

Body Workshop: Knee Angle and Sitting Balance

How does the angle of knee angle affect sitting balance?

TEST: Sit upright with feet apart and knees at angle of 90° or over. Get a partner to push down (gently) on your upraised left or right arm while you try to remain upright.

Repeat test using wedge cushion to reduce knee angle to less than 90° . What was the difference?

Body Workshop: Dynamic Balance

Lower body vs. upper body

What happens to muscles above and below the pelvis during balance activities?

TEST: Sit upright with feet apart and knees at angle of 90° or over. Get a partner to push down (gently) on your upraised left or right arm while you try to remain upright.

Palpate muscles in lower back and behind the knees. Which side were the muscles working?

Body Workshop: The Knee & Pelvic Tilt

How and why does pelvic tilt affect the knee ROM?

TEST: Sit upright with feet apart in anterior tilt and get a partner to range your knee from 90° into extension.

Repeat test when sat in posterior pelvic tilt. What was the difference?

Body Workshop: Palpation & end feel

What does end feel tell us about joint integrity?

TEST: Bend fingers back as far as they will go on a partner (gently)!

Get partner to relax jaw and lift jaw up gently until it stops.

How different did this feel?

Body Workshop: Head Control and Swallowing

Does head rotation affect swallowing?

TEST: Sit upright with pelvis in anterior tilt. Take sticky sweet(!) and try swallowing.

Repeat test when turning to the side head.

Body Workshop: Diaphragm

What jobs does the Diaphragm do?

TEST I: Hold your hands in front of you. Count aloud from 1 – 10 as your partner presses down on both hands with you trying to resist.

Try the test when attempting to swallow,
Try the test when attempting to cough.

What's happening? Why?

Body Workshop: Pectoralis Test

How do we test for bowl backing?

TEST: Sit upright with pelvis in anterior tilt. Rest your arm at your side and then raise it in abduction. Let your partner lift two fingers gently but firmly to a position just under your armpit.

Repeat this test with pelvis in anterior tilt

What was the difference in sensation for the tester?.

Body Workshop: Pelvic Tilt-Swallow

Can Pelvic Tilt affect swallowing?

TEST: Sit upright with pelvis in anterior tilt. Take sticky sweet(!) and try swallowing.

Repeat test with pelvis in anterior tilt (and another sticky sweet!).

What was the difference?

Body Workshop: Pelvic Tilt-Shoulder

How does Pelvic Tilt affect hand & arm function?

TEST: Sit upright with pelvis in anterior tilt. With your arm at your side form a thumbs up with your hand and then raise it in flexion and then abduction

Repeat test with pelvis in anterior tilt

What was the difference in the ROM. Try Estimating the difference as a percentage!

Body Workshop: Pelvic Tilt-Spine

How does Pelvic Tilt affect spinal curvature?

TEST: Sit upright with pelvis in anterior tilt.
Observe spinal Curves.

Repeat test with pelvis in anterior tilt.

What was the difference?

Body Workshop: Hip Abduction

How does Hip abduction affect base of support?

TEST: Sit upright with knees and ankles 8-12" apart. Get a partner to push you sideways (right or left) from the shoulder while you try to resist.

Repeat test with knees and ankles together.
What was the difference?