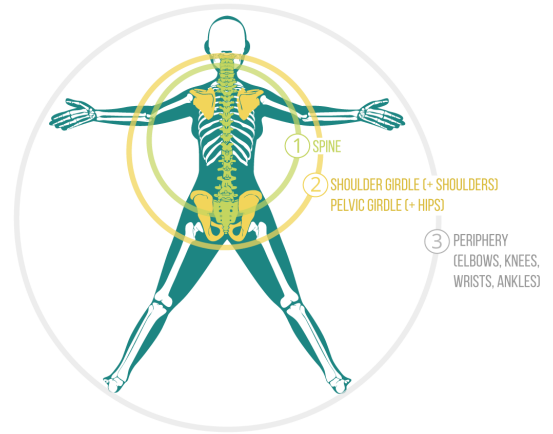


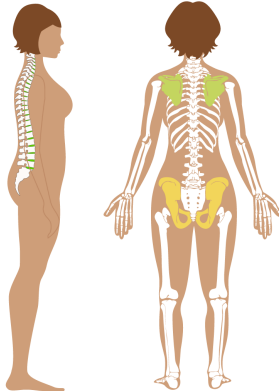
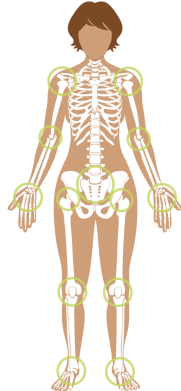
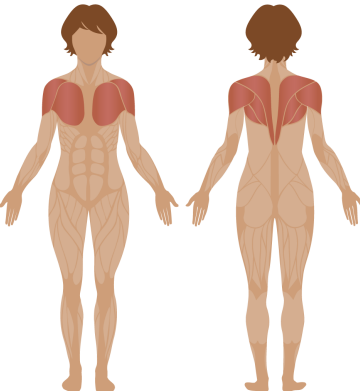
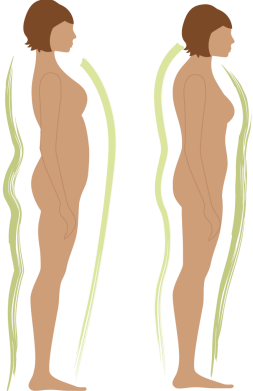
# STAGES OF STRUCTURAL OBSERVATION

We begin our observation with the spine and then gradually expand it to the shoulder girdle (that connects upper extremities to the spine and rib cage) and pelvic girdle (that links lower extremities to the spine). Then we expand the awareness out to the periphery to observe the rest of the body.

At each stage of observation we are dealing with four main elements of the physical structure: bones, joints, muscles and fascia. Each one of those elements can be assessed from the following perspectives:



Stability vs mobility (S/M) / Relationships between different parts (R) / Symmetry (S)

 <p><b>BONES</b></p> <p><b>S/M:</b> Shape and mobility of the spinal curves</p> <p><b>R:</b> How the spinal curves relate to one another during movement; relationship between the shoulder and pelvic girdles and the spine.</p> <p><b>S:</b> Symmetry of the spine (from right to left); shoulder girdle and pelvic girdle (right/left; forward/back, up/down and rotation)</p>	 <p><b>JOINTS</b></p> <p><b>S/M:</b> Range of motion, condition of the ligaments (tight or loose)</p> <p><b>R:</b> Tracking (alignment between the hip, knee and ankle joints)</p> <p><b>S:</b> Differences between the right and left side</p>
 <p><b>MUSCLES</b></p> <p><b>S/M:</b> Hypertonicity (chronically contracted) vs. hypotonicity (unable to contract fully)</p> <p><b>R:</b> Agonist/antagonist relationship (most muscles work in pairs)</p> <p><b>S:</b> Evenness of muscle development (from right to left and front to back)</p>	 <p><b>FASCIA/POSTURE</b></p> <p><b>S/M:</b> Overall structural stability or instability</p> <p><b>R:</b> Observation of continuous lines of tension throughout the body</p> <p><b>S:</b> Overall body asymmetries (from right to left and front to back)</p>

## MAIN QUESTIONS TO ASK YOURSELF:

- Where in the body do I observe lack of mobility? / Where do I see excessive mobility?
- Which relationships seem to be unbalanced? / What looks obviously asymmetrical?