

Pilates-Based Rehab: The Hog

Brooke Robinson

Hi, everyone. Welcome to the Academy of musical medicine for another lunchtime session. I'm Brooke, one of the Osteopath at Stephens clinic. I have been on here before you may remember me or you may not. Steven is away doing jury duty. So that's why I'm filling in. Today we have a very fun session. We have the fabulous Karen Grinter. Here, our Pilates Queen, who has come to talk to us about the hug. welcome Karen.

Karen Grinter

Thank you, Brooke. It's really nice to be here. We've got a piece of equipment that I use quite a lot in my classes. So the idea is to share some ideas with you today that you may or may not be able to use with your patients. Yeah, nice or ship them to me.

Brooke Robinson

Now the hog is not a pig is that no,

Karen Grinter

it's not it's, well, we'll see it in a minute. It's a little kind of half moon thing a little spikes on it, which is why it's called a hog. So like a hedgehog, like a hedgehog. Yeah. Yeah. Sorry, hedgehog, however, you tell Steve. The cat's away. All right, let's don't ever like. Right. So this is my lovely model, Heidi. So she's going to help us today. And this is the hug. So it looks like it's been run over doesn't it? Sorry, roadkill. So it's got a flat side, it's got a spiky side. So it can be it can kind of rock in different directions. And it's massively massively versatile. I love it. And I use it loads in all of my classes. My clients have all bought them as well. I try and persuade them to buy them if we if I can. Because there's stuff they can do at home, which kind of keeps things going. So we are going to start with it on the floor. And what I'm going to get hired you to do first is a little kind of foot massage. So jump on there tiling.

Brooke Robinson

And as always, if anyone's got any questions, I will try to work the iPad.

Karen Grinter

So to start with, all I wanted to do is kind of just walk on the spot. So just walking up and down on it lovely. Whilst trying to balance, which won't mentioned that the youngest person in the room is a bit worried about how good her balance is lot of concentration, loss of concentrating. So it's kind of nice just to sort of get into the feet into the sort of plantar fascia and just mobilise everything and get things moving really, really well. Okay, if you step off

there for me hiding, then the next thing if I turn it around, I want you to put your feet there either side like that. Lovely. So now what I want you to do is pull your ankle bones together. So squeeze, no, no keep yet. So just roll in, and then roll out. Lovely. So what I want you now to do keep that movement going. But keep your toes in contact with the hawk, which is a lot more difficult to do. That's it. So she should be feeling that her inner thighs are really kicking in a bit here as well. And while she's doing that, she wants to be mindful of a posture. So she's, but she has got pretty good posture must be set. But she does. Iron Man stuff are lots of running and things, which is why there's nothing on how can you feel that? Yeah, what does it feel like? It's quite a sort of a tight sensation. So it's like saying, Yeah, sighs Yeah. But I think it's, you know, most people's feet. They're so rigid and stiff. And it's really good to try and get things moving a little bit. So step off there for me. Brilliant.

Brooke Robinson

Does it feel spiky?

Karen Grinter

Yeah, it's funny, but it's quite comfortable with Don't worry, I can make it. Yeah, more to come. So having kind of mobilise things, we now want to sort of really test our balance a little bit. So do what we did earlier with that walking on the spot. So do it on the floor first. So I kind of try and get them to come right up onto their toes, then lower one up onto their toes, lower the other, and then we're really horrid. So you're going to step your toes into the middle. So now it's really rocky. And now go up. And do it again. One heel down on our let go off you they go. So I usually take a lot lot longer to, to work through stuff than we're doing today. Just to give you a flavour of it, okay, have a breather, darling. So when we've kind of mobilised sumps, we really then want to try and strengthen and get sort of as well as mobility, we're getting strength into and around the joint. Okay, actually, we'll leave it like that. So now what we want to play with a bit of gait patterning, can I show you what I want you to do? So you're just going to let the heel strike at the back of the hug, then rock it forward and come to level. Keep that foot behind you and then step off. So one foot, rock forward Come to level, step off. So that's easy peasy version, have a play those step onto it, pause, back, and step onto it, pause, back, go keep going with that one for me to start small, and then you start to build up the balance, yes, a bit of a balancing. But it's also, you know, some of my kind of older clients, they start to get a bit wobbly on their feet, then they stopped doing things because you know, that's what we do. In case and then you know, you get sort of deconditioned. So you could have a chair, obviously, with somebody that was more unstable, right, come to there. And then bring your knee up in front of you hold, and then step back on off. And then start with, yes, stepping forward, up, hold to three, and then step off. Good. And you can add more stuff to it. So stepping again, lifting up again, reach her arms out in front, now bring one arm back, and reach forward, and bring the other arm back. And reach forward and step off. And then really mean go and do that again, other leg, and then add your head turning. So as the arm comes back, turn your head a really mess with the balance system. Yeah, it's, it's really a lot harder, good. Back and off. Brilliant. So it's just building stuff up. Let me do one more set, then you can add with stepping forward, coming up, stepping down, dropping into a sort of a bit of a lunge position, powering up and coming back. And again, you just keep building on it, stepping up and back. And then really challenging, especially if you do the step forward, come to that position, then add some rotation to it. And everything will really Yeah. So then give, bring it to spring it side there, can you put your foot in the middle. So now it's gonna rock east to west now stand on it. So here, you could do sort of standing little knee circles. And feel how much her ankles are having to work, you could do take that leg out to the side and bring it up and in. You could do side leg exercises, sort of just so take it out just straight tidy. And in and out

