

# Alignment 101

## An Introduction to *your* Alignment

This is an introduction to alignment as seen through the lens of Restorative Exercise™. Included here are a few important concepts, corrective indicators, and exercises for you to begin your journey into alignment for health and better living.

### Why Align?

We know that when our car is out of alignment we get it repaired in order to perform better and more efficiently. And so the same with our human machine. The correct position of our parts is for the optimal function of our body, and there is only 1 correct position of all of those parts as viewed through the eyes of geometry and laws of physics. In Restorative Exercise™ there are points on our body that we use as markers for alignment. We want to get those markers into alignment and move from that place for optimal health.

Poor mechanics is a primary cause of foot issues, loss of bone density, cardiovascular disease, and joint degeneration. Because the human body is designed like a machine, that is exactly how we are going to look at it, and by doing so we can see that HOW the machine is used will dictate HOW the machine wears down.

There is a specific position and orientation of every single bone and muscle in your body where *things* work most efficiently, where *you* will move most efficiently - this is actually simple physics and geometry.

### Let's get started

Hold or perform each exercise for at least 60 seconds and repeat often.

#### FOOT POSITION & STANCE

Our first points of alignment: feet. We want them pointing straight ahead. Use the straight edge of a block or mat or tile to line up the outside edge of your feet. The muscles in your legs and pelvis don't work correctly unless your feet point straight ahead...like the tires of your car. Make sure your feet are pelvis width apart with your weight in your heels.



#### KNEE CAP RELEASE

Remain in *stance* and keep your knees straight. Lift and lower your knee caps.

Your knee caps can't relax if your knees are bent, so if they don't dance for you (move up and down) find a wall to lean against and try again there.



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## HAND STRETCH

Interlace your hands and extend your arms directly in front of you. Keep fingers interlaced, your back wide, and thumbs pointing down. Check your shoulders to make sure they are not up near your ears. Keep elbows straight and push through your fingers.



## HEAD HANG / HEAD RAMP UP

Relax your chin to your chest. Eventually your chin will reach your chest, in the meantime relax. Hang!

When bringing your head back up, imagine it rolling back and up (like a ball) so your ears arrive over your shoulders.



## CALF STRETCH

While in your stance, keeping feet straight, place forefoot of the R foot onto a half-dome or rolled up towel or mat. Keep your heel on the ground and the body weight over the R heel. Move the L foot forward as far as possible. Keep feet straight, knees straight, and weight over the R heel. If your calves are very tight, your upper body will lean forward. If this happens, shorten your stride by moving the L foot backward until your torso is upright.



### Find A Way!

Make time in your day for a little alignment!

While waiting in line at the store or waiting for the train you can practice your stance and your kneecap release. While sitting at your desk give yourself a Head Hang every 20 minutes or a Hand Stretch.

For more information or to schedule a live session in Arizona or through Skype:  
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Restorative Exercise™ <http://www.restorativeexercise.com/>