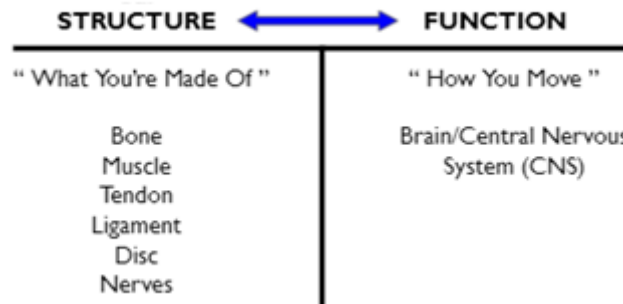


# WEEK ONE

## First Education Topic: Structure vs Function



### Day 1- Homework:

1. Find a broomstick
2. Be aware of how you move throughout the day.  
Do you use the hinge pattern?  
How good is your ability to control your neutral spine?

### Day 2- Homework:

1. 10 Hip Hinges 3 times a day
  - Morning/lunch/afternoon
  - Do NOT do 30 at once
2. Apply the hinge and sit to stand pattern everywhere possible

### Extra Activities:

1. Is this an exercise program?
2. Can you identify activities in your daily life where you use the hip hinge pattern?
3. Can you remember the five points of performance?

### Resources:

Youtube- Back Pain - the elegant solution - key points. Dr David Johnson, Neurosurgeon  
[https://www.youtube.com/watch?v=choFeKUo3\\_c](https://www.youtube.com/watch?v=choFeKUo3_c)

Youtube- Dr David Johnson - 'Changing The 'Shape' Of Spinal Surgery'  
[https://www.youtube.com/watch?v=x93\\_Hd\\_pZvA](https://www.youtube.com/watch?v=x93_Hd_pZvA)