

# SHOW SOME SPINE!

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## I. INTRODUCTIONS

1. Nāmate! (“My inner peace meets, greets, and salutes your inner light”)
2. Lawrence’s Background, findLawrence.com, & the Biscontini Scholarship
3. Our Purpose Today: (stability and mobility)
4. The Rib and Hip Connection
5. Standing Desks
6. Donuts and Oreos

The neutral spine:

7  
12  
5  
2

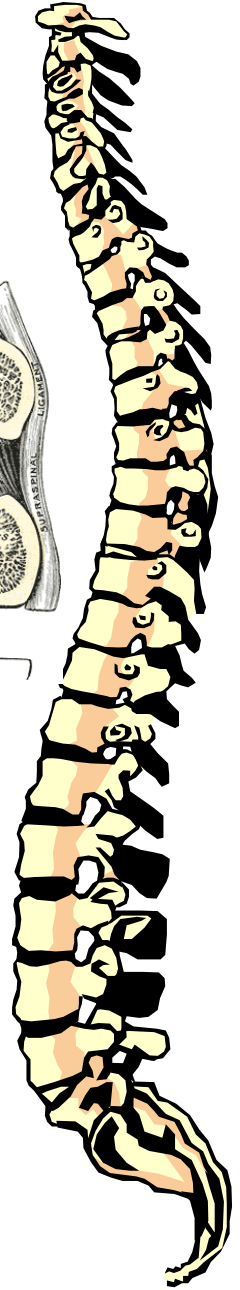
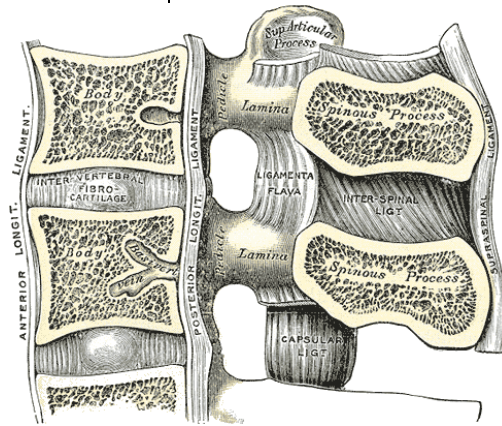
**Support & Stability & Compression**  
transverse abdominus

**Extension**  
spinal erector group (3)  
multifidus

**Lateral Flexion**  
Quadratus Lumborum (QL)

**Rotation**  
Multifidus  
Obliques

**Flexion:**  
rectus abdominus



What gives support to the spine is the core, defined as: \_\_\_\_\_



“We shouldn’t stop playing because we grow old. for we will grow old if we stop playing!”



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"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"

**MOVEMENTS:**

**Support & Stability & Compression:** from 1. glutes, 2. pfms, 3. tva

PRONE  
SEATED  
SIDE-LYING

**Extension**

- PRONE
  - PASSIVE EXTENSION
  - ACTIVE EXTENSION
  - ACTIVE EXTENSION WITH ROTATION
  - RECIPROCAL ARM AND LEG REACHES AND LIFTS
  - SAME-SIDE REACHES AND LIFTS
- SUPINE
  - LATERAL FLEXIONS W/DISCS
- SEATED
  - LATERAL FLEXION REACHES
  - EXTENSION USING ARMS
- ALL 4'S
  - RECIPROCAL ARM AND LEG REACHES & LEFTS IN NEUTRAL
  - SAME-SIDE REACHES AND LIFTS IN NEUTRAL
  - RECIPROCAL ARM AND LEG REACHES & LEFTS WITH EXTENSION
  - SAME-SIDE REACHES AND LIFTS WITH EXTENSION
  - EXTERNAL AND INTERNAL ROTATION
  - EXTERNAL & INTERNAL ROTATION WITH CONTRALATERAL HIP EXTENSION

**Lateral Flexion**

- ELBOW PLANKS
- ELBOW TRANSFERS
- LATERAL FLEXION "HIP LIFTS"
- STANDING SUPERIOR LATERAL FLEXION WITH BILATERAL SUPPORT
- STANDING SUPERIOR LATERAL FLEXION WITH UNILATERAL SUPPORT
- STANDING INFERIOR LATERAL FLEXION WITH UNILATERAL SUPPORT

**Rotation**

- SUPINE: functional?
- STANDING
- SEATED
  - SEATED SPINAL TWISTS WITH EXTENDED OR FLEXED KNEES

**Flexion:**

- SUPINE: functional?
- QUADRUPED
- AT THE BED/ON A BALL/WITH RESISTANCE
- STANDING: functional!



SUMMARY. RESOURCES. HOMEWORK. TAKE-AWAY MESSAGE.



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