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TURNOUT . . . IT'S IN THE DETAILS!

**ATHLETIC MOVEMENT COMES FROM A
RELAXED STATE, NOT THROUGH CONSCIOUS
CONTROL...HOW MUCH OF YOUR EFFORTS
FOR TURNOUT IS CONSCIOUS?**

Something to think about?

TWO WRONGS DON'T MAKE A RIGHT.

TURNING OUT WILL NOT INCREASE YOUR TURN OUT!
YOU CAN'T JUST KEEP TURNING OUT WITHOUT A COST
TO THE BIG PICTURE...



**'YOUR HIP BONE'S CONNECTED TO
YOUR KNEE BONE YOUR KNEE BONE'S
CONNECTED TO YOUR ANKLE
BONE....'**



**WE ARE ONLY AS STRONG OR
AS FLEXIBLE AS OUR
WEAKEST LINK.**

Let's look at the big picture

ROW BOAT ANALOGY

Is it a group of people,
or a **team**?

What makes
the difference?



FORCING A RANGE OF MOTION TO HAPPEN WITHOUT HAVING A FUNCTIONAL(NATURAL) RANGE OF MOTION WILL BE AT A COST TO YOUR:

- ▶ SPINE
- ▶ BREATH (FUNCTIONING CORE)
- ▶ KNEES
- ▶ ANKLES
- ▶ NECK
- ▶ SHOULDERS
- ▶ WRISTS/ELBOWS
- ▶ FEET
- ▶ TO ALL THE ABOVE AND/OR ANYTHING IN BETWEEN



- ▶ **TENSION** IN OUR HIPS CAN TELL US WE HAVE A LACK OF **STABILITY** IN OUR CORE!
- ▶ **LISTEN TO YOUR HIPS!**
- ▶ IF WE LOSE **STABILITY** OR **MOBILITY** SOMEWHERE IN THE BODY THE REST OF OUR BODY SUFFERS OR COMPENSATES AS A RESULT.



TENSION CAN SHOW UP FOR MANY REASONS:

- ▶ **WEAKNESS**
- ▶ **OVERWORKED**
- ▶ **TAKING ON A JOB THAT IS NOT THEIRS**

ADDRESSING THE TENSION, WITHOUT LOOKING AT WHY, WILL CAUSE YOUR TURNOUT (HIPS) TO SUFFER.

- ▶ **OUR LOW BACK** **LOSES STABILITY**
- ▶ **OUR HIPS** **LOSE RANGE OF MOTION**
- ▶ **OUR KNEES** **LOSE STABILITY**
- ▶ **OUR ANKLES** **LOSE RANGE OF MOTION**
- ▶ **OUR FEET** **LOSE STABILITY**

STABILITY PROBLEMS = PAIN/ACHE

ROM PROBLEMS = STIFFNESS/ACHE

***IN GENERAL NOT EVERYONE IS CREATED EQUAL**

CREATING MOBILITY IN ANY AREA NEEDS TO BE BACKED UP WITH LEARNING HOW TO STABILIZE IT TO KEEP IT.

LENGTHEN & STRENGTHEN

WHAT IS MOBILITY?

- ▶ **ABILITY TO MOVE FROM POINT A TO POINT B**
- ▶ **MOVEMENT**
 - ▶ **ISOLATED (ONE JOINT)**
 - ▶ **INTEGRATED (MULTIPLE AREAS MOVING TOGETHER)**

WHAT IS STABILITY?

- ▶ **ABILITY TO STABILIZE YOU THROUGH MOVEMENT**
- ▶ **MAKES MOVEMENT EFFORTLESS (LONG DISTANT RUNNERS)**
- ▶ **EFFECTIVENESS OF MOVING FROM POINT A TO POINT B**

HOW DO THEY EFFECT ONE ANOTHER?

