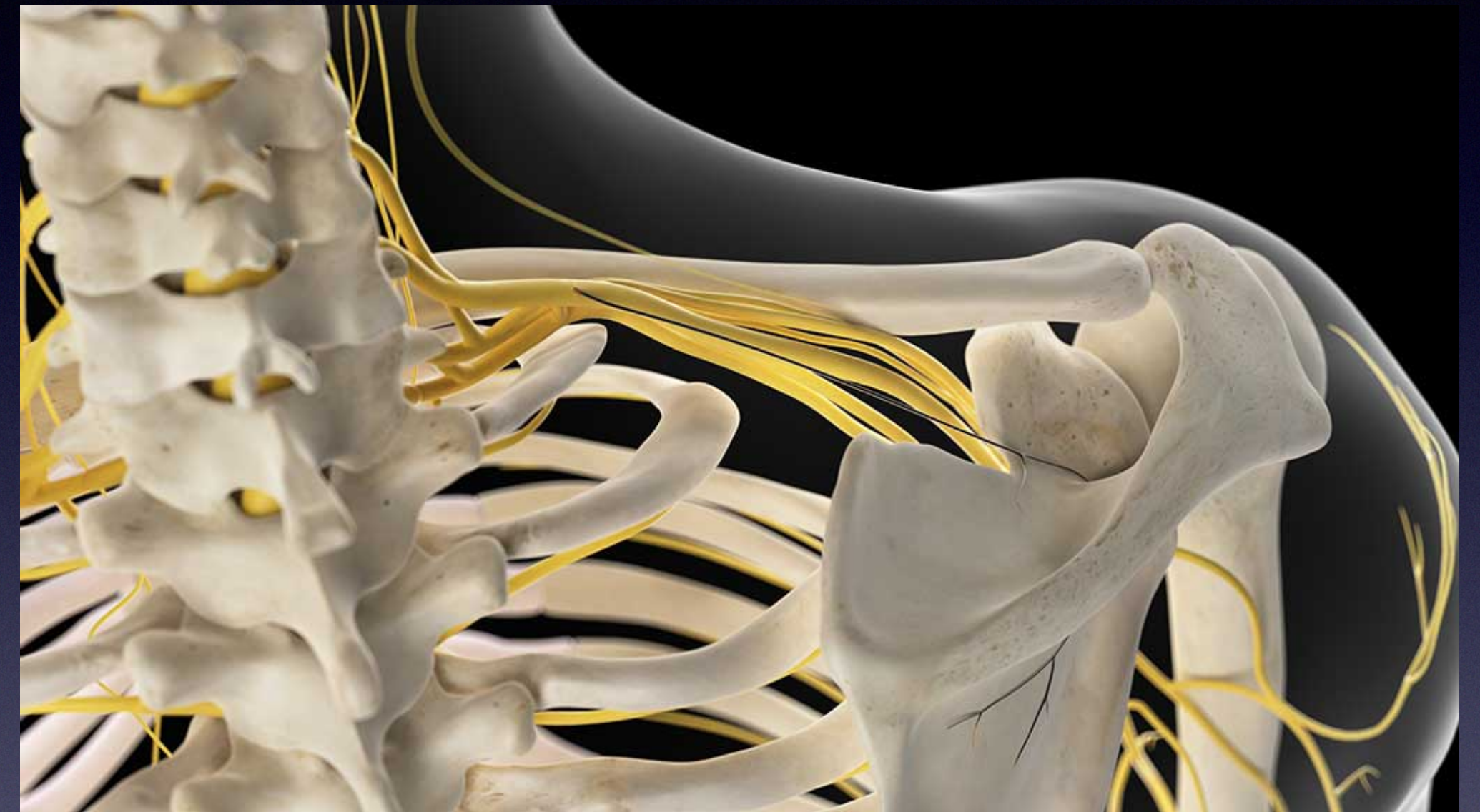


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# Holy Moses ..... We Forgot the Scapula's!

- The Scapula float in their relationship to the thorax.
- They are the key to thoracic movement.
- They require appropriate constraints to behave optimally.
- Avoid saying “Stabilise” it’s often inhibiting to fluidity & appropriate control during motion.
- Their directly contribute to entrapment and neural impingement of the brachial plexus.
- Often leading to thoracic outlet syndrome.