Brooke Robinson

your rehab.

Karen Grinter

So and then swap legs. So change to the other leg for me. Good. So bring that there. Now, lift up. So bring that knee across towards the right a bit and now reach it out to the side and straighten it. So reach out to the side know this side and then bring it up in in Penang 100 feet away. So, I mean, you don't make stuff up. It doesn't matter what it is really,

Brooke Robinson

so much different scientists side. And you sort of tell

Karen Grinter

this ankle feels like it's working a lot harder to have stability. Yeah.

Brooke Robinson

Yeah, you can say that. In a good way, in a good way.

Karen Grinter

Have a step off there, darling, well done. So the only thing you don't want to do is step on it with both feet when it's rocking side to side, but you can do to step on with both feet.

Brooke Robinson

That's purely a safety thing.

Karen Grinter

Yes, I think I mean, there's nothing on this one. But with some of my clients that may be a bit heavier. Just might sort of squash it down a bit. So lift up, then drop your heels back, and then push your toes forward. And then push your toes forward and rocket forward. That's it. And then rocket back. Lovely. rocking it forward. And I normally have them doing other stuff at the same time. So I might give them a Thera band to mess around with while there. So we get two for one.

Brooke Robinson

And we use for a whole session. What do you use it for?

Karen Grinter

I often use it throughout the entire class these days. There's so there's such fun. There's so many things that you can do. So those are a few of The things that we can do standing, so now will lie down on the floor. So if I whip that out the way if you can lay on your back for me. So now it's going to go east to west under her bum. So just about there, that's it. So it doesn't want to be too high up. Otherwise it kind of ramps up into her ribs, which is really unpleasant, then what I want you to do is bring both arms above your chest for me, Heidi, and then lift this leg up. So switch your abdominals on a little bit, lift this leg up, and then lift the other leg up. Good. So now she's just got to try and balance. So let's do really simple toe tap. So just tap one toe down to the floor, bring it back up, and then the other. Good. So we're just switching on the abdominals here, keep going. Muscle work while you're here, darling. So we're just challenging the stability really. So all I want her to do is to try and keep that pelvis nice. And still. I mean, it's not real life, you know, we don't walk around trying to

keep everything really still in real life. All we're doing is just challenging these abdominals to keep everything stable. So you can make it a longer lever by stretching that leg away to straight and lower it down a bit. So now she's got to work harder to not let that pelvis tip forward, and then bring it back.

Brooke Robinson

Would you start someone with the hug? Or would you start sort of on the ground

Karen Grinter

start start on the ground. But sometimes if people really struggle with the concept of you know, something staying stable, and they can't feel it on the floor, sticking them on something that's unstable, just gives them more feedback? Oh, no, I get it. So yes, sometimes it's actually easier if they really struggle. So now what I want her to do is, imagine you've got a cup of tea on that knee, if only and that this knee drop out to the side, and bring it back without the Hulk tipping with you. So keep going. So I've been really mean with Heidi, because I've taken her elbows out of the way, because that's, you know, when their elbows are on the floor, though, this is really easy. When you take their elbows and their arms away. They've only got this to keep themselves nice and steady. And there we go. Right, lower that one down for me. And again, the other one, I'm going to whip it out.

Brooke Robinson

Is there any patient with people you wouldn't use this for?