- ▶ **CAN'T BE EFFECTIVE IN ONE WITHOUT THE OTHER**
- ▶ **A DECREASE IN EITHER = PROBLEMS!**
 - ▶ TENSION/STIFFNESS
 - ▶ PAIN
 - ▶ DYSFUNCTION (INABILITY TO DO SOMETHING PROPERLY)
 - ▶ ALL OF THE ABOVE = INJURY



Endurance



Strength

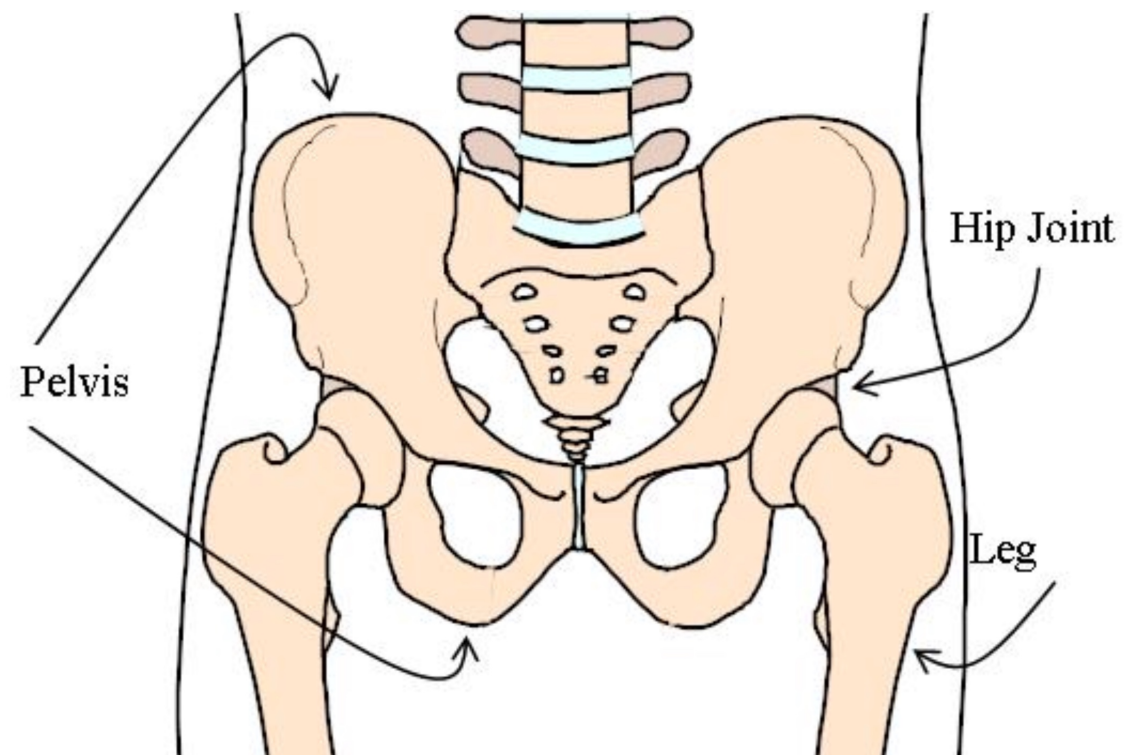
YOU MUST HAVE:

- ▶ **STABILITY** OF THE PELVIS
 - ▶ **NEUTRAL = PARALLEL**
- ▶ **MOBILITY** OF THE HIPS
- ▶ **CAN'T WORK ONE WITHOUT THE OTHER!**

WHAT DOES STABILITY OF THE PELVIS LOOK LIKE?

