

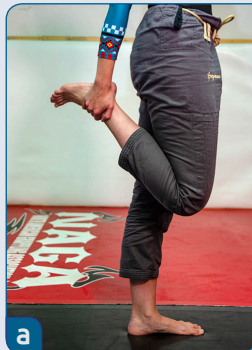
# IPT *for* BJJ

## Integrated Positional Therapy

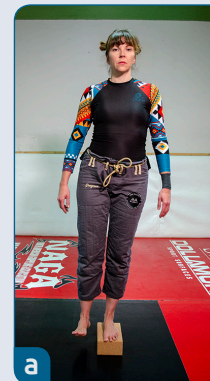
combines yoga, strain/counterstrain, muscle energy technique, and other modalities to address the foundational musculoskeletal imbalances that cause pain in the body and corrects them with gentle self-care movements.



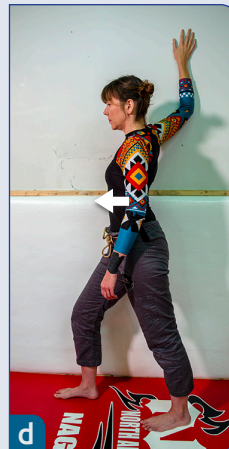
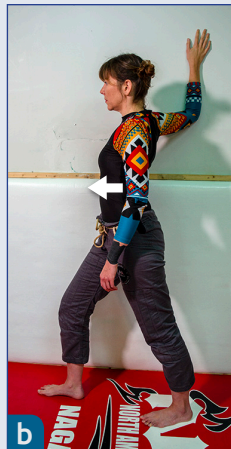
**1.** We often think short muscles are “tight” and long muscles aren’t, but as you can see with this resistance band, when we stretch out a long muscle it gets tense too. These chronically long muscles (mostly found on the back side of the body) need to be slackened and strengthened, not lengthened,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

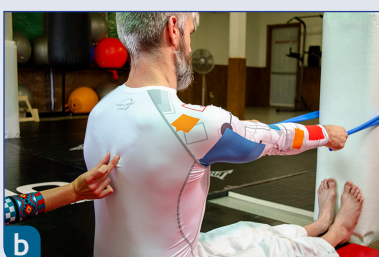
**5.** To passively stretch pecs, lie on a bed, couch, or crash mat and let arm hang off edge, turning palm towards the ceiling. Hold for 90 seconds. Switch arms.



**Smile!**  
You now have better posture.



**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.



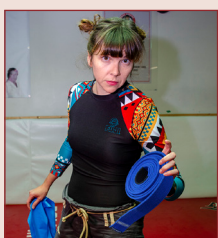
**7.** To open shoulder girdle, wrap belt under arms (a). Cross belt in front of body forming an “x” and bring that “x” behind your head (b). Lower “x” across your back, pulling ends under armpits (c). Hold ends of belt or tie across chest (d). Wear for as long as you like.



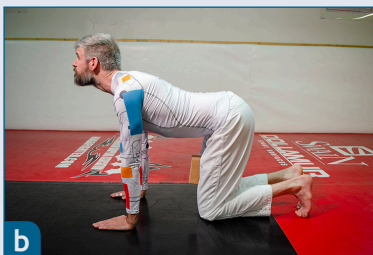




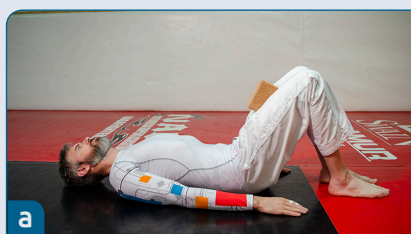
**8.** If you don't have a belt handy, you can manually open your shoulder by reaching behind your back and grasping bicep. Gently rotate bicep outwards. Hold for 5-10 breaths and repeat on other side.



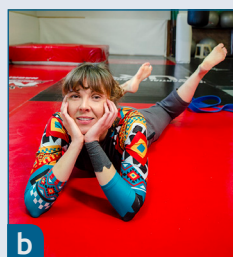
**Any color belt will do!**



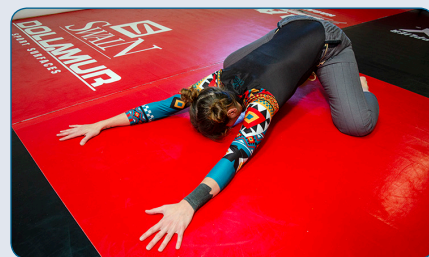
**9.** To gently work pelvic girdle, start in a neutral, kneeling position (a). Inhale and lift chin while arching belly towards the floor (b). Exhale and tuck chin, rounding the spine (c). Repeat 5-10 times, moving with the breath.



**10.** To strengthen pelvic floor without overtightening, place block between thighs and squeeze (a), hold for 5 breaths. Place hands behind head and lift head and upper back while doing a slight crunch and squeezing block for 5 breaths (b). To engage obliques, reach right hand over left thigh with palm facing out and come into a side-crunch (c), hold for 5 breaths, repeat on left side. Return to (a) and lift hips while squeezing block (d), hold 5 breaths. Option to straighten left leg for added resistance (e), repeat on right leg. Repeat entire sequence 3-5 times.



**11.** Use TV-asana for a gentle backbend that slackens hamstrings (a). Lie on the floor and place head in hands while allowing feet to sway left (b) and right (c) at gentle pace. Hold for as long as you like, at least 90 seconds.



**12.** From kneeling position, sit back towards heels and gently push armpits towards floor. Forehead can hover or rest on the mat. Hold for 5-10 breaths.



**13.** To slacken forearms, low back, come into standing with feet hip-width apart and knees together. Bring back of the wrists to touch. Bend knees and keep elbows elevated at 90° from body. Hold for 10 breaths.

**14.** To slacken neck muscles, lie on the floor and bring right hand to forehead like you are pretending to faint. Turn nose to face bent elbow. Roll both palms towards ceiling. Hold for 90 seconds. Repeat on left side.



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:

