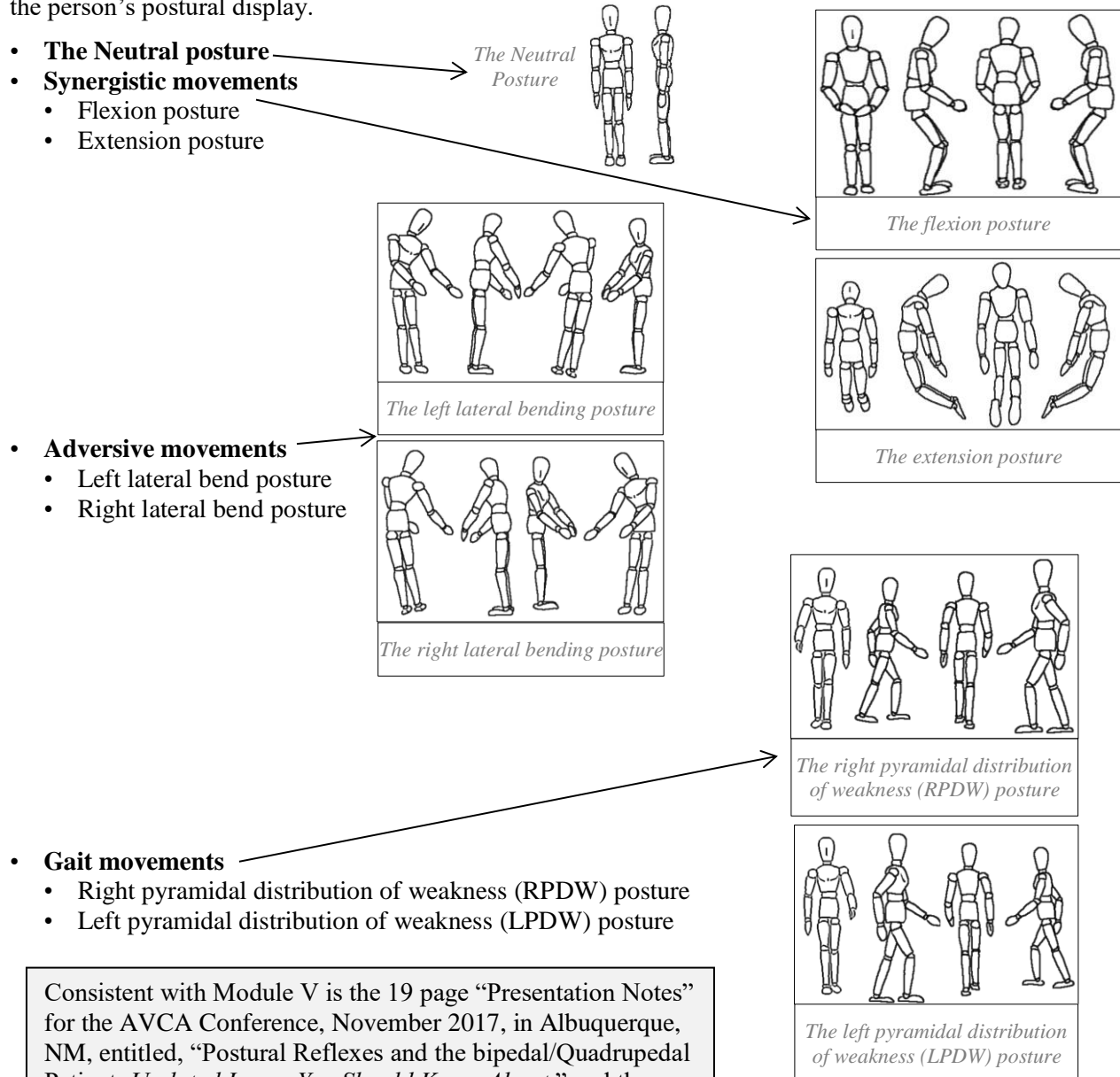


Module V

Module V: Exercise: Specific Rehabilitation Exercises for Each of the Seven Posture Types

People and doctors often ask me, “Dr. Allen, you’re OK with exercise, right?” I tell them it is always important to exercise, but to be beneficial it must be done according to each individual’s specific postural display. So the question becomes, “How do I know my postural display?” Symmetrical exercise only works if your body is balanced front-to-back, side-to-side, and top-to-bottom, otherwise exercise may wind the patient right into their dysfunctional display.

Knowing where patients fit with their exercise parameters is a must for proper case management. Each of these pathological postures has specific postural distortions and that means structural and autonomic needs. Keen awareness of these pathologies will facilitate their relief with a concomitant improvement of the person’s postural display.



Consistent with Module V is the 19 page “Presentation Notes” for the AVCA Conference, November 2017, in Albuquerque, NM, entitled, “Postural Reflexes and the bipedal/Quadrupedal Patient; *Updated Issues You Should Know About,*” and the PowerPoint presentation that goes with it.