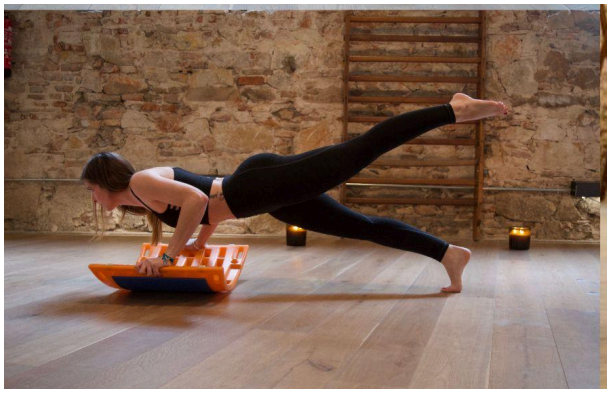


Postural Training with T-BOW®

The T-BOW® and its technical development is ideal for postural training.

Some of the most differential properties of T-BOW® for postural training are:

- The elastic and inertial property of the T-BOW® in fine movements causes very fast and reactive changes in any situation of static-dynamic balance, overstimulating the corporal proprioceptive systems; a very beneficial situation to optimize any posture.

- In its unstable position the T-BOW® allows rocking (lateral, frontal and mixed) in simple and mixed supports of feet, knees, hips, trunk, hands, forearms, head and in triple-quadruple support, on its concave surface and its lateral edges.

- In its stable position the T-BOW® allows support of feet, knees, hips, hands, forearms, trunk, head and triple-quadruple support, on the mat of its convex surface. The unstable double T-BOW® allows the same supports as in its stable position but in especially reactive balance conditions.

- The arched design of the T-BOW® favors a kinesiological adaptation to the curvatures of the spine and great stability, enhancing (with degrees of amplitude greater than a flat base) its mobility and strengthening in the extension, flexion, lateral inclination and rotation.

Holistic perspective of postural optimization

To achieve an holistic postural optimization, preferential interactions must be developed among all the structures that constitute the person (conditioning, coordinative, cognitive, socio-affective, emotional-volitional, creative-expressive, mental, ...), both in static situations and in dynamic situations and the linkages between both.

Intra-systemic and inter-systemic postural optimization

In any option of priorities we can methodologically design infinite situations in which should be emphasized both the intra-systemic and the inter-systemic optimization.

PRIORITIES FOR STATIC POSTURE OPTIMIZATION

- Static balanced muscular development.
- Maintenance-improvement of static joint mobility (flexibility and elasticity).
- Knowledge and practice of relations between the center of gravity and the base of support (segmental balance and global balance).
- Static dissociation between shoulder girdle and pelvic girdle.
- Sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular).
- Education of breathing in a static position.
- Education of static relaxation by static postural perception (segmental and global) and tonic control of rest (intrasegmentary, intersegmentary and global).

PRIORITIES FOR DYNAMIC POSTURE OPTIMIZATION

- Dynamic balanced muscular development.
- Maintenance-improvement of dynamic joint mobility (flexibility and elasticity).
- Dynamic sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular).
- Education of breathing in a dynamic position.
- Interactive education of all coordination capacities; emphasizing (a) conditions of static-dynamic balance and (b) conditions of dynamic relaxation by dynamic postural perception (segmental and global) and tonic control of attitude-action (intrasegmental, intersegmental and global).

PRIORITIES FOR SEQUENCES OF STATIC-DYNAMIC POSTURES OPTIMIZATION

- Fluidity and relaxation of movement
- Static-dynamic balance
- Rhythmical Differentiation
- Rhythmical Variability
- Rhythmical or Temporal Adaptation
- Rhythmical Sense (Temporal Creativity)

Inverted postures play a crucial role in optimizing postural training.

