



CREATE A BALANCE

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There are anatomical, neuromuscular, respiratory, societal and habitual reasons why we all have a **right** dominance influence. Because of this, we will have a tendency to default towards the **right** side when we: breathe, stand, sit, get up, lift and carry, etc.

Breathing principles--Inhalation

- When we inhale, it is optimal for it to be through the nose and when exhaling for it to be through lightly pursed lips.
- When we place the tongue on the roof of our mouth, just behind our top teeth, it aids in the inhalation process.
- As we inhale, the entire rib cage should expand and the shoulders should not elevate nor should we sit up or arch back.

Breathing principles--Exhalation

- We should focus on exhaling completely—without straining—whenever able. It should feel as if it is a little more than we inhale.
- It is preferable to introduce a pause when in the exhaled state to allow the system to settle.
- Side bending to the left a little and reaching forward with our right arm while exhaling helps to “reset” the system.

Our system (body) performs best when it is symmetrical. Most of us function in a position of asymmetry where our right side is more dominant in loading, rotating and pushing/pulling. This creates muscle imbalances on both sides of the body.

The goal of symmetry restoration is to re-establish (“push the reset button”) neutral then retrain the muscles in this position how to maintain it.

How we move during the day, the positions we function in, dictate comfort and establish where our body will go comfortably. If it feels wrong, we subconsciously will not do it so we go back to our comfortable patterns.

Performing the initial breathing exercises, followed by the repositioning exercises and then a couple of the hip shifting recommendations will help create a better sense of balance in the system.

Let's make our lives more symmetrical!