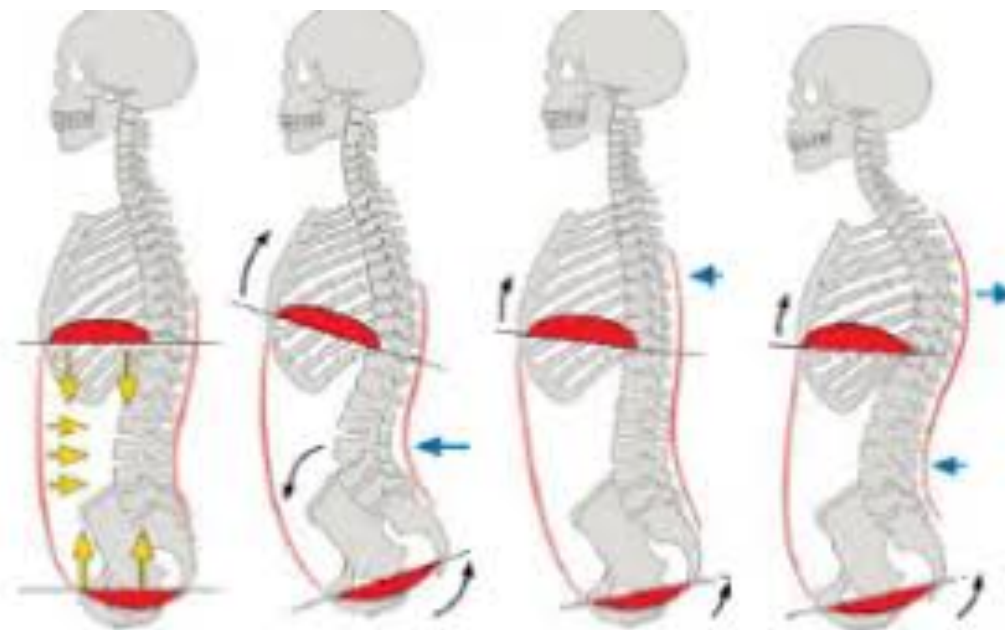
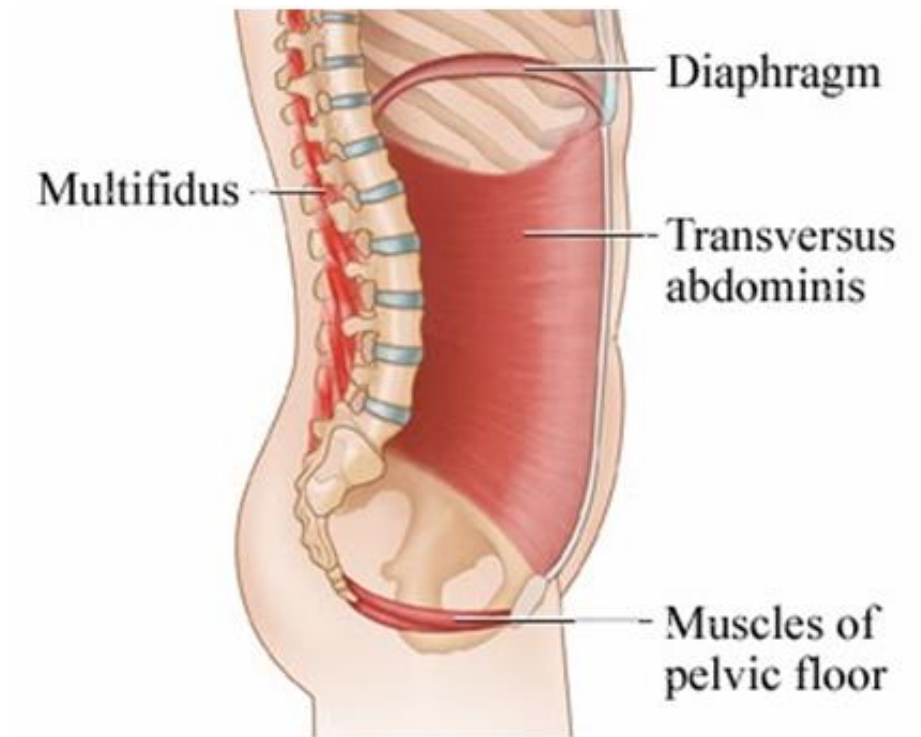
▶ **NEUTRAL PELVIS (WORKING IN PARALLEL)**

▶ **BONEY LANDMARKS – ‘THE TRIANGLE’**



WHAT DOES STABILITY OF THE PELVIS LOOK LIKE?

- ▶ **FUNCTION OF YOUR 360 'ABS' (CYLINDER):**
 - ▶ **TOP – DIAPHRAGM**
 - ▶ **BOTTOM – PELVIC FLOOR (DIAMOND)**
 - ▶ **2 SIDES**
 - ▶ **FRONT**
 - ▶ **BACK**
- ▶ **NATURAL UNLABORED BREATH**
 - ▶ **HOW THE ABOVE WORKS TOGETHER**



STABILITY OF PELVIS GIVES YOU AWESOME TURNOUT!!

**IF ALL OF THE ABOVE EXIST YOUR HIPS WILL MOVE
FREELY, FUNCTIONALLY & YOUR TURNOUT WILL BE
AWESOME!!**

‘IF YOU BUILD IT ...IT WILL COME....