By S. Bonacina, X. García-Navarro, H. Pérez-Vivas, I. Farré-Sánchez, D. Ribera-Nebot

Zurich University (Switzerland) and Barcelona-Madrid University (Spain)

International Conference Disportare 2018 · University of South Bohemia, Czech Republic · České Budějovice, 11-12th October 2018

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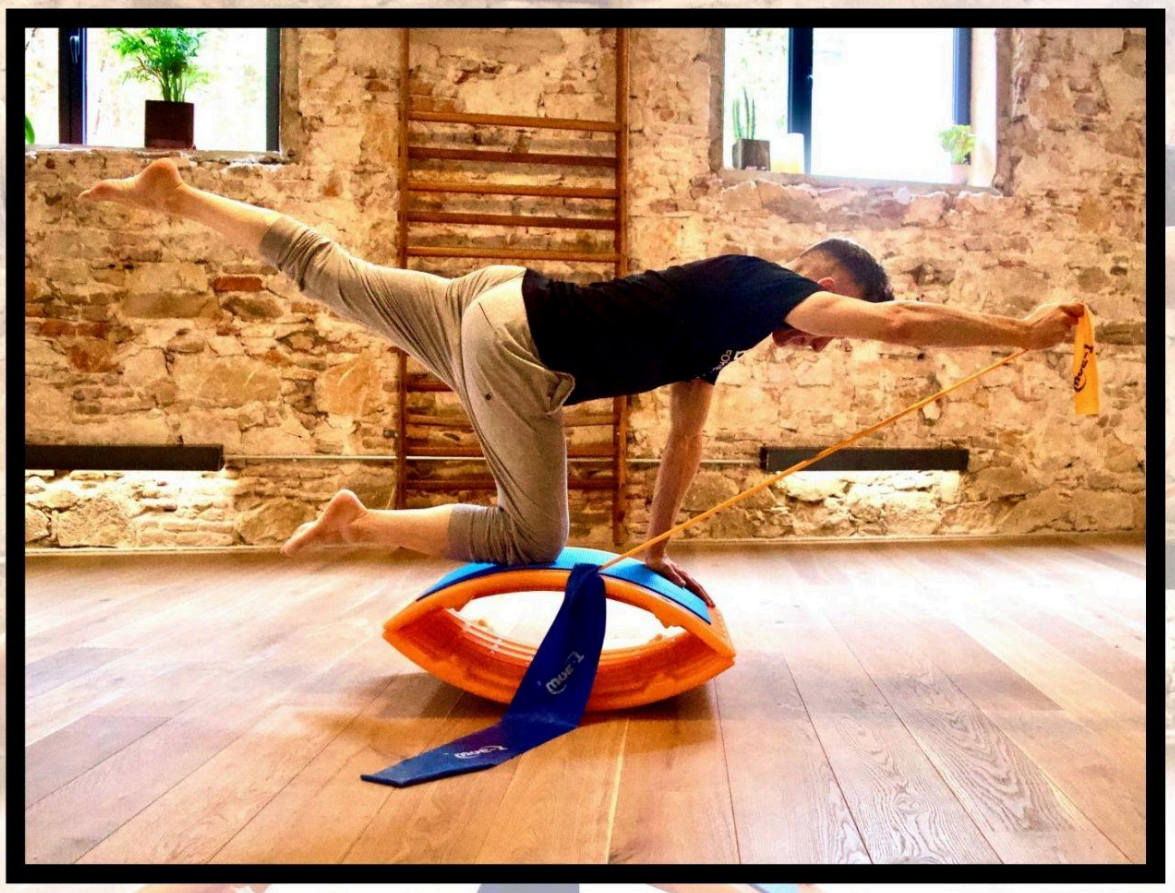
Bonacina S, Psalman V, Chulvi-Medrano I, Ribera-Nebot D (2011). Applications of Training with Instability Devices to Health and Sport Performance. Revista Studia Sportiva, 5:3, 387-394.

