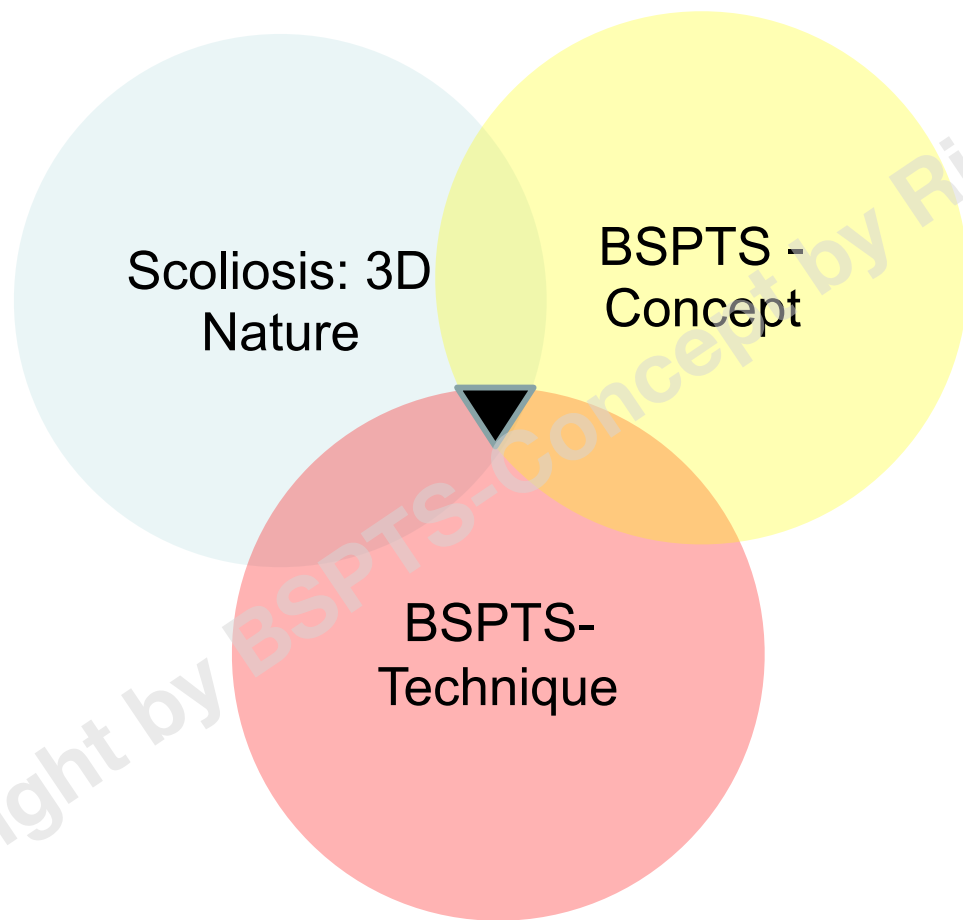


# Introduction to the BSPTS-Concept by Rigo

## Part II





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## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

1) **3D Stable Postural Correction**

2) Expansion technique

3) Muscle activation

4) Integration



## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

## 1) 3D Stable Postural Correction

It is about Changing the position in the space of any part of the body in relationship with other part/s



It is based on Movement



## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

- **1) 3D Stable Postural Correction**
- Bringing the spine into the best possible 3D alignment throughout the postural component as well as the soft tissue component.
- Care about 'Compensations and imbalance'



## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

- **1) 3D Stable Postural Correction**
- The action of long muscles, creating bending moments (lateral, flexion, Extension) **MUST** be avoided
- Initial Unloading Starting Positions
- Importance of the Physiotherapist: Passive-Active corrections, Soft-Tissue release



## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

1) 3D Stable Postural Correction

**2) Expansion technique**

3) Muscle activation

4) Integration



## WHAT WE DO?

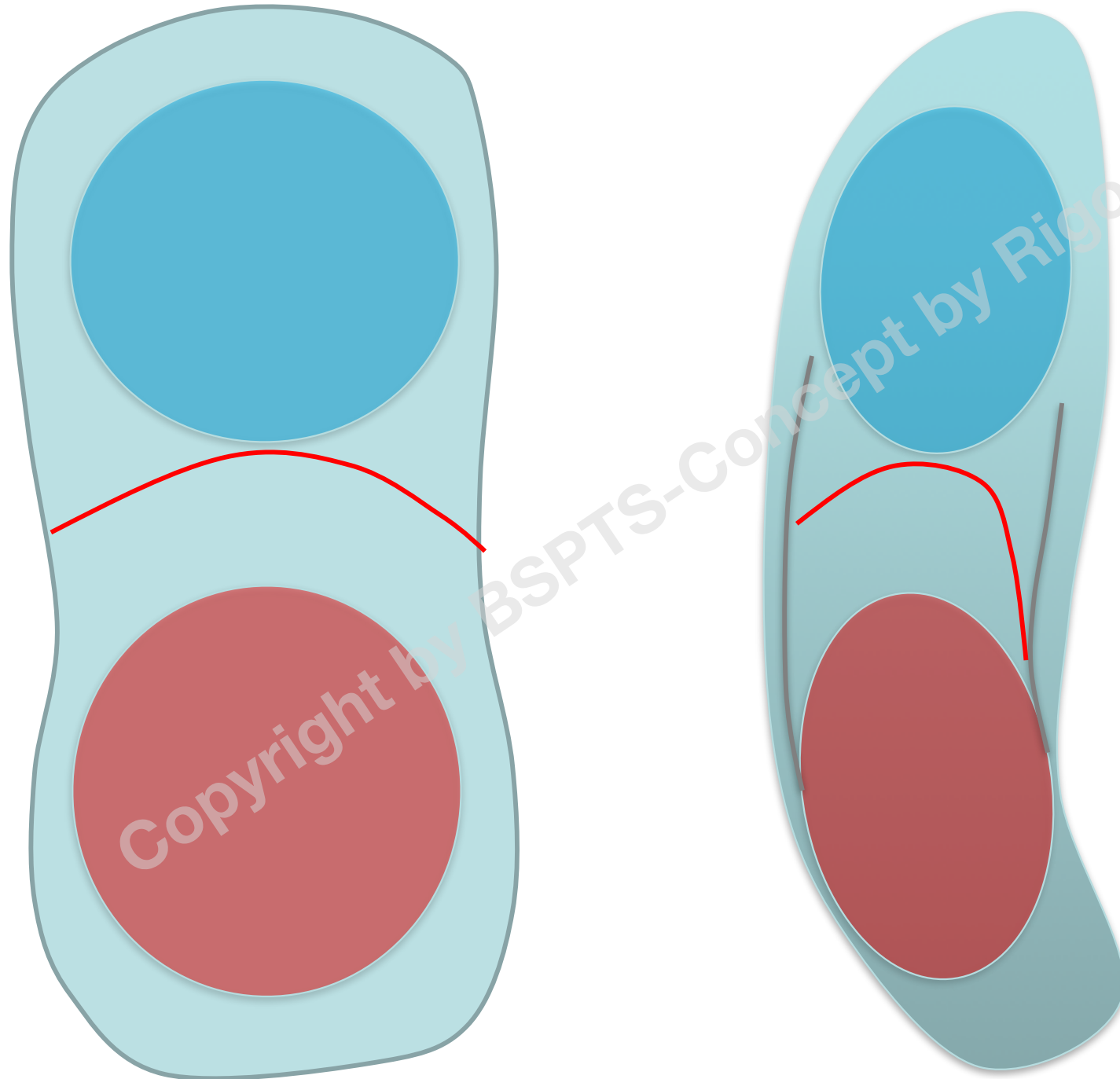
