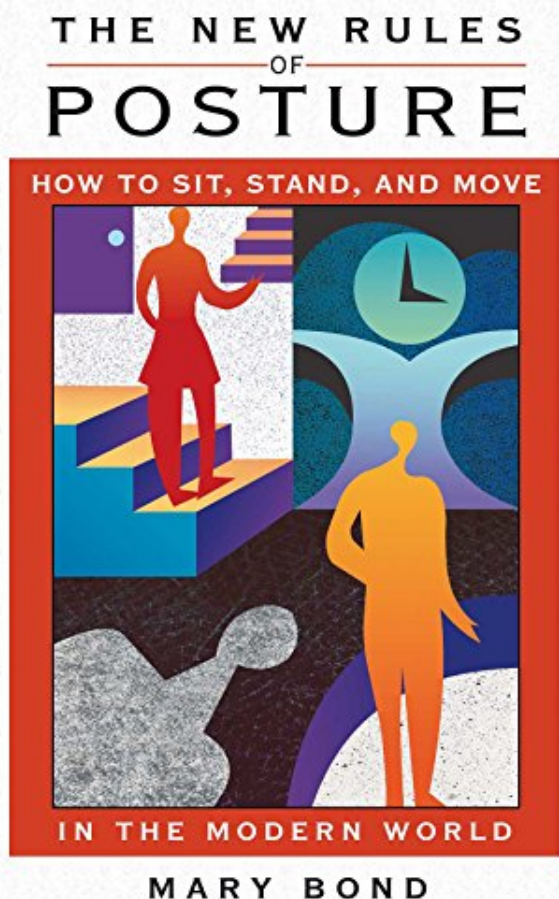


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The New Rules of Posture: How to Sit, Stand, and Move in the Modern World (English Edition)



Par Mary Bond
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Description :

Prsentation de l'diteurA manual for understanding the anatomical and emotional components of posture in order to heal chronic pain Contains self-help exercises and ergonomics information to help correct unhealthy movement patterns Teaches how to adopt suitable posture in the modern sedentary world Many people cause their own back and body pain through their everyday bad postural and movement habits. Many sense that their poor posture is probably the root of the problem, but they are unable to change long-standing habits. In The New Rules of Posture, Mary Bond approaches postural changes from the inside out. She explains that healthy posture comes from a new sense we can learn to feel, not by training our muscles into an ideal shape. Drawing from 35 years of helping people improve their bodies, she shows how habitual movement patterns and emotional factors lead to unhealthy posture. She contends that posture is the physical action we take to orient ourselves in relation to situations, emotions, and people; in order to improve our posture, we need to

examine both our physical postural traits and the self-expression that underlies the way we sit, stand, and move. The way we walk, she says, is our bodys signature. Bond identifies the key anatomical features that impact alignment, particularly in light of our modern sedentary lives, and proposes six zones that help create postural changes: the pelvic floor, the breathing muscles, the abdomen, the hands, the feet, and the head. She

offers self-help exercises that enable healthy function in each zone as well as information on basic ergonomics and case histories to inspire us to think about our own habitual movements. This book is a resource for Pilates, yoga, and dance instructors as well as healthcare professionals in educating people about postural self-care so they can relieve chronic pain and enjoy all life activities with greater ease. Extrait from the Introduction Hi there, said the pretty checker as she reached across the counter to scan my purchases. In an instant her friendly smile dissolved. Oh, man! Ive got to get to the chiropractor. I watched as she twisted her torso this way and that, trying to relieve the pain without attracting too much attention. But she had mine. Why was an attractive twenty-something complaining about her body to a customer? True, it was closing time, the end of a long day. But it was only Wednesday and the new Target had been open less than a week. Her name tag said Carmen. Maybe she was in a fender-bender, I thought, and thats why shes looking for a doctor. But just as likely not. Just as likely it was the way she used her body