**YOU CAN'T BUILD A HOUSE WITHOUT FIRST
BUILDING ITS FOUNDATION’**

COMMON 'CHEATS' TO NOTICE IN AN UNSTABLE PELVIS

▶ PELVIS POSITION:

- ▶ ONE SIDE HIGHER THAN THE OTHER
- ▶ ROTATED – TO RIGHT OR LEFT (ONE SIDE OR BOTH)
- ▶ ROTATED – OVER ARCHED BACK OR BUM TUCKED UNDER (ONE SIDE OR BOTH)
- ▶ PELVIS FLARE – JAZZ HANDS & BUM CLENCHING
- ▶ A COMBINATION OF ANY OF THESE



COMMON 'CHEATS' TO NOTICE IN AN UNSTABLE PELVIS

- ▶ **HILLS AND VALLEYS**

- ▶ **OVER WORKED FRONT ABS**

- ▶ **ELEVATED RIBS**

- ▶ **TIGHT LOW BACK**

- ▶ **TWO RODS ALONG YOUR SPINE**



- ▶ **MOVEMENT/STRESS ELSEWHERE:**
 - ▶ GIVES THE ILLUSION OF A MOVING JOINT
 - ▶ KNEES/ANKLES/FEET/LOW BACK
- ▶ **MUSCLE IMBALANCES:**
 - ▶ **EXAMPLE: OVER WORKED LATERAL QUADS,
UNDER FUNCTIONING HIPS**
 - ▶ TIGHT DOES NOT MEAN STRONG

WHAT DOES MOBILITY OF THE HIPS LOOK LIKE?

- ▶ **STABILITY IN THE PELVIS FREE'S UP THE HIPS TO DO WHAT THEY ARE MEANT TO DO:**
 - ▶ **HIP SOCKETS MOVE INDEPENDENTLY OF PELVIS —> MOVE FREELY**
- ▶ **NO EXCESSIVE MOVEMENT/STRESS ELSEWHERE:**
 - ▶ **FEET**
 - ▶ **ANKLES**
 - ▶ **KNEES**
 - ▶ **UN-LABOURED BALANCED BREATH**
- ▶ **BALANCE IN STRENGTH THROUGH ALL RANGES OF MOTION**
 - ▶ **INTERNAL/EXTERNAL ROTATION**
 - ▶ **FLEXION/EXTENSION**
 - ▶ **ABDUCTION/ADDUCTION**

**HYPO-MOBILE JOINTS = JOINTS THAT ARE STIFF OR
'NON' MOVING**

**HYPER-MOBILE JOINTS = JOINTS THAT MOVE
EASILY**



MOST DANCERS FALL IN THE HYPER MOBILE RANGE:

- ▶ **TEND TO CREATE 'FAKE' STABILITY**
- ▶ **BASIC REHAB EXERCISES DO NOT WORK**
- ▶ **AT RISK OF INJURY WITH STRETCHING – WHY?**



HIP MOBILITY SELF TEST – KNOWLEDGE IS POWER!

- ▶ NOTICE WHERE YOU CHEAT?
- ▶ HOW YOU CHEAT?
- ▶ WHAT IS MOVING THAT SHOULDN'T BE



HIP STABILITY/MOBILITY EXERCISE

► KNEELING (ADD RESISTANCE)



HIP STABILITY/MOBILITY EXERCISE

► ON ALL FOURS (ADD RESISTANCE)



PELVIS STABILITY TEST & EXERCISE

- ▶ **4 POINT WEIGHT SHIFTING IN NEUTRAL (INT/EXT/NEUTRAL HIP) – ADD SB**
- ▶ **4 TO 3 POINTS WEIGHT SHIFTING – ADD SB**



STABILIZING YOUR PELVIS WILL HELP YOUR TURNOUT!

**IT ALSO AFFECTS HOW ARE FEET MAKE CONTACT WITH THE
GROUND & HOW OUR HEAD SITS IN THE CENTRE OF YOUR
SPINE!**

**IF EVERYTHING SITS JUST AS IT SHOULD IT TAKES THE
LEAST AMOUNT OF ENERGY FOR OUR BODY TO HOLD US
THERE!**

= MORE ENERGY!!

**IT'S NOT JUST WHAT YOU DO
.....IT'S HOW YOU DO IT!**

Jamie Bessant

Learn more about your details:

PHYSICALSOLUTIONS.CA

FREE DOWNLOAD

**LEARN 7 EXERCISE TECHNIQUES 'EXPERTS' ARE
TEACHING THAT SHOULD BE CORRECTED AND WHY?**

ONLINE WORKSHOP

BODY-PREP – DANCE FOUNDATIONS