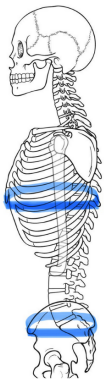


UNLEASHING HEALTHY MUSICAL EXPRESSION BY OPTIMIZING BIOMECHANICS OF THE RIB CAGE

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Optimizing rib cage position & dynamics enhances expression & technical dexterity, facilitates access to physical grounding, and helps resolve musculoskeletal pain and injury stemming from compensatory movement.



Optimizing Rib Cage Orientation

Stacking Ovals - Rib Cage over Pelvis

Identify Rib Cage Oval & Pelvic Oval & Optimize Relationship of Ovals.



- Breathing Coordination.
- Efficient pressure management.
- Balanced system.

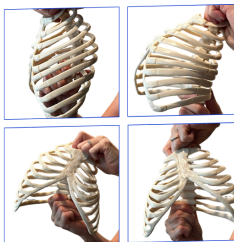
Balanced Body



- Balanced for loading.
- Dynamic core engagement for whole body support.
- Provides Confidence & Coordination.

Rib Cage Adaptability

Balanced Movement



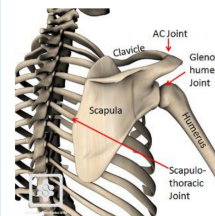
Rib Cage CARs with Breathing



- Access to full rib cage excursion.
- Efficient breath coordination supporting musical intention.

Arm Movement

Scapular & Thoracic Relationship



- Rounded posterior rib cage for scapular mobility.

<https://www.physio-pedia.com/index.php?curid=14925>

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