



“Reminding the Ribs” 3 hours, 3 PMA CEC ©

The thoracic spine can be the most troubling and problematic area of the spine to work with for both new and experienced Pilates teachers. The rib cage is responsible for protecting our organs, insomuch that the ribs can hinder the thoracic spine's potential for movement. The multifaceted joints of the thoracic spine and rib attachments also complicate our movement outcomes. Two large and powerful muscles, the diaphragm and the psoas, attach into the T12, further influencing the movement of the thoracic spine. When we better understand the anatomy and movement potential for the thoracic spine, we can access its multitude of ranges and combination movements more effectively and help our clients discover painless and free flowing spine movement. In Reminding the Ribs, we will learn repertoire to unleash the full potential of the thoracic spine and its effect on the lumbar and cervical segments. The aim of the repertoire will be to originate movement at the thoracic spine and work proximal to distal, echoing J.H. Pilates Principle of Centering as he describes in his book, Return to Life Through Contrology. This course is appropriate for healthcare professionals, Pilates practitioners and professional athletes.