Integrated Positional Therapy (IPT) combines yoga, strain/counterstrain, muscle energy technique, and other modalities to address the foundational musculoskeletal imbalances that cause pain in the body and corrects them with gentle self-care movements.

1. We often think short muscles are “tight” and long muscles aren’t, but as you can see with this resistance band, when we stretch out a long muscle it gets tense too. These chronically long muscles (mostly found on the back side of the body) need to be slackened and strengthened, not lengthened, and the short, tight muscles (mostly found on the front side of the body) need to be opened and stretched.

2. To slacken an overly long, tense hamstring while stretching a short, tight quad hold your ankle in your hand on the same side (a). Option to hold a chair or wall for balance. Or place foot on a chair (b) in order to decrease pressure on the knee. Hold for 90 seconds. Do both sides.

3. In order to strengthen QLs (quadratus lumborum) and realign pelvis, stand on a block, curb, or stair with the right foot, letting the left foot hang (a). Hike the left hip up towards the shoulder and hold for 5 breaths (b). Repeat 2 more times. Switch legs.

4. To stretch pectoralis major, place your right arm against a wall at a 90° angle from your body (a). Step forward with your right foot and lean forward (b). Hold for 5 breaths. To stretch pectoralis minor, lift your arm higher, to a 45° angle (c), step forward with your right foot (d), lean forward and hold for 5 breaths. Repeat on left side.

5. To passively stretch pecs, lie on a bed, couch, or crash mat and let arm hang off edge, turning palm towards the ceiling. Hold for 90 seconds. Switch arms.

6. To strengthen rhomboids, wrap a resistance band around a pole or doorknob (a), placing feet against base for support. Keeping arms straight, pull back on band (b) pinching together muscles between shoulder blades and dropping shoulders. Hold for 5 breaths, relax. Repeat 3-5 times.

7. To open shoulder girdle, wrap belt under arms (a). Cross belt in front of body forming an “x” and bring that “x” behind your head (b). Lower “x” across your back, pulling ends under armpits (c). Hold ends of belt or tie across chest (d). Wear for as long as you like.

Smile! You now have better posture.
To learn more about Jenn’s research on physical literacy and to access free resources or buy one of her books please visit the websites listed below:

www.jenncarson.com • www.yogainthelibrary.com • www.physicalliteracyinthelibrary.com