Postural Training / Postural Optimization / Holistic Health / Balance and Coordination / Relaxation and Fluidity / Postural Control / Rhythm / Strength-Balance / Strength-Coordination

Resistance-Balance / Resistance-Coordination / Back-Neck Balance / Flexibility - Stretching / Mobility of the Back / Socio-Affectivity / Emotivity-Well-being / Concentration / T-BOW® Training / T-BOW® Optimization / T-BOW® Health / T-BOW® Wellness

POSTURAL TRAINING WITH T-BOW®



Made in Switzerland

T-BOW®

- The elastic and inertial property of the T-BOW® in fine movements causes very fast and reactive changes in any situation of static-dynamic balance, overstimulating the corporal proprioceptive systems; a very beneficial situation to optimize any posture.
- In its unstable position the T-BOW® allows rocking (lateral, frontal and mixed) in simple and mixed supports of feet, knees, hips, trunk, hands, forearms, head and in triple-quadruple support, on its concave surface and its lateral edges.
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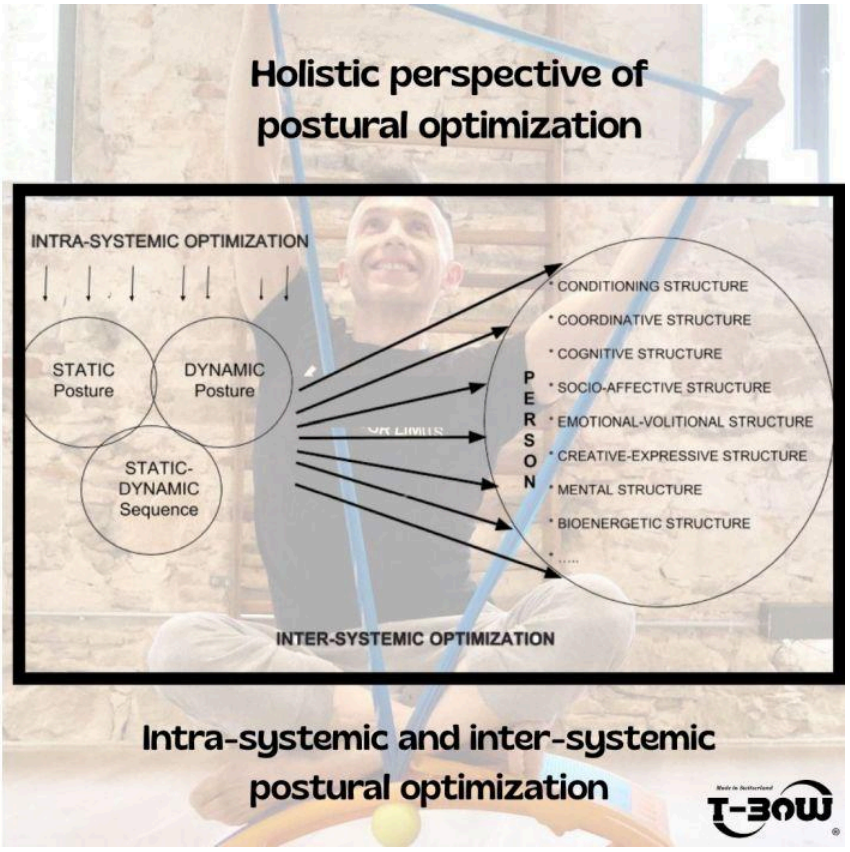
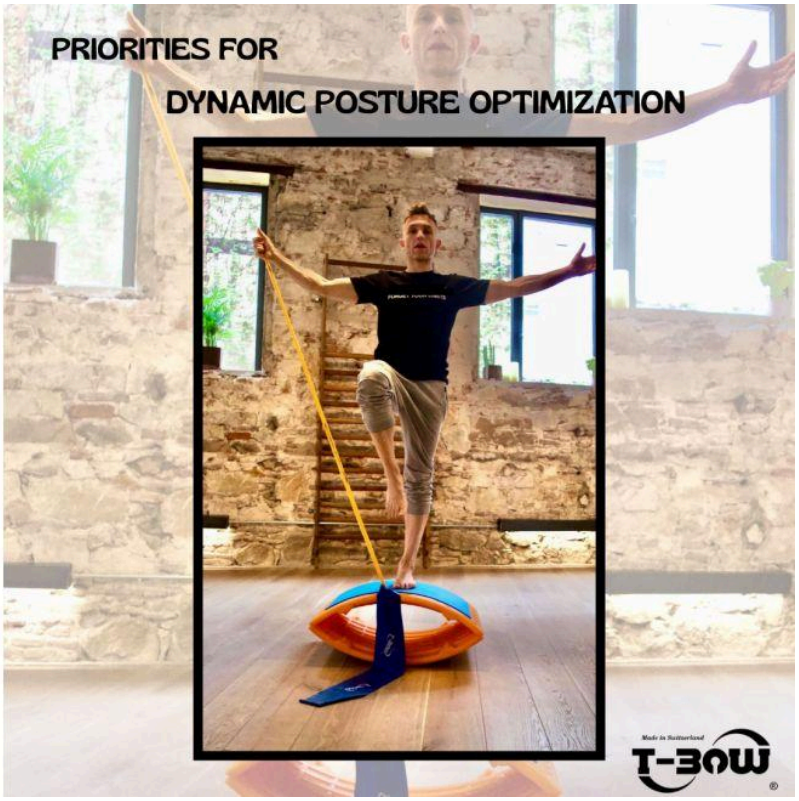


