



PERFORMANCE VOLLEYBALL CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING VOLLEYBALL PLAYERS

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Taking Yoga to the Next Level- Postural Restoration-Inspired Yoga for the Athlete: The Transverse Plane

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Emily grew up in Minnesota and Oregon in a family of health care professionals. She graduated from Oregon State University in 2001 with a BS in Exercise and Sport Science and a BA in International Studies with a Spanish minor. She is a board-certified physical therapist (PT) with a Doctorate of Physical Therapy (DPT) degree from the University of Minnesota. Emily passed extensive examination to become a certified Postural Restoration Certified therapist (PRC) with the Postural Restoration Institute and Craniosacral Therapist (CST-T) with the Upledger Institute. She has attended coursework by the North American Institute of Manual Therapy (NAIOMT), the Barral Institute for Visceral Mobilization, and Osteopathic Methods for Vascular Mobilization. Emily has extensive experience working with pediatric and adult clients with complex neurological and orthopedic conditions.

Emily began studying yoga in 1998 to recover from her own chronic pain. She has taught since 2004 as a registered yoga teacher (RYT) after successfully completing two 200-hour yoga teacher trainings. She continued her education through an invitation-only 9-month internship at Amrita and the 500-hour training at The Bhaktishop. In addition to her weekly class Postural Restoration-Inspired Yoga at Shine Yoga, she guest teaches workshops and teacher trainings throughout the Portland area. Her teaching style weaves ancient and modern wisdom through breath awareness and anatomically-sound poses.



Emily Soiney

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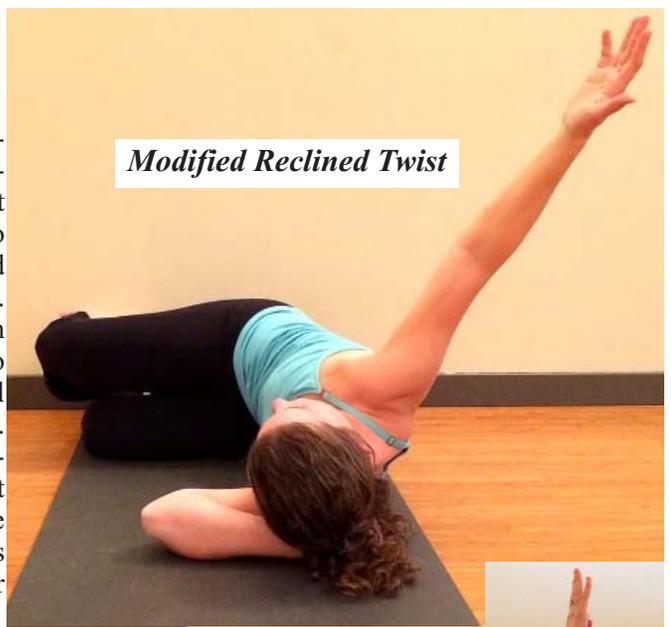
As we conclude this three-part series exploring the training applications of Postural Restoration-Inspired Yoga, this article will focus on rotational movements, or those that occur in the transverse plane. Rotation is easiest to observe at the shoulder and pelvic girdles, in the spine, and throughout the ribcage. To a lesser degree, some amount of rotation is ideally available at all joints. In the athletic arena, rotation is that extra edge that makes a great pitcher, golfer, or triathlete. It makes the shot from volleyball's outside hitter or soccer's forward impossible to defend. Most importantly however in the rehabilitation arena, rotation allows for the body to reset, rest, and restore after the practice or competition is over. Postural Restoration-Inspired Yoga offers unique, mind-body techniques that optimizes an athlete's recovery and sets them up for better quality of movement, efficiency, and overall body awareness.

In the first two installments the reader learned that it is imperative to first restore neutrality in the sagittal plane in order to access the potential of the frontal plane. This ensures that the ribcage and the respiratory diaphragm, as well as the pelvis with its pelvic diaphragm, has the ability to function a neutral zone. When this neutrality is available, it ensures that your athlete is not training in an extended and torqued posture. This not only improves athletic performance, but also decreases the incidence of fatigue, compensation (poor form), joint impingement, instability, and injuries.

When your athletes have trained with the exercises from the sagittal and frontal plane articles and attained negative PRI testing, they are ready to perform the following transverse plane Postural Restoration-Inspired Yoga poses.

The following postures promote optimal transverse plane activation while incorporating the sagittal and frontal planes in a harmonious way. For best results, please perform the poses in the sequence outlined and stay in the poses for at least 5 and up to 10 breaths as quality of the athlete's form allows. Please do not emphasize performing these poses to the same degree on both sides since every body is asymmetrical.

- **Modified Reclined Twist:** This posture is an advanced-level PRI repositioner that can be broken up into two phases to ensure proper execution. In the first portion, start by lying on your left side, knees bent at 90 ° with your feet flat on a wall. Firmly press both of your feet into the wall to feel your hamstrings working throughout. Rest your head on your left arm and place your right hand in front of your abdomen. At the bottom of your exhale, feel your lower frontal ribs move down and together, engaging your side abdominals. This is your cue to “scoop” your sit bones towards your heels. Keep this rounded spinal position as you inhale and slide your right knee forward at least 1 inch. Keep your right knee down during this movement so you correctly engage the left inner thigh muscles. Next exhale as you lift your right knee up and slightly out until you feel your right gluteal muscles. Once you are able to coordinate these movements to stabilize your pelvis and lower spine, you can move on to the second phase. Reach your right arm straight overhead. Without losing the position of your lower body, inhale your chest to the right. Exhale, stay there and reconnect with your trunk and leg muscles. Open your right arm behind you again on your inhale and you’re your right chest filling with air. Only perform on this side.



Modified Reclined Twist

- **Eagle:** from a standing position, exhale your frontal ribs and sit bones down to engage the abdominals and hamstrings. Inhale, perform the first 1/3 of a squat by bend your knees and sitting your hips back. Exhale stay then inhale your left knee forward, feel right inner thigh and gluteal muscles working as your lower back and upper hip flexors stay relaxed. Pick your left knee up and cross your left thigh over your right. You may balance your left toes on the floor or challenge your balance by keeping your foot up. Cross your left arm over your right and either place your hands on opposite shoulders or wrap your hands around with palms touching. Finish on the left as picture shows.



- **Spinal Twist in Side-Sitting (Bharadvajasana):** Optional, start by sitting on a 1-2 inch high blanket with your feet to the right. Exhale press your knees into the floor to engage your left outer hip and right inner thigh. At the end of the exhale, feel the outer abdominals tone. Inhale and lengthen your spine. Exhale, gently twist your trunk to the left. Place your right hand on your left knee and your left hand behind you. Inhale into your chest (front, back, and sides). Exhale to turn your head to the right and bring your gaze down toward your left foot. Finish on the left as picture shows. ☐



Spinal Twist in Side-Sitting (Bharadvajasana)

Net Link: Click [HERE](#) for the sagittal and frontal plane articles

PRI Yoga Affiliate course registration is now open. To learn more go to:

<http://www.posturalrestoration.com/programs-courses/affiliate-courses/integration-for-yoga>

More Information Please: contact Emily at www.shinephysicaltherapy.com (clinic) or www.shineportland.com (yoga studio)