### GENERAL PRINCIPLES OF THE BSPTS

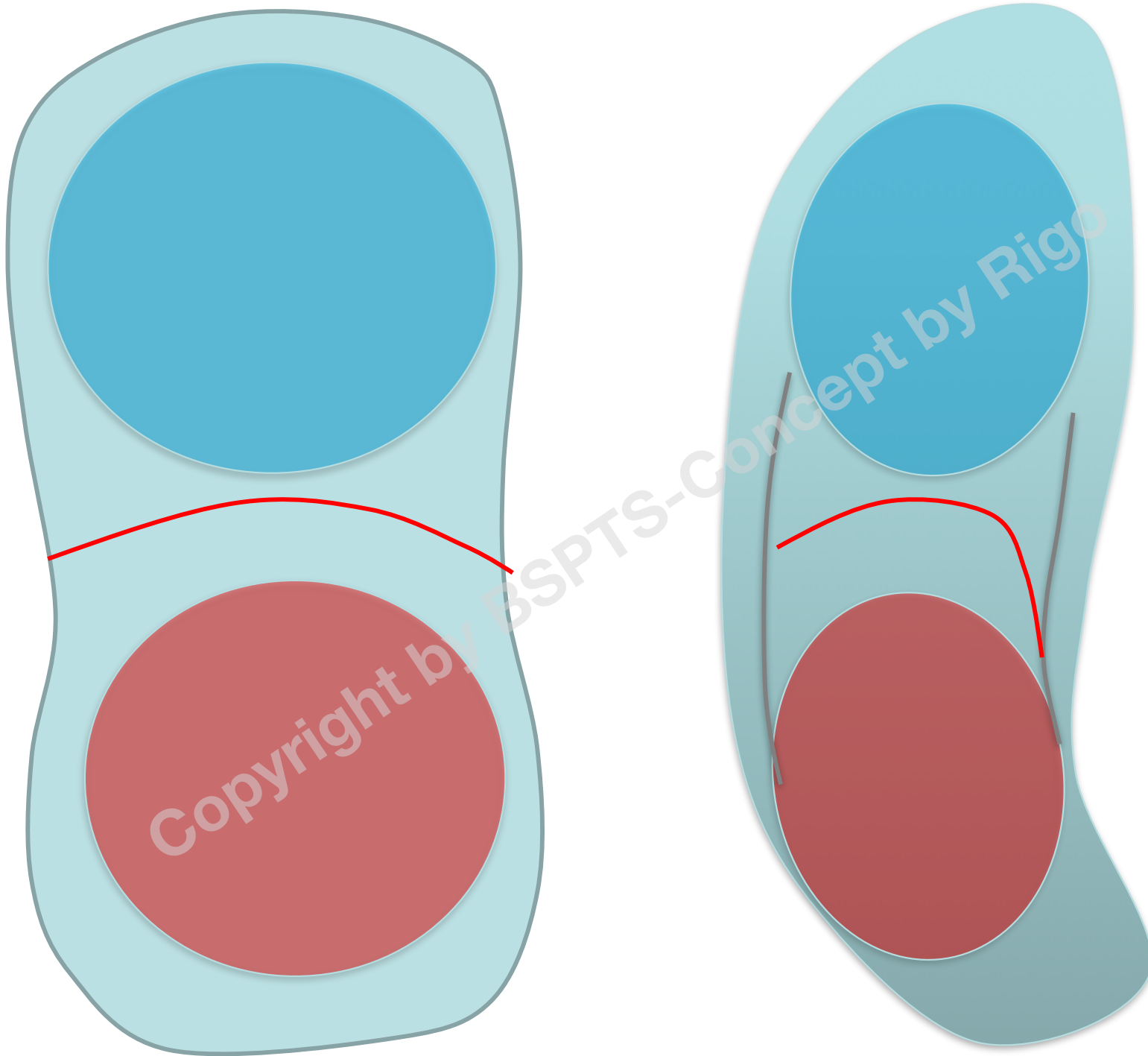
## • 2) Expansion technique

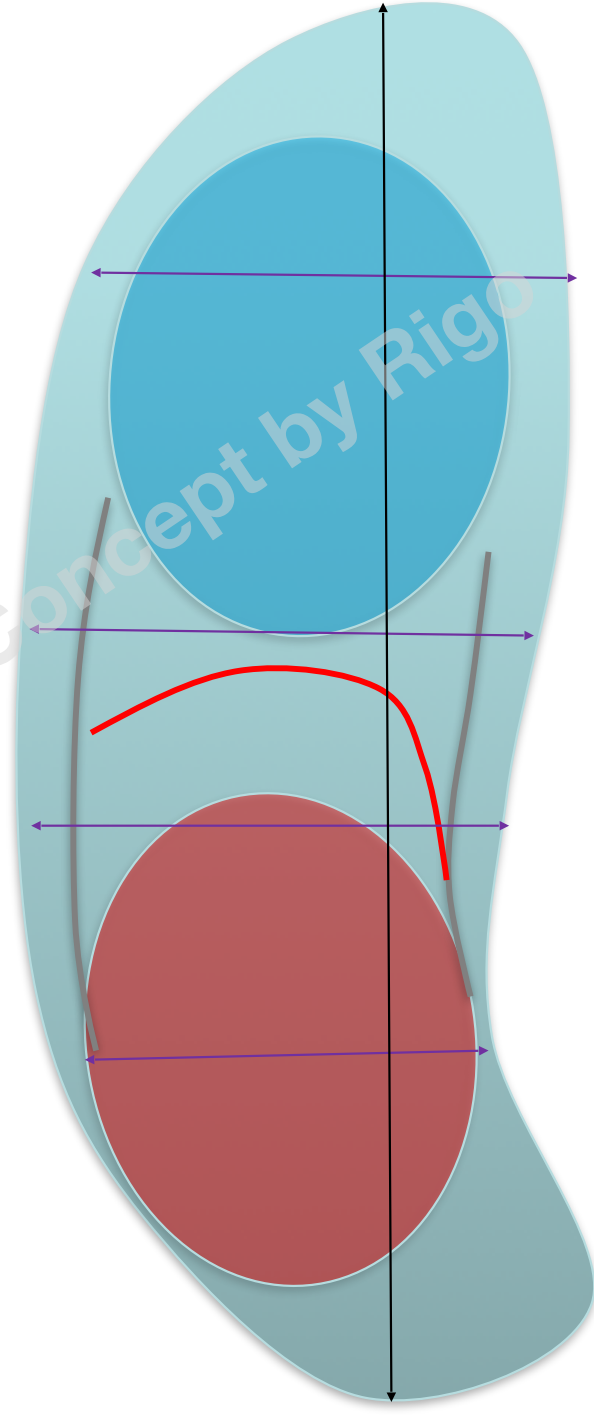
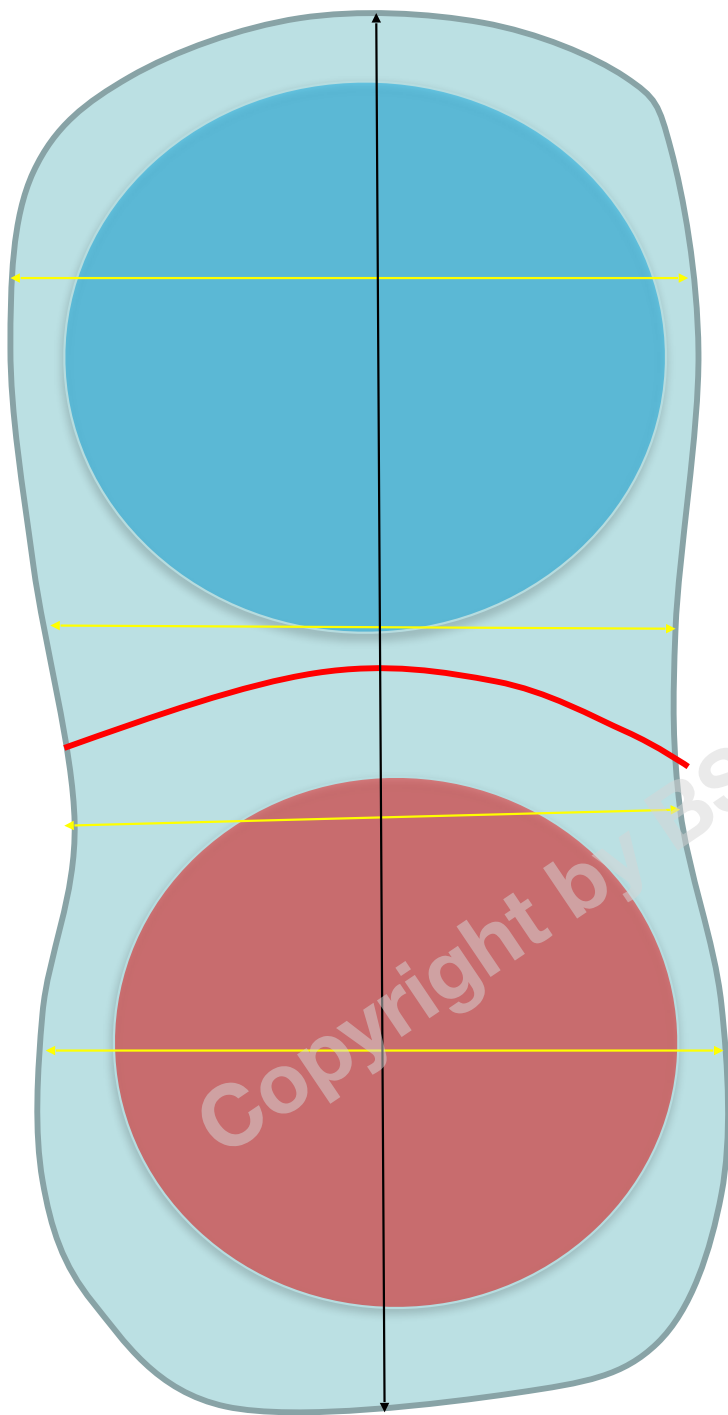
- The trunk expands in 3D (Axial, Transversal, Sagittal), during normal breathing movements, while being in a proper relaxed, but not passive, posture
- This expansion, however, can be controlled and reproduced independently of the breathing phases (Control of the Internal Volumes)