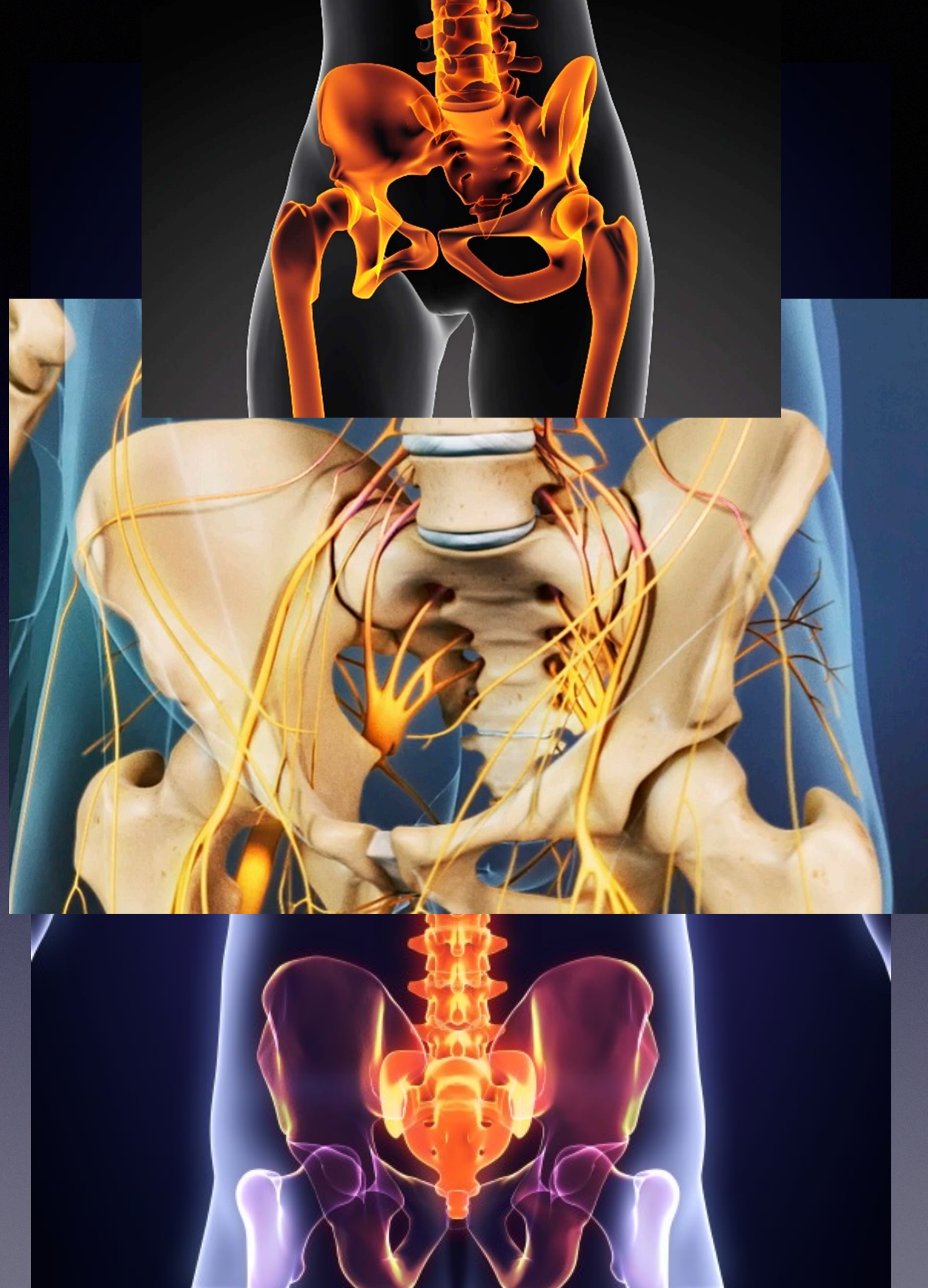


# The Lumbar 🇸🇵

- Primary load bearing region within the spine.
- Should have a subtle anterior convex curve.
- This is not Neutral !
- Dominant motion is flexion & extension, however, must accommodate counter rotational forces in response to thoracic motion.
- Most commonly will have herniated disc's due to inappropriate positioning & loading.



