

Mat Activity

Rolling: Supine Toward Prone

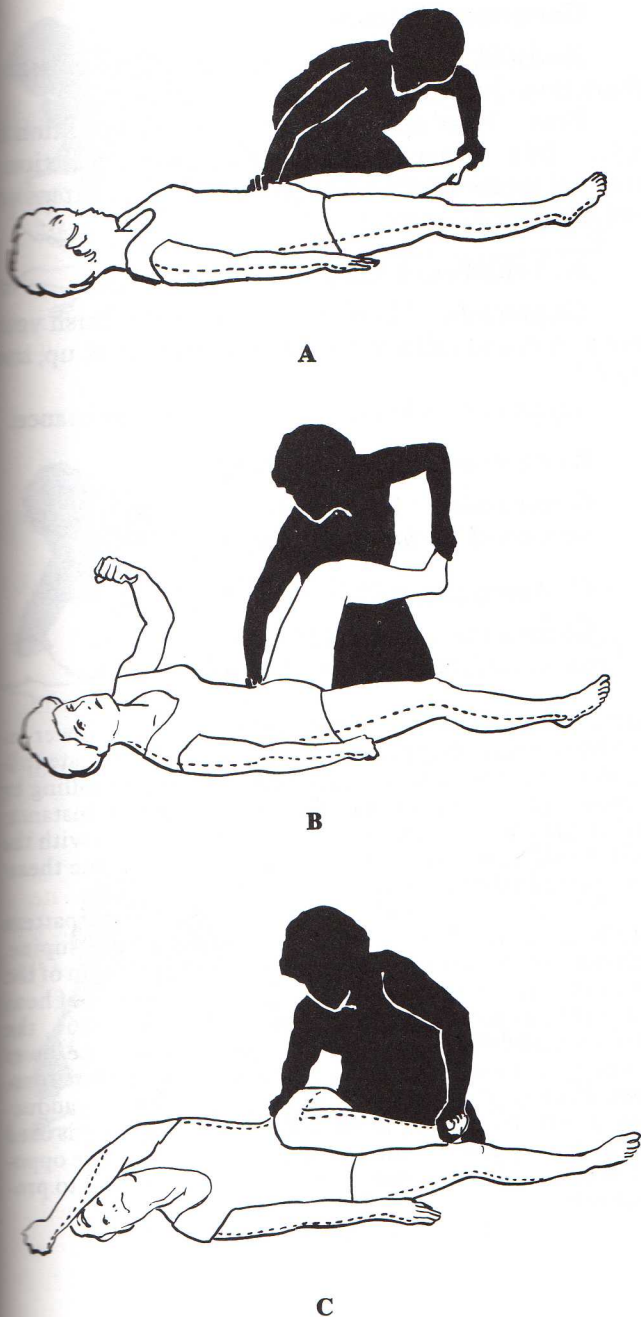


FIG. 1-155. Head and neck: extension with rotation, contralateral lower extremity flexion.

Component Patterns

Resisted. Left lower extremity, flexion-adduction-external rotation.

Free. Head and neck, extension with rotation to right; left upper extremity, flexion-adduction-external rotation; right extremities adjust in extension and adduction.

A. Lengthened Range

Commands. "Look up over your right shoulder, pull your foot up and bend your knee, and roll! Reach your hand up and across your face! Roll!"

Suggested Techniques. Traction, stretch and resistance.

B. Approaching Middle Range

Commands. "Bend your knee and pull it across! Reach for the mat, turn your head! Roll!"

Suggested Techniques. Slow reversal followed by renewed effort to roll.

C. Approaching Shortened Range

Commands. "Pull your knee down to the mat, and hold it!"

Suggested Techniques. Repeated contractions, slow reversal, slow reversal-hold.

