

## SEATED 5-BLOCK ALIGNMENT

(Stacking Your 5 Blocks)

Primary Foundation is Pelvis (bucket)

Secondary Foundation is Feet

*Susan's Psalm: "AVOID  
prolonged poor posture."*

Sit supported then unsupported – preferably with use of an inflatable back pillow with a small amount of air in the pillow. This also applies to Wheelchair seated alignment. If you need to focus on just one element to start with, focus on the pelvis.

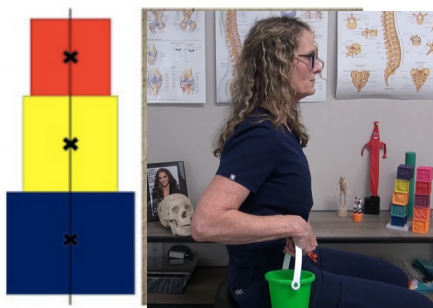


Figure 1. Stacked, aligned posture

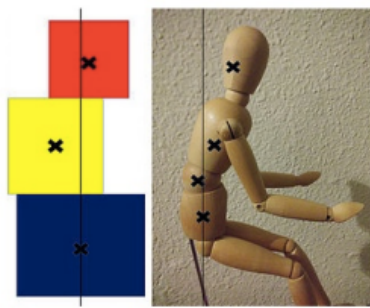


Figure 2. Postural misalignment



This picture of posture as stacked blocks shows how poor posture stresses muscles and joints, and why it is important to correct posture from the pelvis or feet up. Without a stable base (feet if standing, pelvis if sitting), the neck can't be stable. Picture from <http://www.voxhumanajournal.com/huffington2018.html>

**Block 1 – Feet:** Feet hip pointer width apart. Feet flat on floor and **feel** equal weight distribution under each foot. Half the weight on front/back of foot, half on inside/outside, half on right/left.

**Block 2 – Knees:** **Feel** knees hip pointer width apart, aligned over heels and in line with ASIS or pelvic bones in front of pelvis/hips.



**Block 3 – Pelvis (Bucket):** Find **feeling** of neutral pelvis or level bucket; the feeling of not arching or rounding of low back (not tipping water out of the front or back of bucket) based on muscle lengthening and shortening then finding middle. Neutral pelvis or level bucket = feeling of not arching or rounding of low back where the muscles on front and back **feel** of equal length. **Note:** Finding this can be more challenging in seated position due to the lengthening of soft tissue across the low back and buttocks (feeling a slight stretch). Focus on the low back curve and not that feeling of stretch lower down.

**Block 4 – Shoulders:** Not rounded forward or arched back, find middle through **feeling** and recognizing muscles, not on stretch on lengthened or shortened. Then, draw shoulder blades downward towards hips gently, to inhibit or lengthen upper traps to better align head.

NOTE:

- Ribcage: When pelvis is in neutral and shoulders are aligned, then ribcage will be in neutral. Find the feeling of balanced ribcage over pelvis (diaphragmatic breathing), ribcage still.
- Scapulothoracic (shoulder blades and mid/upper back): **Feel** shoulders not rounded forward or ached back – find the middle or neutral (balanced), based on muscles not lengthening or shortening. **Feel** that shoulder blades are neutral/middle and down; don't squeeze shoulder blades together.

**Block 5 - Head (Pumpkin):** Gently **feel** the balance of head over shoulders, not drawing head backwards or retracting (chin tuck), but **feeling** balanced through muscles in neck being of equal length front back right left. Find the feeling of the chin not lifted or lowered, but middle/neutral.

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