# The Pelvis.

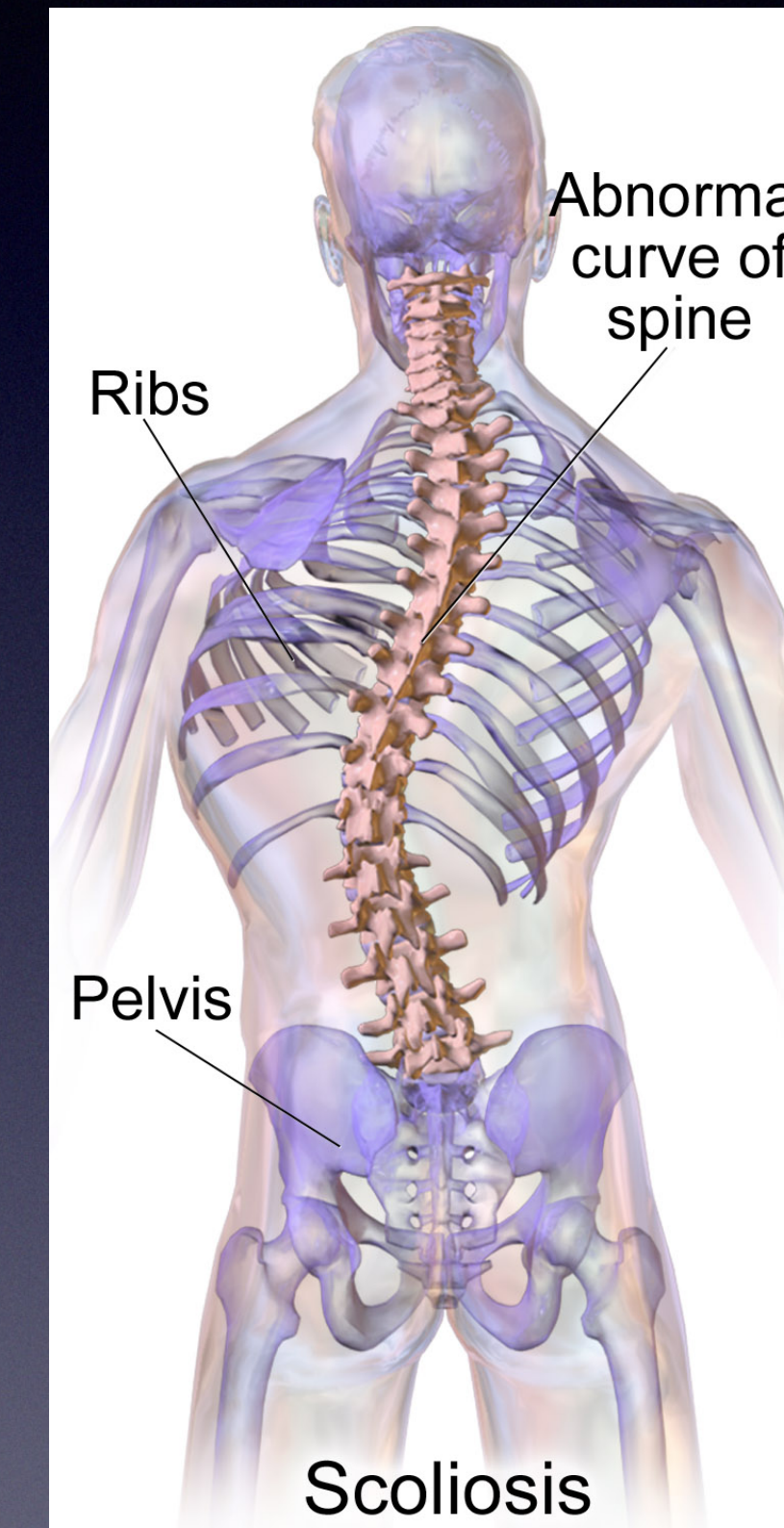
