

POSTURAL RESPIRATION – Review Guide

ANATOMY OF POLYARTICULAR CHAINS

- Muscles of **Anterior Interior Chain (AIC)**:
Diaphragm, Psoas, Iliacus, TFL, Vastus Lateralis, Biceps Femoris
- **AIC** muscles of opposition: Hamstrings, Gluteals, Internal Obliques
- Muscles of the **Brachial Chain (BC)**:
Anterior-Lateral Intercostals, Deltoid-Pectoral Muscle, Sibson's Fascia, Triangularis Sterni, Sternocleidomastoid, Scaleni, Diaphragm
- **BC** muscles of opposition: Triceps, Lower Trapezius, Abdominal Obliques
- Muscles of the **Posterior Exterior Chain (PEC)**:
Latissimus Dorsum, Quadratus Lumborum, Posterior Intercostals, Serratus Posterior, Iliocostalis Lumborum
- **PEC** muscles of opposition: Abdominal Obliques

TERMS & OTHER SUBJECTS

- Zone of apposition
- Opposition: force couples
- Rib mechanics
- Hyperinflation, Hypocapnea
- Thoracic-Scapular function vs. Scapulo-Thoracic function
- Forward head posture
- Correct diaphragmatic breathing

UPPER HALF EXAMINATION TESTS

(Available online www.posturalrestoration.com click on “educational resources” then “course notes”)

- Horizontal Abduction
- Cervical Axial Rotation
- Shoulder Flexion
- Apical Expansion
- Humeral Glenoid Internal Rotation

SUGGESTED READING:

- Chaitow L, Bradley D, Gilbert C. Multidisciplinary Approaches to Breathing Pattern Disorders. Churchill Livingstone. 2002
- Reid WD, Dechman G: Considerations when testing and training the respiratory muscles. Phys Ther 75:11, 1995.
- Lando Y, Boiselle PM, Shade D, Furukawa S, Kuzma AM, Travaline JM, Criner GJ. Effect of lung volume reduction surgery on diaphragm length in severe chronic obstructive pulmonary disease. Am J Respir Crit Care Med. 1999 Mar;159(3):796-805.
- Mead J: Functional significance of the area of apposition of diaphragm to rib cage. Am Rev Respir Dis 11:31, 1979.