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The screenshot shows the 'DTS Hip Hinge Clinic' online course interface. The left sidebar lists the course structure: 'The DTS 7 Step System', 'Step 1 | Hip Hinge Assessment', 'Step 2 (a) | Mobility - Lacrosse Bi...', 'Step 2 (b) | Mobility - Ankle Distr...', 'Step 2 (c) | Mobility - Hip Distract...', 'Step 3 | Stability - Bird Dog', 'Step 4 | Groove the Pattern', and 'Step 5 | Train the Brain'. The main content area displays a PDF document titled 'Low Back Fundamentals' presented by Kevin Darby at the canfitpro World Fitness Expo 2018. The PDF includes sections for '3 KEY QUESTIONS TO ASK', 'ASSESSMENTS' (Sitting, Standing, Wall Plank), and 'DAILY SPINE HYGIENE STRATEGIES'. A large orange 'COUPON' graphic with the DTS logo and a pair of scissors is overlaid on the bottom right of the PDF.

3 KEY QUESTIONS TO ASK

1. Do you have **GOOD DAYS** and **BAD DAYS**?
2. What activities **INCREASE** the PAIN?
 - Identify the **POSTURES, MOTIONS** and **LOADS** that cause pain.
3. What activities **DECREASE** the PAIN?
 - Identify the **POSTURES, MOTIONS** and **LOADS** that remove pain.

ASSESSMENTS

POSTURES, MOTIONS and LOADS

1. **Sitting (POSTURE)**
 - Flexion and extension of spine and neck (MOTIONS)
 - Compression - hands under chair (LOADS)
2. **Standing (POSTURE)**
 - Heel drop (LOADS) with flexion and extension of the neck (MOTIONS)
 - Extension and rotation (MOTIONS)
3. **Wall Plank**
 - Lumbar and hip flexion and extension (MOTIONS)

DAILY SPINE HYGIENE STRATEGIES

- Walking
- Standing
- Sitting
- Picking up light objects from the ground
- Picking up heavier objects from the ground
- Bracing
- Brushing teeth
- Putting on your shoes

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