

Index

- Abdominal Crunches with Heels, 213
- Abductor Presses in the 90-90 Neutral Back Position, 194
- Abductor Presses Sitting, 132
- Abductor Presses Supine, 96, 173
- accidents, 54
- biomechanical issues existing prior to, 39–40, 56
- Active Frog Prone, 186
- acupuncture, 63
- acute pain, defined, 7
- Adductor Presses Sitting, 124
- Adductor Squeezes in the 90-90 Neutral Back, 144, 152, 160, 169, 177, 184
- Adductor Squeezes Sitting, 123
- Adductor Squeezes Supine, 95, 172
- aggressive rehabilitation, 39
- aging, musculoskeletal disorders attributed to, 19–20, 54
- alignment of the body, 3, 27–29, 35
- standing posture. *See* standing posture
- American Academy of Orthopedic Surgeons, 7
- anatomical charts, 27
- Ankle Rocking with Strap, 104
- Ankle Squeezes Kneeling, 151
- Ankle Squeezes Kneeling with Abdominal Hold, 230
- Ankle Squeezes Prone, 158, 171, 178, 185, 238
- Ankles Squeezes Prone, 147
- anterior cruciate ligament (ACL), reconstruction of, 38–39
- “antigravity” muscles, 50
- anti-inflammatory medicines, 24
- associative phase of the learning process, 67
- asymmetrical walking or running, 11
- autonomic phase of the learning process, 67
- bed rest, 50, 57
- bench press, 60, 61
- bicep curl, 61
- biomechanical component of exercise, 84
- braces, 24
- calf raises, 61
- Cat and Dog, 46–48, 106, 113, 142, 176, 190, 197, 203, 212, 236
- categories of occupations and lifestyles, 80–82
- determining correct exercise program and, 82–83
- central nervous system (CNS), 18–19
- muscle imbalances and, 9
- chiropractic care, 43, 63
- chronic pain
- defined, 7
 - financial implications of, 2
- Circle of Influence, 23
- Cobra Up, 247
- cognitive phase of the learning process, 66–67
- compensation, 36–37, 50, 64
- computer use, muscle pain and heavy, 35, 42
- congenital factors as cause of muscle imbalances, 11–12, 33
- core exercise training, 50
- core muscles, 50–53
- Covey, Stephen, 23
- depression, habitual postures and, 9
- Dexterity Workers category, 81
- doctors, 13–14
- role of your, 22–24
 - taking charge of your treatment, 25–26
- Double-Arm Doorway Stretch, 119, 127, 135, 201, 227
- Downward Dog, 250
- “duck walk,” 32
- dysfunctional exercises, 59, 60–62
- evaluation of your standing posture, 68–81
- determining correct exercise program and, 82–83
 - Form 1, 69–71
 - Form 2, 71–72
 - Form 3, 72–74