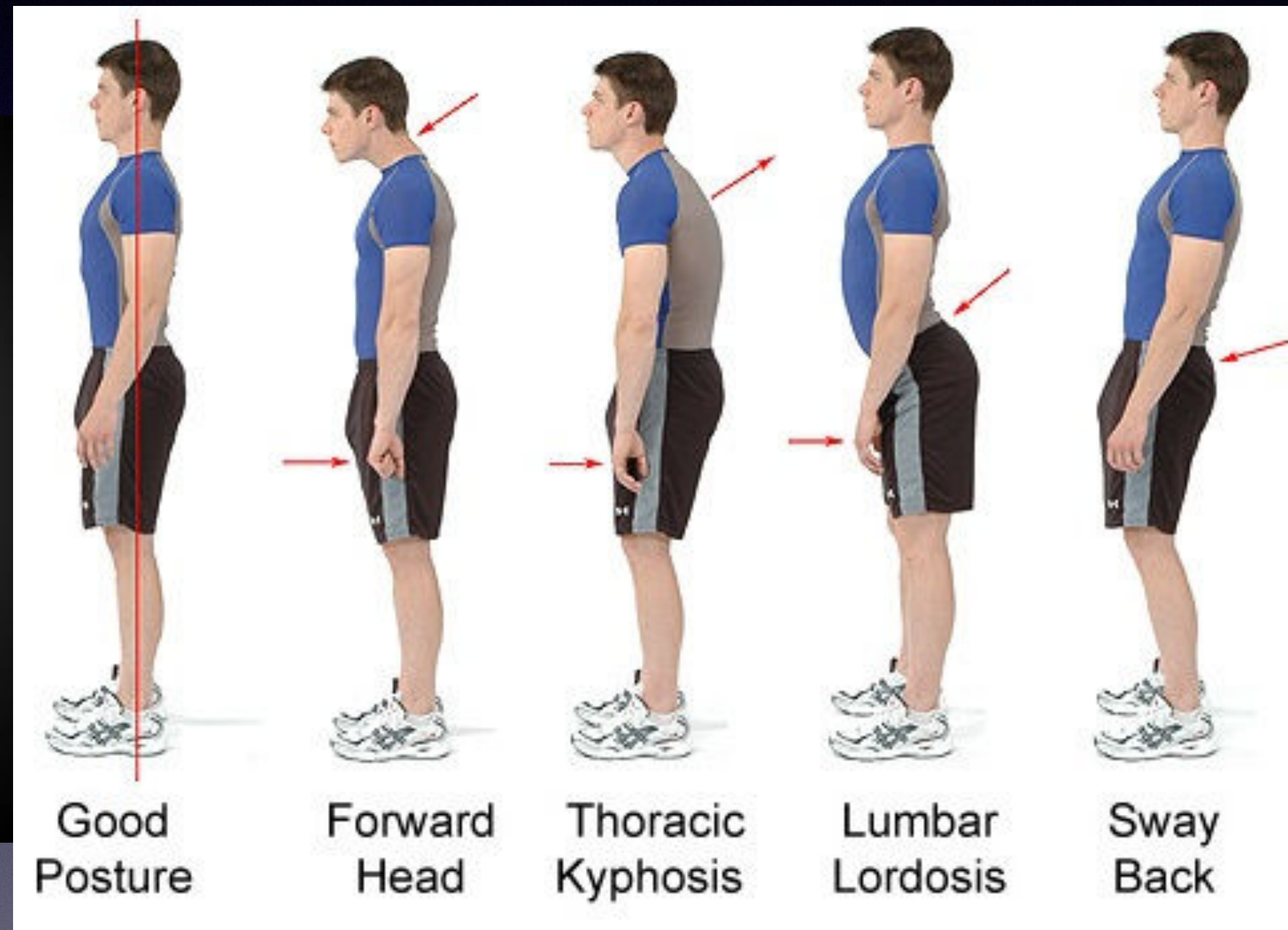
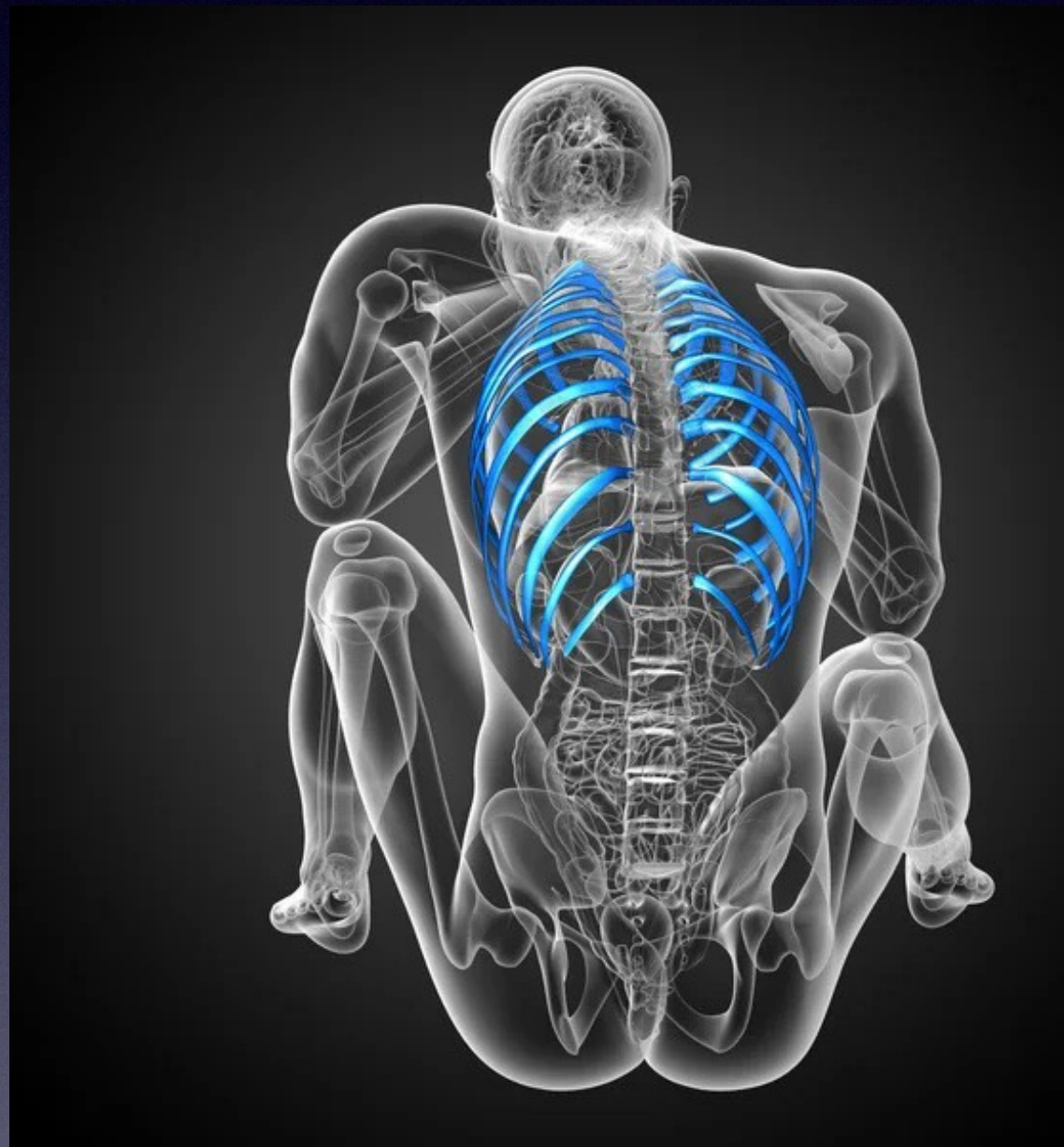


