

LATERAL PTERYGOID AND LATERAL RECTUS ALTERNATION IN FORWARD LOCOMOTION

*by Ron Hruska, MPA PT*

- Reduces palatoglossus and pharyngopalatine reciprocal restriction, and limitation of pharyngeal expansion.
- Facilitates occipital rotary repeated occurrence on both atlas fossae, and therefore limits overuse of unilateral concomitant sternocleidomastoid and mylohyoid during over lateralized rotation of the occiput and counter rotation of the mandible.
- Promotes laryngeal relaxation of adductor muscle and hyoid depressors.
- Diminishes demands on lateral rectus and superior oblique extraocular eye muscles.
- Minimizes genioglossus guidance of mandible and cervical orientation.
- Prevents overactivity of palatoglossus muscle and palatine-sphenoid compression, elevation of posterior portion of the tongue, pulling of the soft palate inferiorly, and thus narrowing of the diameter of the oropharyngeal isthmus.
- Maintains appropriate laryngeal air flow associated with laryngeal resistance and sub glottal pressure, for uninterrupted phonation.
- Realigns tongue, oral pharynx, sphenoid and cervical swallowing positions.

## LATERAL PTERYGOID AND LATERAL RECTUS ALTERNATION IN FORWARD LOCOMOTION



Place shoes on your feet that provide good medial arch sense awareness. Stand with your feet shoulder width apart with your hands and arms relaxed by your side.

Slide your tongue through your front teeth and then gently pull it back in your mouth, keeping the 'freeway space' that was just created with the help of the tongue.

Keep this freeway space and your tongue relaxed, as you slowly breathe in through your nose and out through your mouth. You will need to place your tongue on your upper, front, palate as you breathe in through your nose and then relax the tongue as you breathe out through your mouth. Continue to breathe in this manner throughout this activity.

Look straight ahead and focus on objects 20 or 30 feet ahead of you, as you move yourself forward during this technique.

Move your mandible forward and slowly to the right gently, without the use of the tongue, as you move the right hand and arm and left foot and leg forward.

Don't move the mandible too far laterally to the right, as you reach forward with the right hand and arm or you may use your tongue to help move the mandible and arm, which is not desirable.

As the left heel hits the floor move your mandible slowly to the left, without the use of the tongue, as you move the left hand and arm and right foot and leg forward. Continue to breathe as instructed above in through your nose and out through your mouth, as your focus on objects 20 to 30 feet ahead of you, that will eventually pass by your left side.

Continue to move yourself forward by moving your mandible slowly to the right gently again, as the right heel hits the floor and the right hand and arm and left foot and leg move forward. Continue to alternate in this manner as you move your body forward.