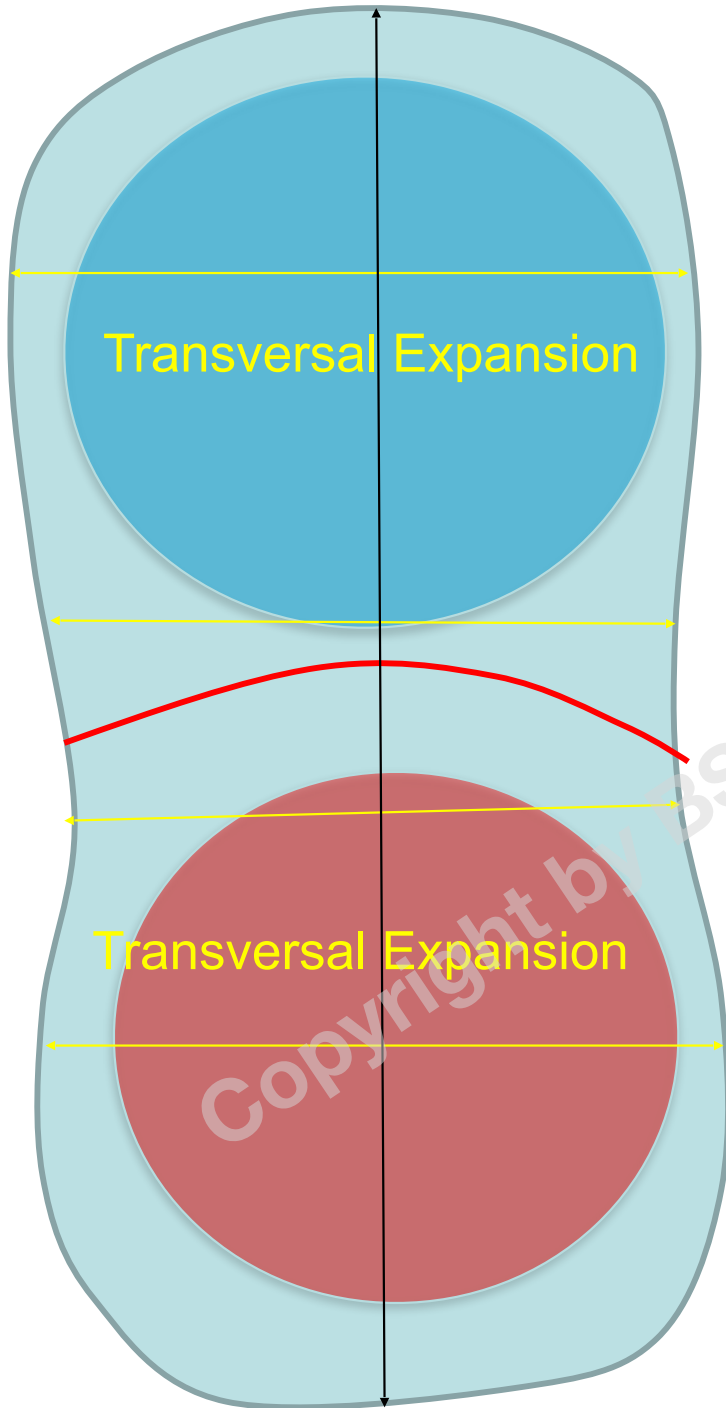




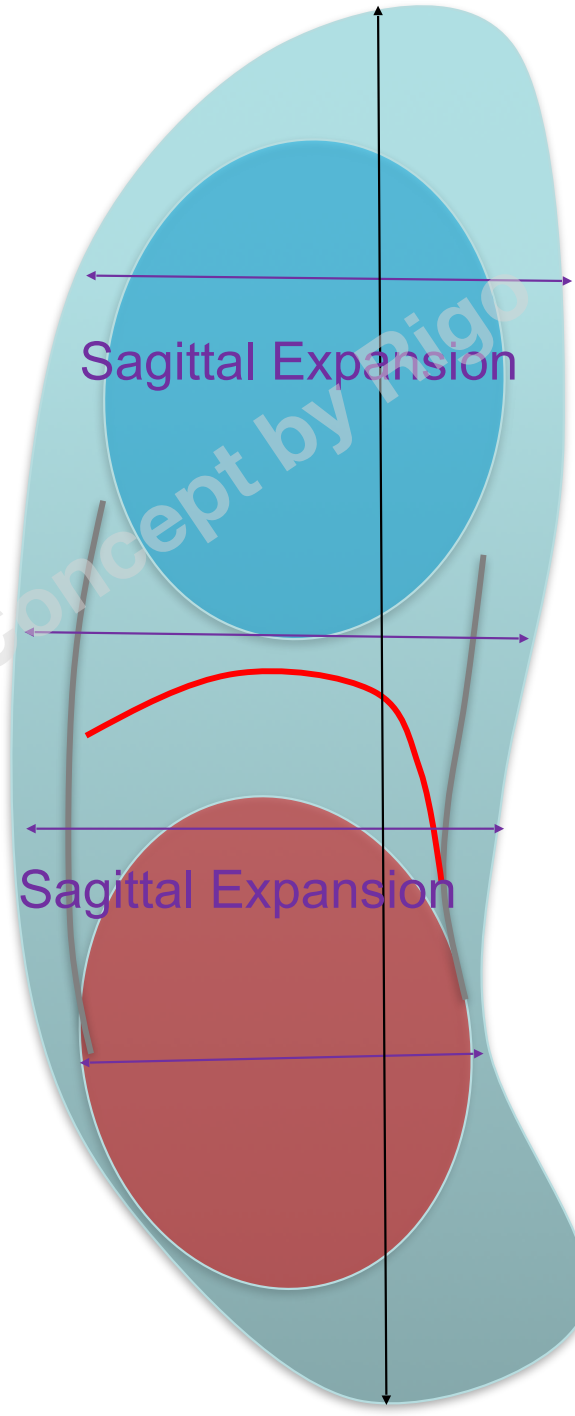




### Axial Expansion



### Axial Expansion



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## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

## • 2) Expansion technique

- In Spinal Deformities, some areas are collapsed
- Expansion will need to be global, like in general population, but once we get the control, we can emphasize and amplify Expansion in the collapsed areas (being stable in posture) and generate 'Vector of Forces' to the spine in any desired corrective direction



## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

1) 3D Stable Postural Correction

2) Expansion technique

**3) Muscle activation**

4) Integration



## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

# • 3) Muscle Activation

- ‘Tension comes from Inside-Outside’