PRIORITIES FOR STATIC POSTURE OPTIMIZATION

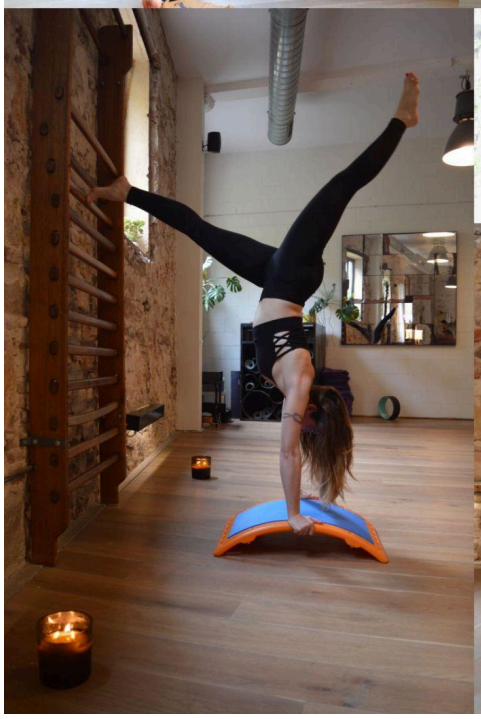
- Static balanced muscular development.
- Maintenance-improvement of static joint mobility (flexibility and elasticity).
- Knowledge and practice of relations between the center of gravity and the base of support (segmental balance and global balance).
- Static dissociation between shoulder girdle and pelvic girdle.
- Sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular).
- Education of breathing in a static position.
- Education of static relaxation by static postural perception (segmental and global) and tonic control of rest (intrasegmental, intersegmental and global).

PRIORITIES FOR DYNAMIC POSTURE OPTIMIZATION

- Dynamic balanced muscular development.
- Maintenance-improvement of dynamic joint mobility (flexibility and elasticity).
- Dynamic sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular).
- Education of breathing in a dynamic position.
- Interactive education of all coordination capacities; emphasizing (a) conditions of static-dynamic balance and (b) conditions of dynamic relaxation by dynamic postural perception (segmental and global) and tonic control of attitude-action (intrasegmental, intersegmental and global).