- Has two innominates with land marks of ischia tuberosities, pubic synphysis & ilium
- They should be able to motion with equal ease in bilateral & unilateral activities.
- They are not symmetrical !
- Positioning the anterior superior iliac crest with the pubic synphysis is its optimal position for efficiency of forces transmission.
- Understanding this fascinating structure is a life long endeavour.
- Footnote.... There is No Pelvic Floor !





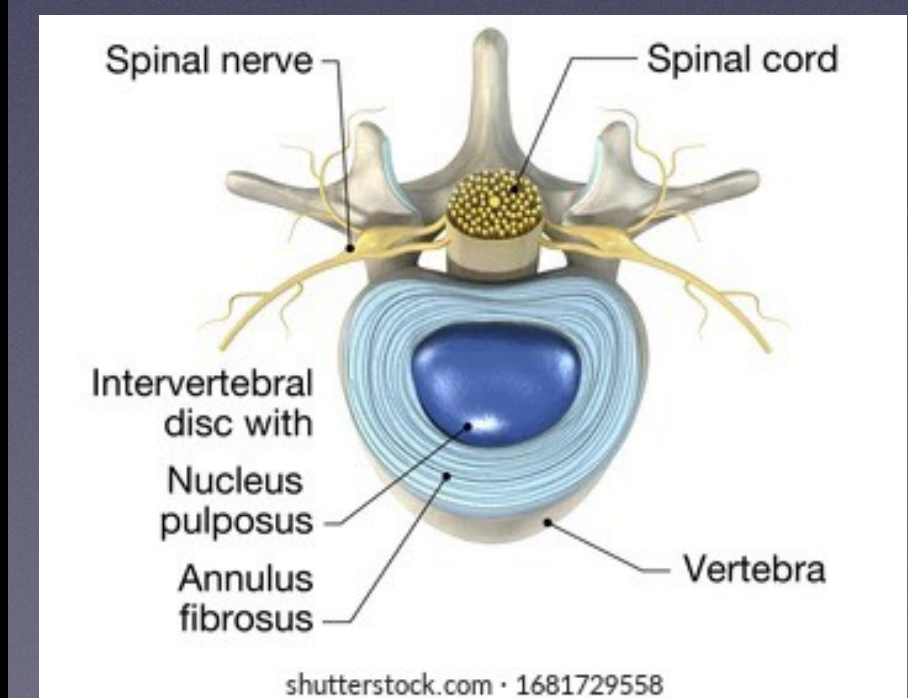
# Most Common Postural Adaptations



All Postures Are Perfectly Designed For Individual Uniqueness  
Do Not Try To Dictate Change  
Follow Adaptation

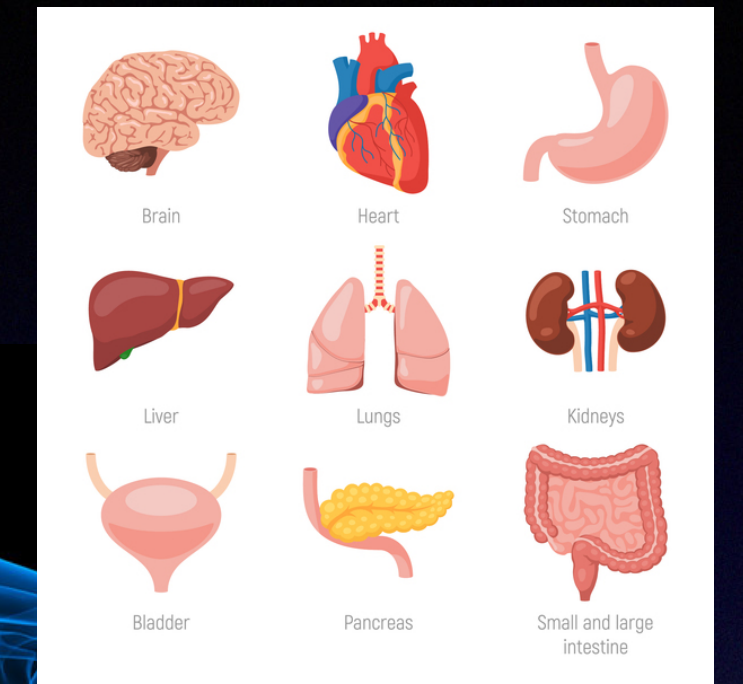
# The Vertebral Disc Issue !

- Bulge ~ Prolapse ~ Herniated
- The disc isn't designed to be a shock absorber.
- Decompression occurs during breathing phases.
- Counter Rotational Spirals are a prerequisite for vertical motion.
- They form & develop in a tensional biased environment.
- MRIs are Not helpful in determining cause.



# Life Only Exists Due To What Lies Within The Thoracic & Lumbar!

- Here exists you !
- They all grew together, coexist & collaborate to ensure you really do remain as healthy as possible.
- From the parts & pieces you were taught, this truly exposes the madness of biomechanics.
- How you influence your super structure will dictate how this phenomenal creation can perform.
- This particular slide is the truth, the whole truth & nothing but the true. This is your health & fitness primary system.
- Breathing is a must ! Make it purposeful & use it wisely.