Karen Grinter

Osteoporosis? You'll need to be a bit careful with for obvious reasons. Other than that? No, I mean, some of the positions, it's like kneeling stuff. If they've got knee issues, then yeah, they want to be just that sort of thing. So yeah, just, I mean, any normal contraindications for exercise, I guess it's again, it's just giving them feedback. There's, it's a nice massage, because you quite like this, didn't you lift your bum, shove it under there. And then lift your legs in the air one at a time, glue them together, arms out to the side. And then just roll over one way. And then the other way. So this is nice. It's a nice little bit of massage, sort of, you know, fascial tissue, massage muscles, all of that kind of thing rolling across the sacrum and bring it in. And then the other thing you can do is grab hold of this leg for me, how do you keep that one still just there? And just bring that one in and out towards you out and then push it up? No. on the way forward. So in and back. That's it. Yeah. So you can sort of add a little bit so if you find a bit that's really yucky, kind of get in there and have a little dig around.

Brooke Robinson

I just had a question asking how long is each session with a patient with this client?

Karen Grinter

Classes are an hour Okay, so yeah, so in an hour, we do standing work we do sitting we do lying on our side. We do lying on our tummy. We kind of try and get through every joint as much as possible. That quite nice. Yeah, yeah. So with if say like you've got SI joint stuff going on. And sometimes getting in there a bit yourself is kind of quite helpful. Unless it's not. Okay.

Brooke Robinson

You'd be more than happy for patients clients to buy these and or

Karen Grinter

the more they do for themselves, the better you are coming to class once a week is great because we get

Brooke Robinson

it as one of our patients and doesn't like

Karen Grinter

we give them lots of feedback but if there's stuff that they can do themselves at home unit. filly boots quite frankly, right, stick your feet on top of there for me, Heidi?

Brooke Robinson

Yes, that's what I always tell my patients. So listen, the more you do at home, the less you need me.

Karen Grinter

So just do a spine curl. So bottoms up. Lovely that that's way too high. So come squat my fingers there. So keep your bra strap on the mat. Now push those hips up more. Yes, so now you should feel your bumfights that much better. It's amazing that is that now Down you go trickle the spine back down Tarling and then roll to neutral. I say and then do it again. So don't come to Hi. Lovely. So really fire up the glutes here. This is a bum exercise rather than although you are mobilising the spine. Now down you go. So we can mess around with this now. So what I want you to do is really push your toes forward. And tip the hog forward a bit more if you can now do a spine curl again. Good and slow. Keep tipping them forward and down. You can keep tipping it forward. So where can you feel that? Back? So my left hamstring, yeah, hi, no, changing the angle of the hog changes the emphasis now go down, drop your heels down. And they'll do a couple with the heels down to keep your toes flat feet flat. But just push that down. Now go again. Down and go again. Where do you feel it now? Higher up, okay, we're up there. Okay. So usually it's more in the glutes when you bring those heels down. So keep that softening through there. Let's say I'm down. So it hasn't worked this time. But all you're doing really well. So yeah, so normally, you can say you can just mess around with it. And you could go toes forward, spine, curl up, bottoms up, heels down, spine curl down. And sort of just change things around a little bit. So you know, and if you've got someone with knee problems, you can actually put it up against a wall. And so it's less impactful on the knees than so there we are. Right, I'm going to move that from there, I want you to come up and sit up on your bottom for me, please tell him and we're going to shove it just there. Now sit up nice and tall. Heidi, thank you. So this is where sort of tight bits kind of show up. So send your legs way a little bit further, really sit up as tall as you can. So think of making the letter i Alright, we're going to shove that there. So I want you to keep your breastbone lifted up to keep the crown of your head lifting up. Now just tuck your tailbone under and just press slightly into the towards the hall. But keep this lift is so think of going from the letter i and then make the letter J and then roll back up and sit nice and tall. And then do it again.

Brooke Robinson

No, you have to use your brain

Karen Grinter

says Sesame Street does Pilates. Today's session is brought to you by the letter i the letter J and we're going to the letter thi in a minute. Can you fill that that kind of opens up your lower back. Perfect. And you have to work your abdominals a bit to grain and to bring exactly right Reach your arms out in front. So tuck your tailbone under now roll back. So use the hog to

give you some feedback. And think of making a little C shape now. So you sort of round off there. Pause and now roll forward. So keep that shape. Forward, forward forward. Now lengthen up nice and tall. and off you go again talking under unrolling back. Soften no shoulders, lovely little pause, hinge and lengthen, lengthen, lengthen, and go again. How's that? Good. Kinda nice. Isn't it awful. And really lift?

