

# **Posture Alignment Training (PAT)**

Establishing mechanically sound posture or living in your skeleton instead of hanging on your muscles.

## **PAT Steps to establish mechanically sound posture:**

1: Activate your core: Think of sucking in your stomach to prepare for a punch or like you do when sneaking behind someone at Thanksgiving dinner.

2: Feet two fists apart: Make sure that your feet are about two fists apart from the front to the back (the whole length of the foot).

3: Put your tabletop over your table legs: Make sure that the weight of your body is resting on the full foot, not just on the balls of the foot. If you are you will be able to lift either your toes or your heels without having to dramatically shift your body forward or backward.

4: Shoulder blades in back pockets: At all times you should sense that your shoulder blades have dropped down ever so slightly toward your waist. You can check in on this by raising your shoulders up, relaxing them down, and then imagine putting them into your back pockets. Remember, this is a SMALL movement

5: Get your melon on your post!: What we mean is to keep your head centered over your shoulders not allowing it to protrude forward as if you're a turkey! Do not drop the chin, but rather keep the head level as you bring it back over your torso.

6: Soften the knees: Do not lock your knees backward. To check this, move both knees forward and back and locate a neutral place where knees do not feel "tight". Have other people take a look at them to double check.

## **Other pointers:**

How are you getting along with your skeleton? In other words ask yourself, "**How can I do this in such a way that keeps me in my skeleton and doesn't hurt me** (strain my muscles and joints). You are in the same skeleton no matter what you are doing!

If you start to hurt you know you are not, but rather hanging on your muscles. OUCH! **Take pauses several times a day to check if you are in your skeleton.** After 40 days or so it will become habit and you won't have to think about it.

Remember that everything from your nose to your toes is connected. One thing will affect everything else and make a difference in how your system supports you. Use the ground to support the stability in your body.

## **Choose to be aware!**

NOTE: PAT was developed by Sue Horton, PT