

❖ Stand to Sit

Analysis of Normal Movement

- Stand in front of a chair or bench and slightly touch the surface with the back of your leg. (We are often unaware that this even occurs.)
- The upper trunk comes forward, flexing at the hips as the hips come back to the chair.
- The knees bend and the ankles dorsiflex.
- Soft landing!



⌘24 Pause and Practice

Self Experience

Notice

- Observe the typical sequence of your own movements as you sit down.
- For clarity, stop just before your hips touch the chair. Note the position of your shoulders over your knees.

Observe and Analyze Others

- Note variations in movements and sequences of movements, height and build of each person, flexibility, and environmental considerations.

Notes
