



How to perform good postural gymnastics, what are the benefits and what is it for

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What's this?

What are we talking about when we talk about postural gymnastics? How similar and relevant to Pilates or other disciplines? Let's say that postural gymnastics represents a large pelvis, a macro-category that is made up of bionatural movements and that includes many others. At 6 we reach a stable posture and then in the course of life we create our motor experience and take habits that we carry on over time. If these habits are correct and functional to the well-being of the body, also the internal organs have benefits while if these habits are incorrect, in the long run recurrent joint or muscle or visceral pains occur. For this reason, postural gymnastics has both a preventive and rehabilitative value.

Muscle strengthening exercises that are performed in postural work on the dynamic muscles, are performed free body or with elastic, in a controlled way and supported by the right breathing. The postural sessions last about 1 hour and,

when you want to increase resistance and strength, you use small weights and take breaks or if you want to work on balance, tools such as the Stability Ball or the platforms are used. In fact we would not even be made to walk on flat ground, we are not structured for this, but for natural terrain, even discontinuous, this is good for the body, as seeking the continuous adaptation of the foot allows stimulation at all levels. The foot represents a reservoir of information and the way we use it has an impact on the structure (and vice versa, what happens at the level of the jaw cascades over everything else): the skin exteroceptors of the foot are highly sensitive they are the interface between the environment and the equilibrium system.

The personalized adaptation is different for each of us and is affected by the physical, emotional and psychic environment. The shapes that the body occupies in space are not only given by biomechanics, but also by the way we feel, by our relationships with others. In summary, the way we manage our mass and move our center of gravity undergoes many influences that also depend on internal movements. By working on the structure, postural gymnastics guarantees a harmonious balance and a valid balance for the whole body. The motor gestures are corrected, in static and walking, and the whole postural tonic system is reprogrammed in a physiological context.

What is it for?

Our balance is influenced by many structures: the vestibular apparatus, the sight and the stomatognathic apparatus (ed. That is the set of bone, joint, muscle, vascular and nervous structures that participate in chewing, swallowing, speech articulation, yawning, smiling and breathing). Standing or sitting very much for work affects all these systems and also affects the movement of our muscular circulatory pump and the continuous flow of our lymph. We are "moving animals" in all respects but unfortunately there is asphalt, smoke, foods that inflame us and excesses of various kinds.

In addition to the muscular structure, we have a band that includes the whole body, like a kind of sheet. Muscles are structured and function on the basis of this connective tissue and are organized in myofascial chains that pass through the whole body and cross it. The postural also helps in the harmonic reorganization process of the connective system. Our muscles can be hypertonic or hypotonic; in the first case with postural exercises they go to lengthen while in the second case to fortify and strengthen. The use of the eyes and paravertebral muscles as well as the influence of the vestibule and the muscular sense are involved in postural exercises.

Benefits

First, it breathes better. Good posture greatly affects the way we breathe, how we use the diaphragm and intercostal muscles. Digestion and evacuation also improve, with important emotional consequences. The structure of the neck (cervical spine) benefits greatly and is protected against negative habits given by study, cars, TV, video games, computers or the like. It also improves self-esteem, as standing straight gives a very positive, valuable and successful image to the mirror and to others.

If a positive mental attitude influences posture, the opposite is also true: by working on the postural structure, by softening the muscle stiffening, a relaxed and optimistic thought is achieved. With a constant practice of postural gymnastics you also get greater access to relaxation and relaxation remains a fundamental factor in giving good to the whole body-mind system. It also improves sleep, a key condition for a healthy immune system. Maintaining good posture also makes us aware of our needs, it allows us to listen to what we want from moment to moment.

The whole musculoskeletal system benefits from it together with the overall balance of the body. The awareness of one's body also increases, as an external vision that allows you to get in touch with the inside even better and that can also be spent in sports and in the actions of daily life.