

Walking Swagger Exercise

Naturally, when a lot of people walk, they are quite stiff and still through their mid spine. When we walk we are designed to have a subtle twisting action throughout this area (think: model on a catwalk) which resembles a “swagger”. In allowing for this soft and subtle twist we can utilise the patch of stretchy tissue which is located in the mid spine to absorb and release force effectively.

The impact of staying still or stiff in this area is that you won't be able to utilise this stretchy tissue therefore the force (from when your heel or foot hits the ground) will be absorbed up the leg and into the low back then will come back down and will bounce onto the pelvic floor, through the pelvis, hips knees and feet.

When we walk also, we need to ‘hold’ ourselves in a way that we reduce the weight that is sitting on the pelvic floor subsequently reducing any prolapse sensation and incontinence.

We do this by visualising that there is a string that is attached to our breast bone and pubic bone. When we look down, slouch or slump these two points will come together – making the string floppy. What we need to do is keep our eyes up and visualise lifting the breast bone away from the pubic bone so that that string remains taught the entire time we are walking and standing.

SWAGGER EXERCISE

- **“Grow tall” “Lift breast bone away from pubic bone” “Ballerina”**
“Create space” and hold this gently lifted
- **Gently take off walking with a twist or swagger through the back (not soldier arms)**

***** Remember the twisting action = opposite shoulder to foot *****