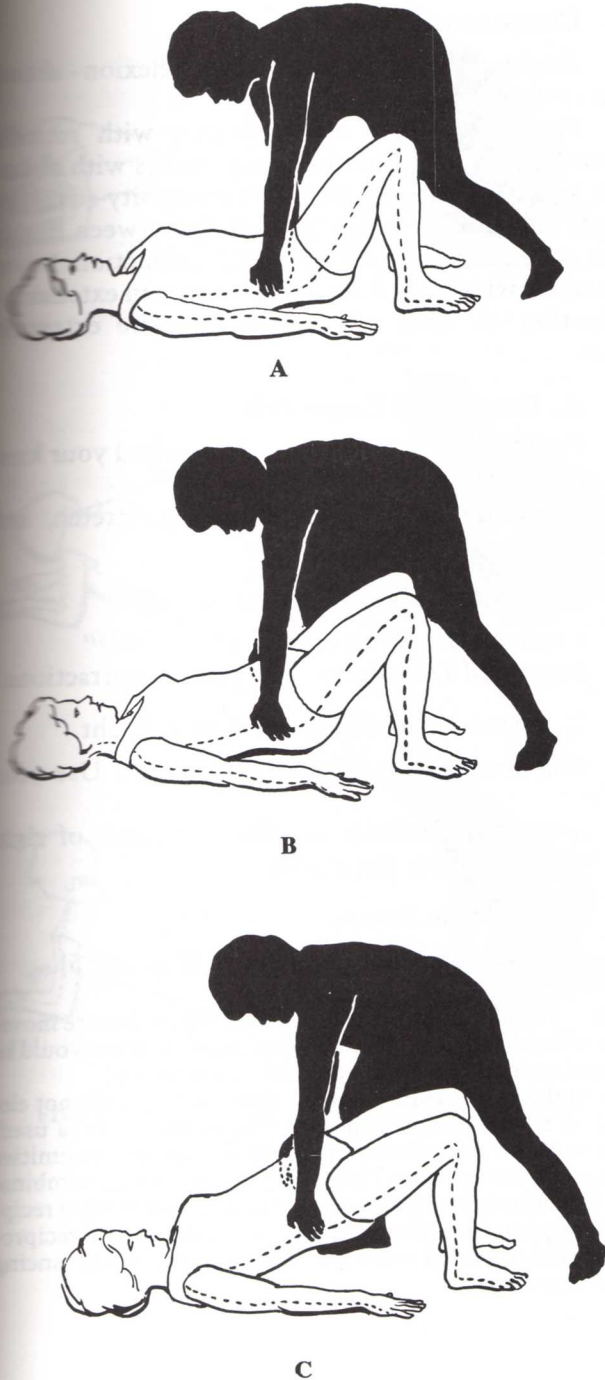
Antagonistic Pattern

Rolling from prone toward supine: left lower extremity, extension-abduction-internal rotation; head and neck flexion with rotation to left. Left upper extremity moves in antagonistic pattern (see Note, Fig. 1-156).

NOTE: In A, subject may be asked to lift head and look at left foot before extending head and neck with rotation to right. Left upper extremity may thrust in flexion-adduction-external rotation (see Note, Fig. 1-154). Note that flexion-adduction-external rotation patterns of left extremities have been combined with head and neck extension with rotation, and with head and neck rotation patterns (see Fig. 1-154).

Mat Activity

Lower Trunk (Inferior Region)



Component Patterns

Resisted. Pelvic elevation with extension of lower trunk (bridging).

Free. Head and neck adjust in mid-position; upper extremities adjust in extension and abduction.

A. Lengthened Range

Commands. "Push with your head and your feet, and lift your hips!"

Suggested Techniques. Stretch and resistance.

B. Middle Range

Commands. "Keep on pushing up! Hold it! Push again!"

Suggested Techniques. Repeated contractions, rhythmic stabilization, slow reversal.

C. Shortened Range

Commands. "Hold it! Don't let me push you down!"

Suggested Techniques. Rhythmic stabilization, slow reversal.

Antagonistic Pattern

Reversal to supine position with hips and knees flexed.

NOTE: This activity is resisted diagonally by commanding the subject to push toward one side while resistance is graded to promote range toward that side.

Pelvic elevation supine, if viewed by rotating illustration 90°, can be seen to be related to kneeling position (see Fig. 1-182). The total pattern would be that of rising from heel-sitting, feet plantar flexed, to kneeling.

FIG. 1-163. Pelvic elevation, supine.