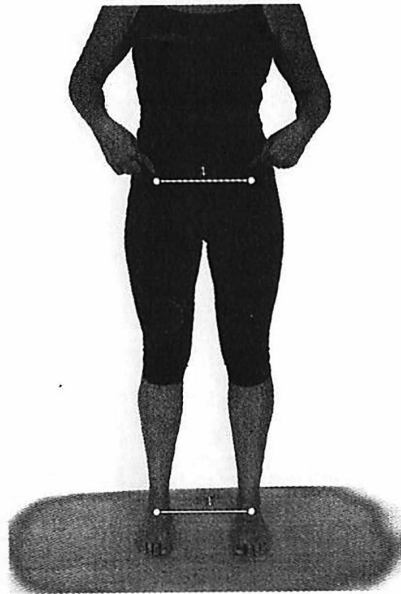


DIASTASIS RECTI

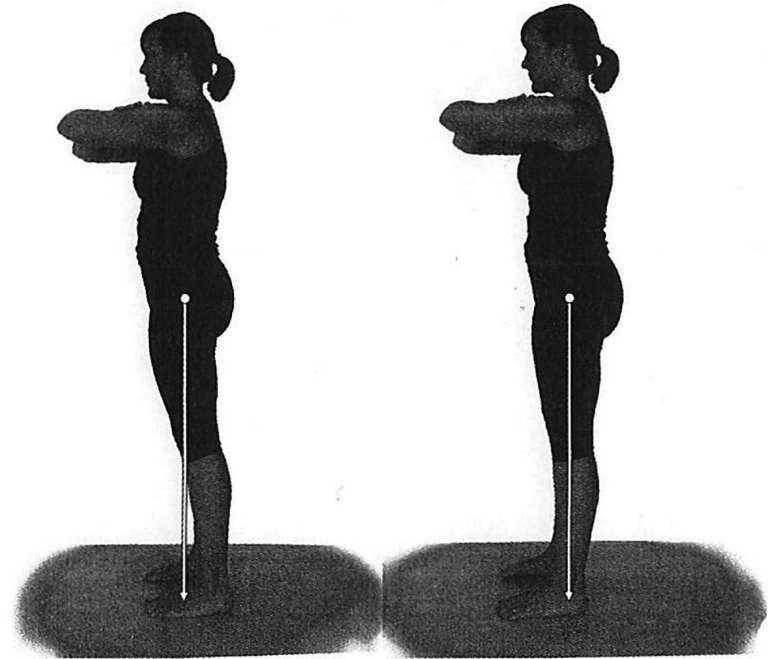
BODY NEUTRAL

▶ FEET PELVIS-WIDTH APART

- Line up the middle of the front of your ankles with the bony prominences at the front of your pelvis (your ASIS).



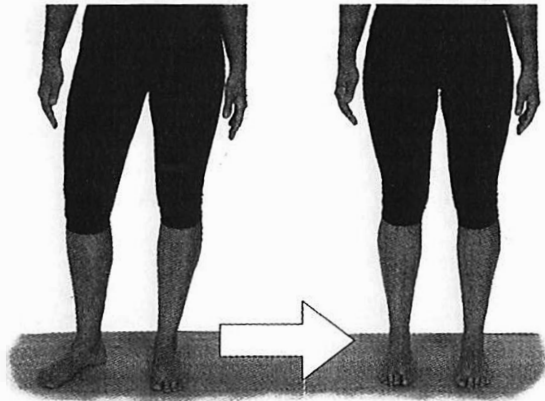
▶ BACK YOUR HIPS UP



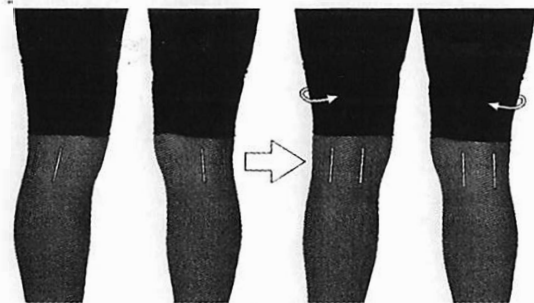
- Move your hips back so that they're directly over the knees and ankles. A plumb line should pick up the center of the hip joint, the midpoint of the knee, and the quarter-sized ankle bone over the heel.

▶ NEUTRAL FEMURS

- Point your feet straight ahead, so that the lateral malleoli (the outer quarter-sized ankle bones) are in line with the bony prominence just behind the pinkie toes.



- Standing with a mirror behind you, turn your thighbones (usually away from each other) until the four lines down the back of both knees line up like this:



- You do not need to keep the instep of the foot down as you rotate your thighs to neutral.

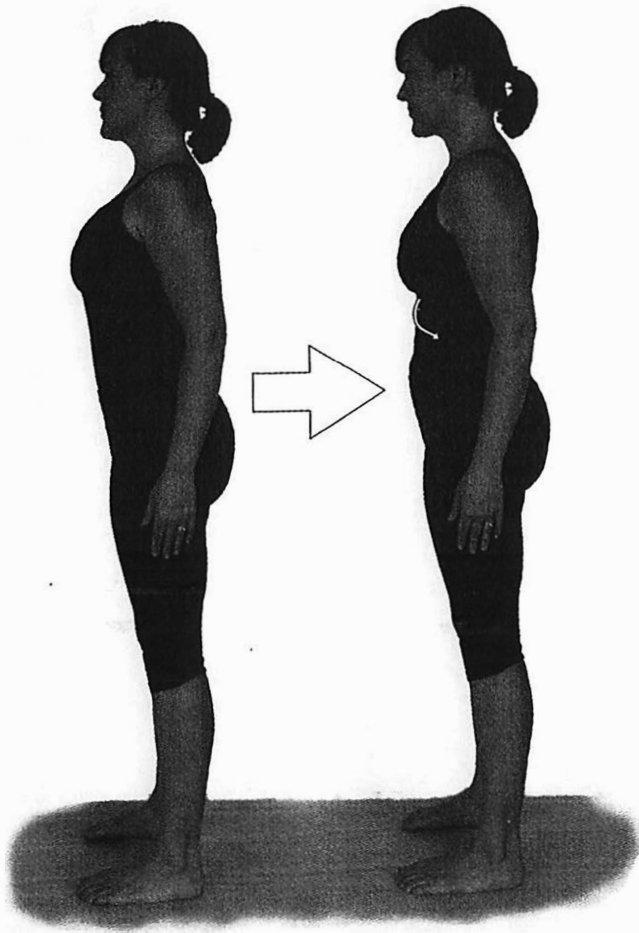
▶ NEUTRAL PELVIS



- Arrange the ASIS and the pubic symphysis vertically.
- Straining to attain a neutral pelvis is really an indication that you need to do your correctives more often as well as decrease any behaviors that are training your body away from the positioning you desire.

▶ DROP YOUR RIBS

- Shift your ribcage down and back until the bottom front ribs are aligned vertically with the ASIS and the pubic symphysis.



▶ RELEASE YOUR DIAPHRAGM

- Place your hands on your upper abdomen and allow your entire belly to relax, paying special attention to the sensation of your diaphragm releasing.
- You will probably feel your abdominal contents moving outward, both sensing the motion and feeling it with your hands.
- Once you feel you've released your diaphragm, try again—chances are you are holding residual tension there.
- Throughout the day, remind yourself to relax your diaphragm.
- For a more advanced version of the diaphragm release, relax your belly to the floor while on your hands and knees.