Brooke Robinson

Why don't you get her to roll forward and then lift as opposed to sort of lift and shift

Karen Grinter

back just to make this work a bit harder. So it's just to get that sequential movement a little bit and then you just hinge and then you get that lovely lifting and lengthening up right. Gonna move it a bit further back now. So same principle So tuck under so really fill that you're taping the pelvis back. And then eventually, you might find the hog, pause and come up. Lovely. And sit tall. So what I don't want her to do is define the hog and just have a little revenant here, and then I'll fit you all back on again. So she's really got to work at control. So her spinal muscles and her abdominal muscles have really got to, to get moving here. So I'm going to be need and move it further back still. So off you go, tucking under, back, back, back, back, back. Perfect. Now stay there, put your hands behind your head for me. And now relax over it. Bend your knees for me, please hide yourself. So they're so gently. Okay, so come up a little bit for me. So this is how I like doing ab curl. So I want her to focus on her abdominal wall. So soften your neck and shoulders. So really let that go. Breathe in. Then on your outbreath curl up. So ribs, ribs, ribs, soften, and roll back. But try and let go with your neck, hide your abdominals to hear they're not there. Don't work the abdominal muscles in your neck. Okay, and then drop back. Now let go here because you're really gripping. You're doing it deliberately. I know. Everybody does that. So they go with the hip flexors and you're not even moving your legs.

Brooke Robinson

Is that just because it flexes a neck? Yeah.

Karen Grinter

Yeah, you can see that the pelvis starts to tilt to Sir, they look like you know, they're in a dodgy clubs on where everything psyching is that the fitness should be good. Now, stretch over it, just hang out over there. That nice. Reach your arms overhead to seek. So she's got great sort of shoulder mobility. But for some of my clients, they're going to be a bit like that, or not quite even. And just breathe, too. Don't be mean with your breath really open up. So breathe down into the back of the hog open up the she's just been working your abdominals really strongly. So give them a chance to kind of open out and it's really lovely. roll all the way up for me. So bring your arms up, up, up, and then roll yourself up. Lift up perfect.

Brooke Robinson

Do you ever have to eat when when someone's lying all the way back? Do you ever have any trouble with people getting back up again? Or is it

Karen Grinter

because I usually get them to roll sideways. I mean, she's relatively you know, she's going to an embryo compared to me. I'm fairly fit, but no with other people, I pad them out or I wouldn't let them do that. Or sometimes you just pop them out and just encourage it a bit. So because you know loads of our clients and your patients, I guess they're like that all day. And then on the sofa and stuff, so just getting all of it. It's just such a nice thing to do is yeah,

Brooke Robinson

I often tell patients just to lie on the ground. If nothing else.

Karen Grinter

I mean, a rolled up towel, quite frankly, you don't need a prickly thing. You could just literally use a rolled up towel, it's not completely essential is that. Let's another nice way of doing it is roll down again for me down. So I've turned it around so it's slightly Well hang on. I've done it too wrong place down a bit. You have to sort of play around with stuff and now drop right over that your head go. Now cross your arms on your chest, and just rock from side to side. Keep your pelvis and legs still that set just let your upper half rock. So do you use prickly balls. Yeah, so this is kind of like lying on a giant prick. And so it's just quite nice to is that how's that how it is much more pleasant than a giant pickleball? Yeah, yeah. But you can just, you know, again, it's just getting getting motion in there. And, uh, moving connective tissue moving the fascia around. All of that I'm quite keen on, on them just not just exercising but you know, there's not much point if it's still stiff as can be

Brooke Robinson

with with the hug, does it come in different densities, so, okay,

Karen Grinter

so it's just roll is just one size fits all. Roll, roll off to one side for me to honestly go that way. So you go. So I mean, if you have somebody that's ultra sensitive, and obviously people will be you can put a towel or maybe for some people, they put their mat over it. I mean, someone's say I've got a client who's got Morton's neuroma So, for her standing on, it's an absolute no, no, but I do try and encourage her to walk work around the edge of the neuroma so that she can try and keep the other tissue fairly, fairly. Okay? Right.