PRIORITIES FOR SEQUENCES OF STATIC-DYNAMIC POSTURES OPTIMIZATION

- Fluidity and relaxation of movement
- Static-dynamic balance
- Rhythmical Differentiation
- Rhythmical Variability
- Rhythmical or Temporal Adaptation
- Rhythmical Sense

Postural Training with T-BOW®

S. Bonacina, X. García-Navarro, D. Ribera-Nebot, H. Pérez-Vivas, I. Farré-Sánchez

Zurich University (Switzerland) and Barcelona-Madrid University (Spain)

Properties of T-BOW® for Postural Training

(a) its elastic and inertial property in fine movements causing very fast and reactive changes in any situation of static-dynamic balance, overstimulating the corporal proprioceptive systems; (b) in its stable and unstable positions allows stabilized and rocking supports of feet, knees, hips, trunk, hands, forearms and head; (c) its arched design favors a kinesiological adaptation to the curvatures of the spine and great stability, enhancing its mobility and strengthening.

Priorities · Static Posture

Static balanced muscular development, maintenance-improvement of static joint mobility (flexibility and elasticity), knowledge and practice of relations between the center of gravity and the base of support (segmental balance and global balance), static dissociation between shoulder girdle and pelvic girdle, sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular), education of breathing in static position, education of static relaxation by static postural perception (segmental and global) and tonic control of rest (intrasegmental, intersegmental and global).

Priorities · Dynamic Posture

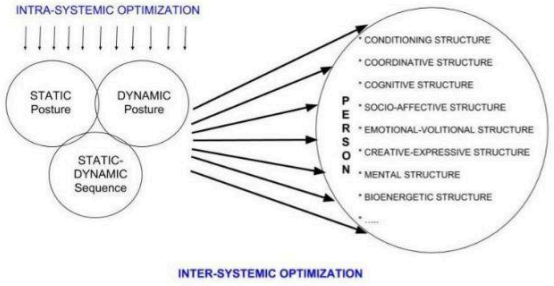
Dynamic balanced muscular development, maintenance-improvement of dynamic joint mobility (flexibility and elasticity), dynamic sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular), education of breathing in dynamic position, interactive education of all coordination capacities emphasizing: (a) conditions of static-dynamic balance and (b) conditions of dynamic relaxation by dynamic postural perception (segmental and global) and tonic control of attitude-action (intrasegmental, intersegmental and global).

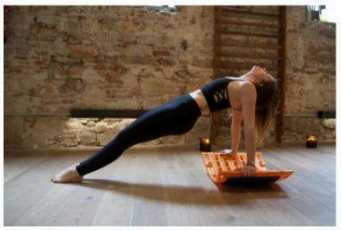
Priorities · Sequences of Static-Dynamic Postures

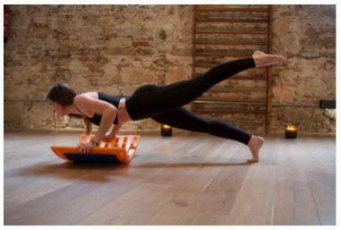
Fluidity and relaxation of movement, static-dynamic balance, rhythmical differentiation, rhythmical variability, rhythmical adaptation, rhythmical sense.

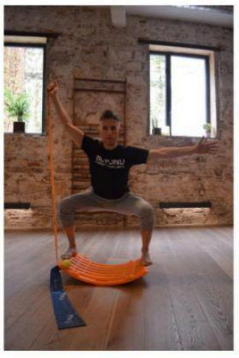
Holistic perspective of Postural Optimization

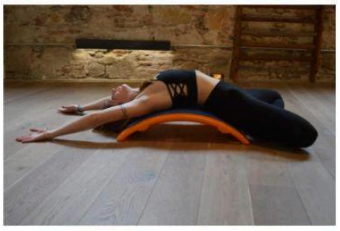
To achieve an holistic postural optimization, preferential interactions must be developed among all the structures that constitute the person (Seirul·lo), both in static and dynamic situations, and in its sequences.











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