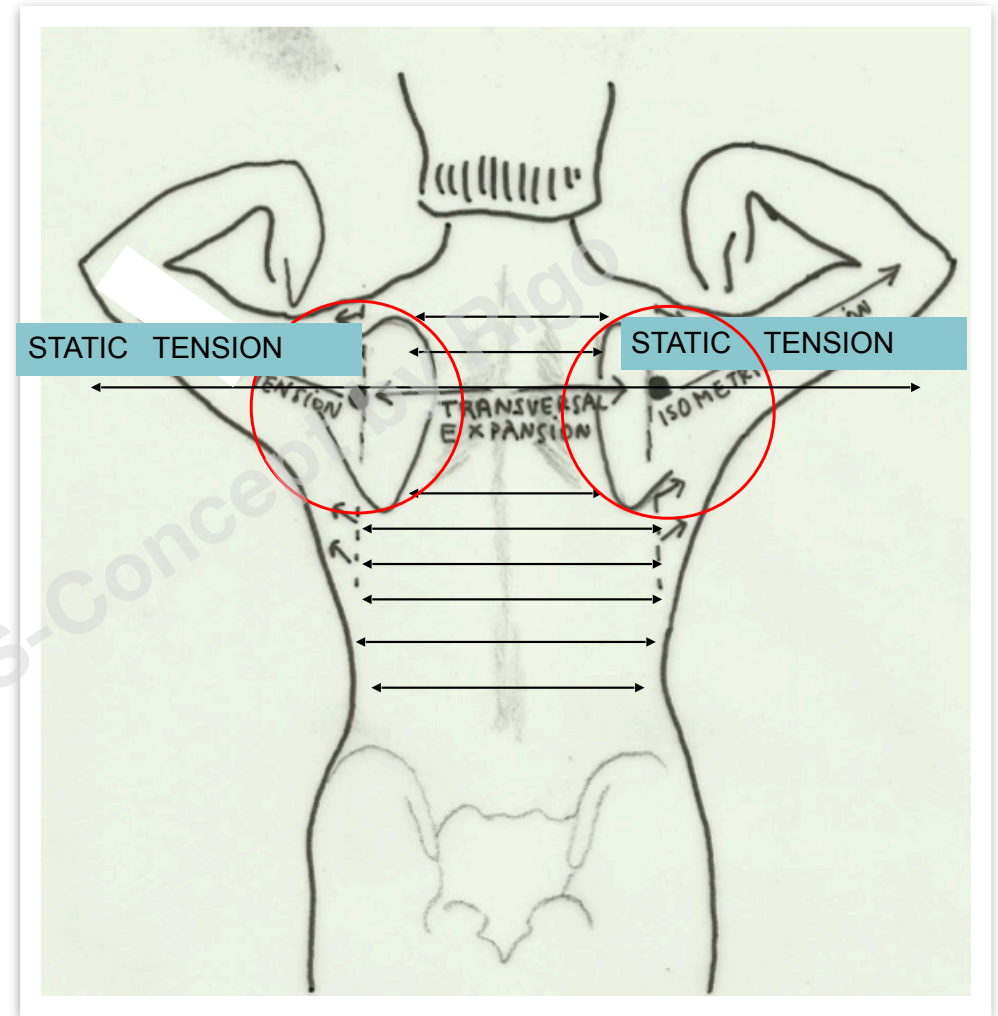
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## SPECIAL STRATEGY for MUSCLE ACTIVATION 'SHOULDER-TRACTION'

It is defined as an **Static Tension**, generated at the **shoulders**, with the scapulae fixed in the best neutral-physiological position, with a **medial to lateral symmetric direction**, as a continuation of the **transversal expansion**.

The main objective is to restore muscle balance in all the shoulder-girdle region (Shoulder Traction will produce anisometric eccentric contraction of the short muscles and concentric of the over-stretched muscles).





## WHAT WE DO?

### GENERAL PRINCIPLES OF THE BSPTS

1) 3D Stable Postural Correction

2) Expansion technique

3) Muscle activation

4) Integration



## WHAT WE DO?

### **GENERAL PRINCIPLES** OF THE BSPTS

- 1) 3D Stable Postural Correction
  - 2) Expansion Technique
  - 3) Muscle Activation
  - 4) Integration
- 
- It is all made following Specific Principles of Correction according to a defined Classification of Clinical types and radiological curve patterns

**STABILITY IS MANDATORY**