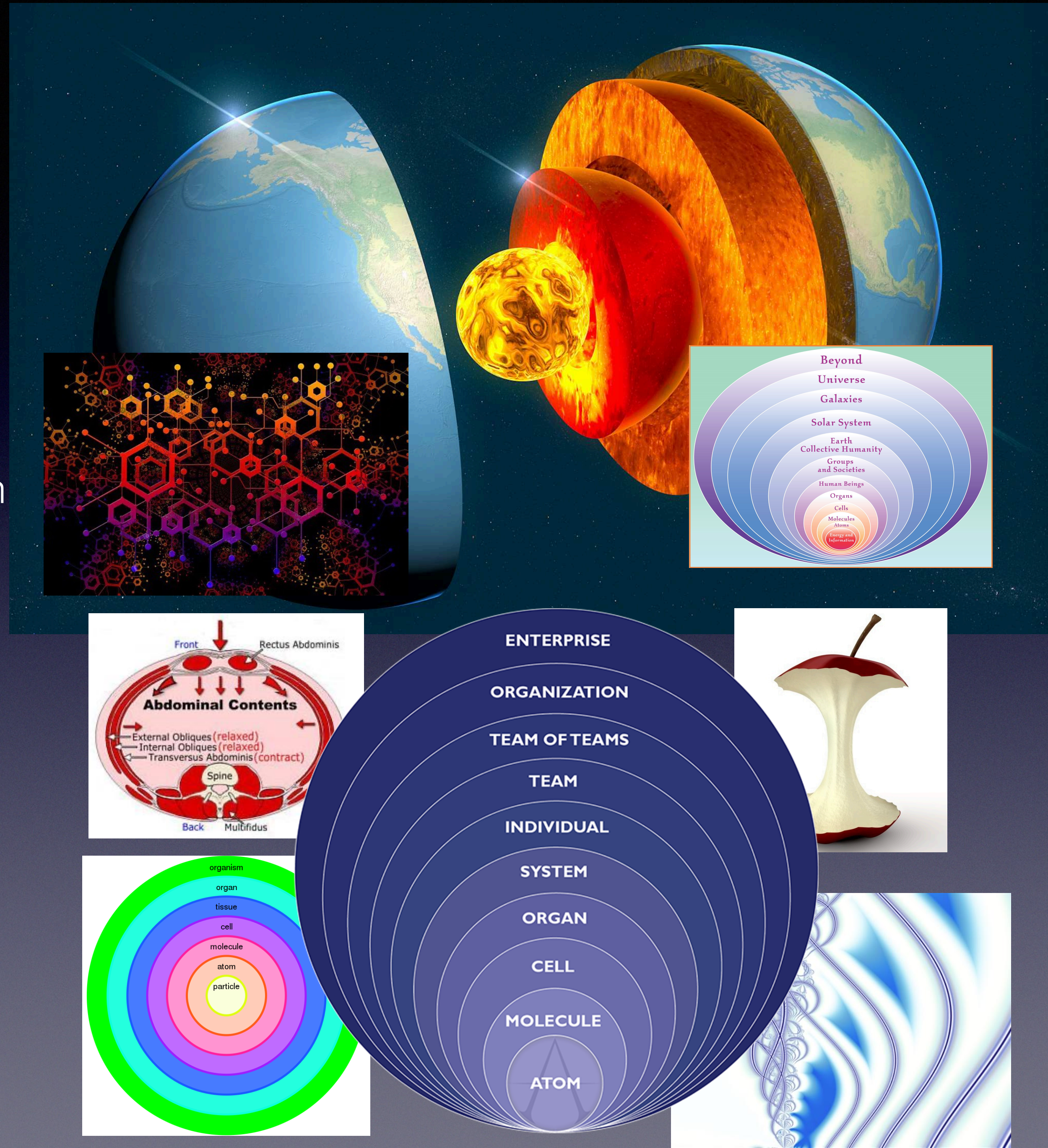




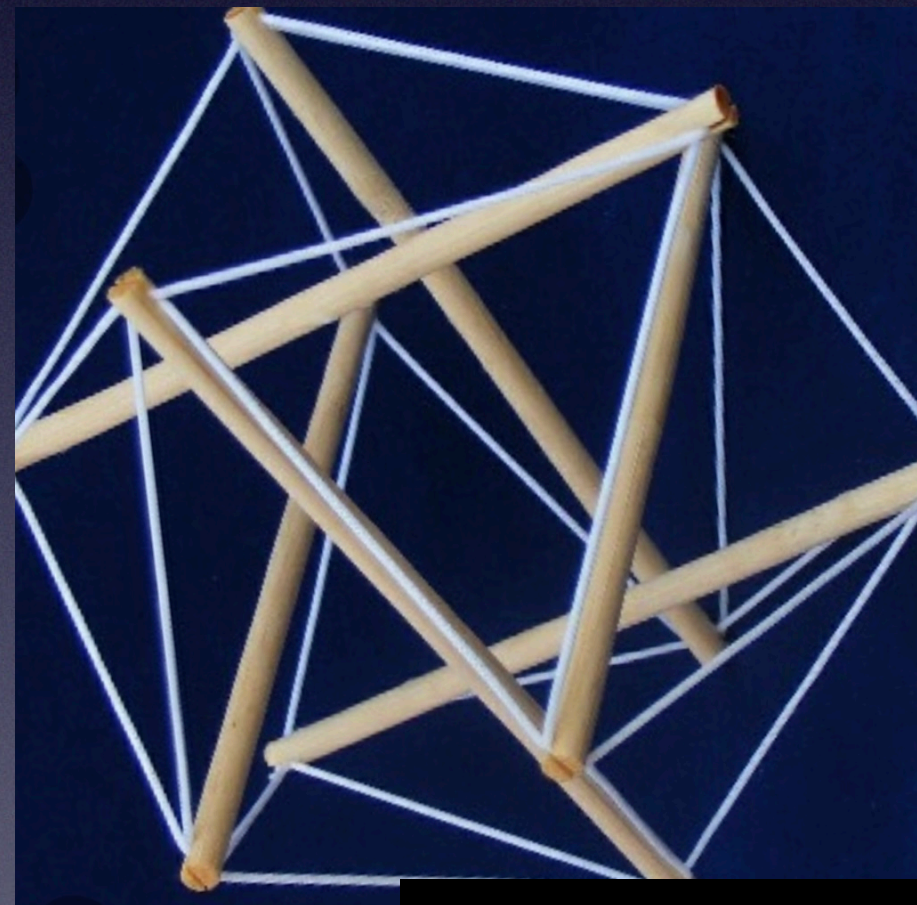