- evaluation of your standing posture (*continued*)
 - Form 4, 74–75
 - Form 5, 76–78
 - Form 6, 78–80
 - “pecking order” for, 69
 - preliminary matters, 68–69
- exercise
 - biomechanical component of, 84
 - misconceptions about, 50
 - musculoskeletal imbalances or weaknesses affecting, 8
 - neurological component of, 84
 - personalized program of, 62
 - physiological component of, 84
- exercises, the
 - components of, 84
 - discomfort from, 85
 - environment for, 86
 - Form 1 exercises, 93–117
 - Form 2 exercises, 118–142
 - Form 3 exercises, 143–167
 - Form 4 exercises, 168–191
 - Form 5 exercises, 192–215
 - Form 6 exercises, 216–240
 - general comments before beginning, 87–88
 - “Graduate” Program, 87, 241–250
 - identifying Form(s) for. *See* evaluation of your standing posture
 - identifying lifestyle and occupation category for, 80–82
 - pain, experiencing, 84–85
 - resting between sets, 86
 - sequencing of, 83, 84
 - time of day for, 86
 - working too hard, 85–86
- eyes, 53
- fatigue, habitual postures and, 9
- fear, habitual postures and, 9
- fibromyalgia, 12
- financial implications of chronic pain, 2
- Foot Rotations in 90-90 Neutral Back, 110
 - Form 1, 69–71
 - exercises, 93–117
 - Form 2, 71–72
 - exercises, 118–142
 - Form 3, 72–74
 - exercises, 143–167
 - Form 4, 74–75
 - exercises, 168–191
 - Form 5, 76–78
 - exercises, 192–215
 - Form 6, 78–80
 - exercises, 216–240
- Frog, 174, 195
- Frog Pullovers, 128
- functional exercises, 58–59, 62–67
 - personalized, 62–63
 - real-world applications of, 62
- Function First program, history of, 2
- gait
 - asymmetries in your, 11
 - problems revealed by, 32–33
- “Graduate” Program, 87, 241–250
- gravity, 35, 49–50, 60
- gross motor movements, 86
- hamstring curl, 61
- healing, 56–57
 - body’s capacity for self-, 21, 34
 - “deficit,” 57
 - taking responsibility for, 21–22
- Heel Drop on Stairs, 100, 199
- Heel Lifts Sitting with Strap, 97
- Hero’s Pose with Overhead Extension, 131
- Hip Abduction/Adduction, 120, 136
- Hip Flexor Stretch on Table, 221
- Hip Rotations Supine, 242
- Hip Rotator Stretch, 98, 121, 137, 146, 222
- Hip Rotator Stretch (Unassisted), 244
- Hip Twist Supine, 175, 189, 196, 211
- individualized needs, 2, 25–26, 62–63
- “industrial athlete,” 14–15
- injuries, past, 38
 - muscle imbalances caused by, 10, 33–35
 - ripple effect of, 35–37
- inner ear, 53
- insurance coverage, rehabilitation process and, 40, 41, 43
- interrelatedness of parts of the body, 2, 16–17, 20–21
- ISO Abduction Adduction Supine, 209
- ISO Adduction Abduction Supine, 210
- Isolated Hamstring Stretch with Crossover, 148
- Isolated Hip Flexion Supine, 107, 116, 139
- Janda, Vladimir, 35–36
- joints
 - proper alignment of, 29
 - range of motion (ROM), 29
- Keele, S. W., 64
- kinesthetic sense, 30–31
- Kneeling Hip Flexor Stretch, 150, 157, 165, 182, 206, 229, 237

- leg-extension machine, 61
- Leg Extensions Supine, 149
- leg-length discrepancy, 11–12
- lifestyle, muscle use and, 54–56
- lifestyle and occupation classifications, 80–82
 - determining correct exercise program and, 82–83
- ligaments, 18, 34
- mechanical efficiency, standing posture and, 32
- medication to treat pain, 7, 23–24, 63
 - side effects of, 7
- “mirror muscles,” 11
- “Motor Control: Issues and Trends,” 64
- motor skills, phases in acquiring new, 64–67
- movement
 - alignment of the body and, 3
 - restricted by musculoskeletal disorder, 7
- MRI (magnetic resonance imaging), 13
- Multitaskers category, 82
- muscle balance, standing posture and, 30
- muscle imbalances, 9–13, 29
 - asymmetrical walking or running and, 11
 - central nervous system and, 9
 - congenital factors, 11–12, 33
 - defined, 9
 - improper physical training leading to, 10–11, 33
 - movement patterns and, 9
 - neurological or neuromuscular disease and, 12, 33
 - past injuries or surgeries and, 10, 33–35
 - postures and, 9
 - as precursors of musculoskeletal injuries, 9
 - weight training and, 50
 - work environment and, 10, 13–16
- musculoskeletal disorders
 - National Academy of Sciences study on, 16
 - physical limitations imposed by, 7, 8
 - resulting from a specific event, 19
 - statistics on, 7
 - without a single traceable cause, 19, 34–35
- musculoskeletal system, 18
 - prolonged disuse of, 50
 - self-tests to evaluate your. *See* self-tests
- National Academy of Sciences, 16
 - neurological component of exercise, 84
 - neurological disorders, muscle imbalances caused by, 12, 33
 - neuromuscular coordination, 31–32
 - neuromuscular disorders, muscular imbalances caused by, 12
 - 90-90 Neutral Back, 88–89
 - preceding exercise program with, 87–88
 - nonfunctional exercises, 59, 60, 61
 - occupation and lifestyle classifications, 80–82
 - determining correct exercise program and, 82–83
 - One-Arm Table Top Stretch Kneeling, 156, 162, 228
 - One-Legged Hamstring Curls in the 90-90 Neutral Back, 170
 - one-sided sports, 11
 - Opposite Arm and Leg Gliding, 122, 138, 181, 188
 - pain killers, 24
 - Parkinson’s disease, 12
 - Path to Pain, 8–13
 - pelvis, 51
 - personalizing your exercise programs, 2, 62–73
 - personal trainers, 63
 - physical laws of our bodies, 49–57
 - physical therapy, 13, 15, 39
 - physical training, muscle imbalances caused by improper, 10–11, 33
 - Physical Workers category, 81
 - physicians. *See* doctors
 - physiological component of exercise, 84
 - plumb line, 69
 - postural evaluation. *See* evaluation of your standing posture
 - posture(s)
 - habitual, 9
 - muscle imbalances and habitual, 9
 - postural alignment, 27–29
 - relationship of pain and, 3
 - standing. *See* standing posture
 - proactive approach, 15, 17
 - professional athletes
 - aggressive rehabilitation for, 39–40
 - sports medicine. *See* sports medicine
 - proprioceptors, 53, 84
 - Pullover Presses in the 90-90 Neutral Back Position, 218, 226, 234

