

Midwest International Band and Orchestra Clinic- Presentation

Posture (15 min)

- **What is the essence of good posture?** Posture is the body's alignment and position in respect to the force of gravity.



- **Understanding the Lingo**
 - **Neutral spine-** Neutral spine is the natural position of the spine when all three curves are present and in proper position.
 - **Muscle balance-** When opposing muscle groups are equally strong and can balance out the strength and weight of the other
 - **Body Mechanics-** The study of proper body movement to prevent and correct postural problems.



- **Importance of good posture**
 - **Function-** decreased risk of injury due to muscle balance and proper alignment.
 - **Circulation-** improved blood flow/airflow throughout the body (
 - **Aesthetic Appeal-** Present a look of greater confidence.



- **Health problems that can manifest**
 - Bone and joint deformities
 - Carpel tunnel: due to forward head and strain on Cervical nerve junctions
 - Neck Pain

Common issues in Conducting (20 min)

- Upper Cross
- Dowager's Hump
- Lower Back Strain
- Rotator Cuff impingement



The importance of flexibility in relation to posture

- **Improved Physical Performance**
- **Decreased Risk of Injury**
- **Reduced Muscle Soreness**
- **Increased Blood and Nutrients to Tissues**

Reestablishing and maintaining excellent posture (15 min)

- Self-awareness tips to analyze conducting posture
 - 4 point wall test
 - Retraction versus protraction
- Exercises to correct postural problems (Worksheet and Demonstration)
- Tools used to enhance postural strength/flexibility