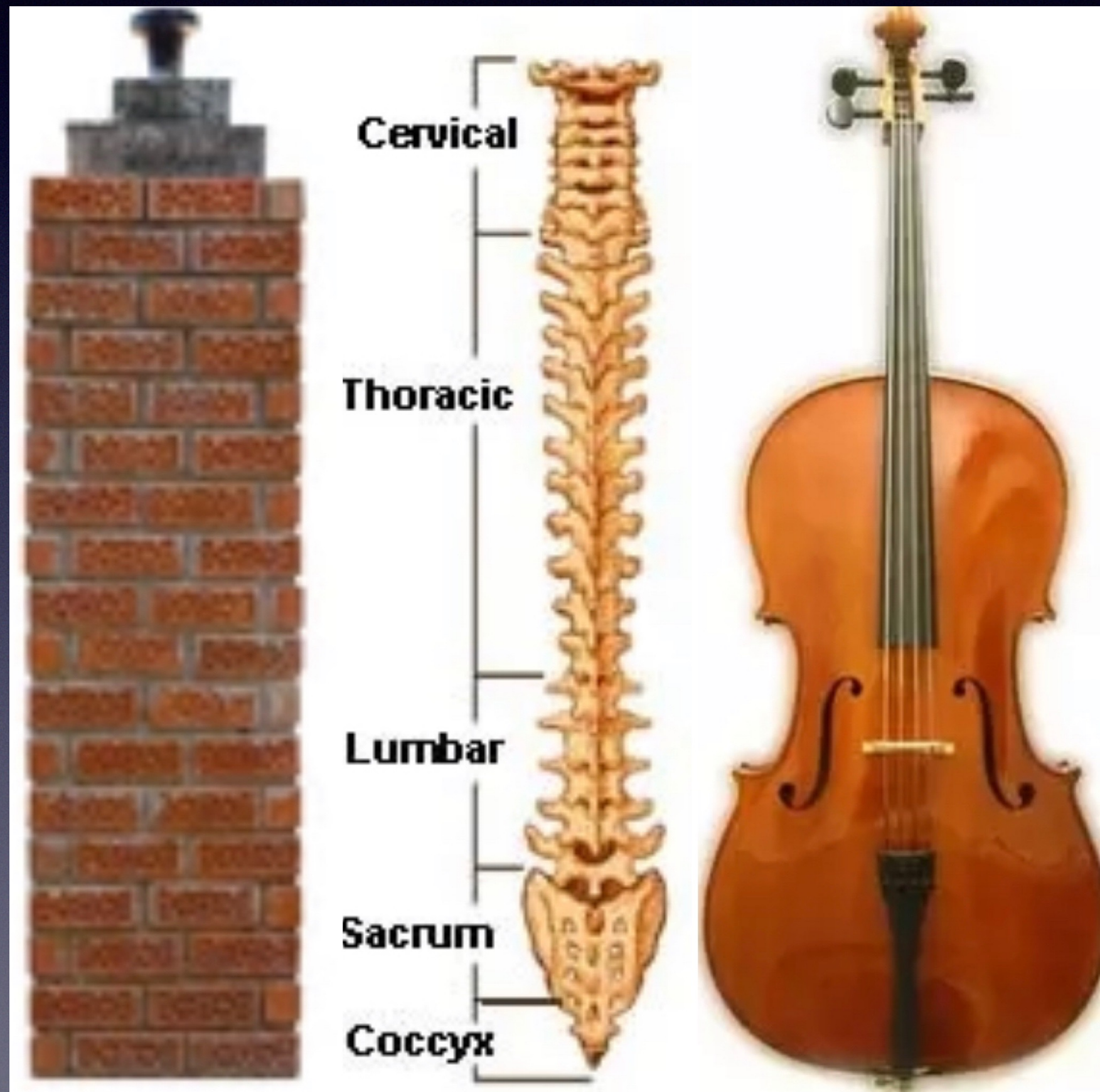
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# The Core.

