

Content

Introduction	4
Overview of the anatomy	5
The role of the outer myofascial lines in upright posture	6
The Deep Front Line in detail	7
Description of the Deep Front Line	9
Overview of the horizontal and transverse fascial structures.....	10
Horizontal and transverse structures in detail	11
Analysing body balance	15
The static balance of the legs and how it affects the horizontal fascial structures.....	15
The reclined sitting position and its effects	17
Connective tissue weakness and its effects	19
What can cause weakness of the connective tissue?	19
Hormones and connective tissue weakness	20
Bodilance® Pelvic floor training.....	21
Exercises for uprighting, starting from the feet	21
Indirect training for the pelvic floor: breathing and voice exercises.....	22
Activating and strengthening the connective tissue	25
Mechanical aids	26
Case Examples	28
Pain at the coccyx and intestinal problems	28
A child with weak inner posture	29
Pelvic floor weakness caused by hormone imbalance	30
Weak connective tissue resulting from a neurological condition	31
Diagnose Fibromyalgie:	31
Pulmonary disease and breathing problems associated with splay foot.....	32
Clients in their own words	34
Appendix	36
References	36
Information about hormones	36
Training opportunities.....	36
Contact	36
Index.....	37

Key to symbols used in this book:



Case study examples •



Exercises



! Information