- Pullovers in the 90-90 Neutral Back Position, 193, 208
- Pullovers Sitting, 133
- Quadriceps Stretch Standing, 154, 220
- range of motion (ROM) of joints, 29
- reeducation of your body, 64
- rehabilitation process, 38–39
 - end of formal, 42–43
 - informal, 43
 - insurance coverage and, 40, 41, 43
 - of professional athlete versus ordinary person, 39–40
- responsibility for healing process, taking, 21–22
- Reverse Bench Press in 90-90 Neutral Back, 94, 102, 111, 217, 225, 233
- rotator cuff problem, 35
- running, asymmetrical, 11
- Scapular Wall Presses, 109, 129
- scar tissue, 10
- scoliosis, 12
- self-tests, 43–48
 - cat and dog, 46–48
 - stork stance, 43–44
 - wall stance, 45–46
- sensory motor amnesia, 36
- 7 Habits of Highly Effective People* (Covey), 23
- Shoulder Bridge with Abdominals, 166, 240
- Side Forearm Stretch, 108, 155
- Single-Arm Shoulder Flexion, 243
- Single-Arm Squats, 245
- Sitting and Standing, 246
- Sitting Spinal Twist, 112
- Sitting Thoracic and Cervical Extension, 205
- slouching, 9, 52–53
- Snow Angels in 90-90 Neutral Back, 103, 200
- spinal erectors, 50
- spinal fusion, 14
- splints, 24
- sports medicine, 14–16
- sprained ankle, 35
- Spread-Foot Gluteal Contractions, 214
- Standing Hip Hinge, 141, 215
- standing posture
 - bending at 45-degree angle, 27–28
 - blueprint front view, 28
 - blueprint side view, 29
 - evaluation of. *See* evaluation of your standing posture
 - kinesthetic sense and, 30–31
 - mechanical efficiency and, 32
 - muscle balance and, 30
 - neuromuscular coordination and, 31–32
 - optimal, 27
 - plumb line front view, 28
 - plumb line side view, 29
 - proper postural alignment, 28–29, 35
- static posture. *See* standing posture
- Static Squat, 101, 117
- stork stance, 43–44
- strains, 10
- strength training
 - misconceptions about, 50, 59
 - posture evaluation prior to starting, 63
- stress
 - “good,” 24
 - habitual postures and, 9
- surgery, 33–34
 - back, 14
 - muscle imbalances caused by past, 10, 33
 - rehabilitation after, 38–40
- Sway-Back Ankle Squeezes, 125, 130, 140, 187
- Sway-Back Pose, 99
- Table Top Wall Stretch, 126, 134, 183, 198, 204
- tendons, 18
- Thoracic Block with Head Supported, 223, 239
- 3D Hip Flexor Stretch, 248–249
- tricep extension, 61
- TVA Draw on All Fours, 145, 153, 161, 219
- Upper Spinal Rotation, 105, 202, 235
- “villains” blamed for pain, 54
- visualization, 66
- walking, asymmetrical, 11
- Wall Hamstring Stretch, 114, 163, 179, 207, 231
- Wall Hamstring Stretch with Femur Rotations, 115, 164, 180, 191
- Wall Sit with Shoulder Rotation, 159, 167, 224, 232
- wall stance, 45–46
- weekend warrior, 33
- weight training
 - misconceptions about, 50, 59
 - posture evaluation prior to, 63
- whole-body approach, 16–17
- work environment. *See also* occupation and lifestyle classifications
 - muscle imbalances caused by, 10, 13–16, 33, 54
 - “writer’s cramp,” 51–53