that had her tied in knots. As a movement therapist, its my job to correct the poor posture and poor movement habits that underlie my clients complaints and symptoms. People often consult with me as a last resort when conventional medical approaches have failed to give them relief. Sometimes it takes months of gradual change for someone to transform his or her posture enough to eliminate pain, but sometimes theres a quick and easy fix. I wondered whether I might find just the right comment to set Carmen on the road to healthy posture. If I was to say something helpful, I needed to hit the mark with my assessment and offer a solution that would work right away. Most people have little patience for complicated advice about body maintenance. The pretty woman was tall, five foot ten or more, with long legs and a short torso. When the cash drawer opened, it seemed low in relation to her height. As she reached for my change, folding inward at the waist as she must have done dozens of times that day, my own body signaled, Ouch! There it was, I felt sure: low back pain. Carmen was among the eighty-five percent of Americans who experience back pain sometime in their lives. The checkers ill-fitting workstation--tall girl/short counter--was part of her problem, but I wanted to consider other factors before offering a solution. Sometimes poor eyesight or bad lighting makes people hunch over their work. Poor posture caused by poor vision can persist even after vision has been corrected. But no, Carmens neck seemed free, with no trace of the forward straining neck tension that accompanies faulty eyesight or faulty hearing. I glanced at the floor. Only a thin rubber mat protected the checkers feet from the concrete floor. Hard surfaces take a toll on the best of feet. But Carmens shoes looked sturdy. Barring foot problems that I couldnt see, the shoes seemed supportive enough. Okay, then, what could

I observe about the young womans spine? As she stood, Carmens lower back looked balanced, neither overly straight nor overly curved. But could she freely bend and straighten it? When she leaned forward, there was a smooth release of back muscles that let her vertebrae separate slightly as they must to allow forward bending. So, no problem with her flexibility. Nor were her buttocks tucking under, a pattern that could fix her lower back in a bent position, that could make straightening a hazard. Seemingly her spine was as adaptable as it looked. Finally I saw both problem and solution. Carmen was stuck in a pattern I usually associated with women over thirty, so it had taken me a while to notice: camouflaged within the girls tight jeans was a flaccid belly--not a fat belly, just an under-active one. I watched as she bent to retrieve a box of tissues that had fallen to the floor. She straightened, then reached down again for a shopping bag. Each time she bent down, her belly bulged forward. In healthy forward bending, the abdominal organs settle back into the abdominal cavity. Because Carmens abdominal muscles were lax, her organs fell forward, putting unnecessary drag on her lower vertebrae. She desperately needed abdominal support. If only I could show this woman how to engage what I call the inner corset. In my minds eye she grew statuesque. I imagined her jeans fitting better, her chest opening, her shoulders relaxing, and her back pain a distant memory. And, with better abdominal support, Carmen might unexpectedly benefit from improved digestion. Emotionally, shed be better able to contain her gut feelings, and have better boundaries to her relationships. Shed bagged my purchases by now. It would take only minutes to explain. But it was closing time. Shoppers, no doubt many of them also wishing for a chiropractic adjustment, clamored in line behind me, hoping to get the kids to bed before ten. I handed Carmen my card. I can help you with your back, I said, as the customer behind me jostled into place. The checker gave me a blank look. Have a good night, she said. **WHY HEAL YOUR POSTURE?** Such a picture is not unfamiliar, but it doesnt have to be true. You can have a body that stands

gracefully and moves effortlessly throughout life once you learn to use it the way it is designed to be used. It is never too soon, or too late, to heal your posture. Revue de presse The New Rules of Posture is a good adjunct to bodywork of all kinds, from chiropractic and osteopathy to Pilates and yoga. Read it thoroughly, let it soak into your experience--your body will thank you. (Thomas Myers, author of Anatomy Trains) Mary Bonds talent and expertise extended my professional dance career until age 52! Anyone who suffers from body dysfunction and pain must read her book. Actually, it should be mandatory reading for all institutions offering anatomy, kinesiology, and medical courses. (Bonnie Oda Homsey, Former member of the Martha Graham Dance Company, and Artistic Director of Americ) I have long searched for a book that addresses the human body as a whole, and with clarity, guidance, and completeness. This book is a multi-faceted gem offering all of that and much more--I highly recommend it to teachers of movement and to anyone eager to learn how to become a better occupant of their body. (Marie-Jos Blom-Lawrence, Pilates Specialist and Professor of Anatomy and Physiology, Departmen) At last, at any level of knowledge of the body and movement, everyone will have the joy of a discovery that can profoundly change our relationship to ourselves, to others and to the beauty of the world. (Hubert Godard, Ph.D., Professor of Movement and Research, University of Paris) "Recommended for anyone interested in the anatomical and emotional aspects of the movement of ones body." (Dede Archer, Library Journal, Feb 15, 2007) Few things are as overlooked and yet absolutely critical to our health and well being as our posture. Mary Bond offers information, stories and tools for learning how to stand and move with ease and elegance. (Judith Hanson Lasater, Ph.D, PT, author of 30 Essential Yoga Poses)