- This is super important, There is NO Core !
- How you understand Living Tensegrity & the inclusion of Fascia research into your education & teaching style, will have the most dramatic effect on the experience clients have with you.
- As we develop a more appropriate language to explain this paradigm shift from biomechanics & embrace the evolution of 21st Century Physiology, here's a new way to explain the Mythical Core.
- Holons, Hierarchical Systems & Chirality.
- Further educational tip, review your geometry! As this is the actual explanation of human form, from embryonic development to death.



# Fasciategrity.....

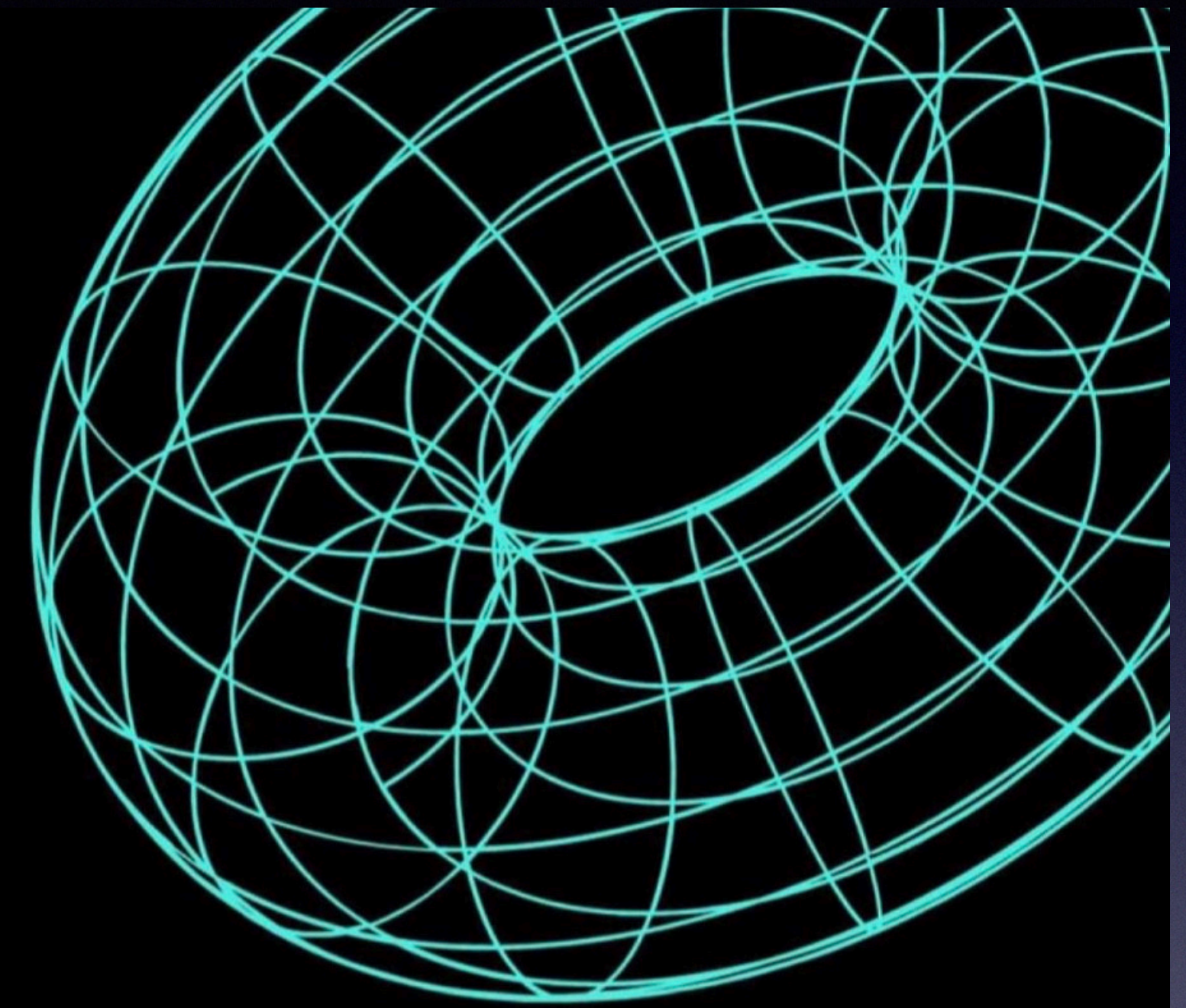


# Fasciategrity

- Your movements are based on laws of nature not mechanics.
- Compression + Tensional Forces = Animated Life
- Everything you are is round and tubular in design
- All motion encapsulates spirals & counter rotational forces
- Adaptability is the foundation of efficiency
- Human living tissue is anti-stretching by design
- All movement results in consequences
- Managing the effects and movement choices you perform is the essence of longevity
- Not everyone will succeed, but enjoy the journey
- Pain is not normal



# Congratulations Thrivers ❤️



THRIVE



Helping Create ExtraOrdinary Global Instructors  
Living Tensegrity & Fasciategrity in Motion