Brooke Robinson

Sorry. I've just had someone asked, Where can we buy a hug and how much

Karen Grinter

I will give you a link the best. These are rubbish, don't buy these. But there's, there's a really lovely company in Ireland called black ball, I think. And they they sell them and it will say the hog on the side of it, and they're really good quality. They're much nicer these were from 66 fit. So don't buy them. 60 sorry, 66 fit. But no, they're not very good. And I think they're about 30 quid with delivery. But if as a practice that you know, people wanted to get a whole load of them, and then sell them on, if you get in touch with blackball, I'm sure that they will give you a discount for quantity. And you can probably get them for about 18 or something, then when you get sort of 10 or more. So they're brilliant. Honestly, there are so many things that you can do with them. So let's move on. So I want you to go on your tummy lying on this. So this is going on to your pelvis. I hope they move with the carpet. Scoot forward a little bit more darling, because I think we're moving away from the middle. Right, lift your bum. And then you might have to fiddle around with it, as the actress said to another Bishop. Okay, and then just lie and put your head down on your hands for me. Lovely. So that feel okay, there. Yeah, so you just need to be careful with the ribcage, obviously, where the bottom of the hole is and people's ribcage. So it's just a question of working out where they're comfortable. But the reason I quite like this one is that it kind of helps them work out the hip extension working into their glutes without collapsing into their lower back as they often do. So quite a lot of times when I see it, particularly beginner, if you just lift one leg up for me, I don't think too much of as well. Yeah, the lower back yet. It's kind of on the whole and then

relaxed. But what quite often what you see is if they lift their leg up that just goes into lumbar extension and all collapses. So I want you to send your tailbone slightly backwards. Yes. So feel that you're sort of slightly tipping that Hawk away idea. Now try and keep that still. And then lift your leg up. Good. And then slowly lower it down. And then do the same with the other leg. Lovely. So again, they're getting masses more feedback than if they're just lying on a freshly hoovered rug. Comfortable. Yeah. is comfortable. Yeah, very much. Yeah. So but what it's doing is it is giving her that hip extension without going into lumbar extension, which is kind of nice. Now to both legs together. Just yay, may go up and down. So for your lazy glutes, she says poking her bottom. Probably. She's doing really well. Absolutely. Can you feel that as well? Yeah, a lot stronger work for you.

Brooke Robinson

We're guessing it's a fairly advanced me that double leg is a double

Karen Grinter

leg? Yes. But you know, it's kind of nice to feel that you could push people. Definitely. Right. So go wider with your hands for me, Heidi. So take your hands and elbows. Now keep your legs down. Keep that tailbone lengthening away and lift up head, neck and chest sort of come up into a bit of a sort of Swan Dive Cobra. And that's tilting on the hog. And now roll back gently down.

Brooke Robinson

Okay, and someone question sort of was saying, Surely most of the people we see won't be able to do the sort of exercises. So are they easy to modify? Or are you showing us more the sort of,

Karen Grinter

there's a lot of these they will actually be able to manage quite happily. I mean, single leg, single leg lift on here. It's not it's not that that hard to do, in a sense. And it's more comfortable for some people than just lying on the floor. And as I said before, it's giving them it's giving them more feedback. So you know, they I do these. I don't do the double leg lift with beginners but I certainly do the single leg lift with beginners. Yeah, because The one thing that I need to work with most of our clients is, is strength includes Yeah. Exactly, exactly.

Brooke Robinson

Just going back to the 66, sorry, no, they're not sort of saying they're just asking what's not good about it? And how do they know what a good one is? There's,

Karen Grinter

I've only seen two suppliers, which is the six to six fits one, which is what this one is, and the whole one, and the hog one is just a million miles better quality, it lasts much better. I haven't got a hog one kicking around at home, sadly, otherwise, I would have bought it. Because I just kept this one. And then all the hog ones my clients had. And I'm loathe to throw stuff away, just because it's not good for the planet. Take with bat, right? So I want you to go on to your site now. So and you're gonna lie over this. So put that under your waist? Could say layout completely flat tire, and that's lovely. So they'll bend both knees for me? Where do I want you to be? So I'm going to get you have to think about this. What's that one on that one. So that one there and that one there. So we've sort of been on the hog, we've kind of almost fixed the pelvis, so she can't do too much rocking and rolling. So now what I want you to do, you're sort of internally rotated on that top five, boom. So all I want you to do is lift that

top knee up for me. So we're coming to the to parallel, then take it without rolling backwards here, then lift it up a little bit more into a bit of external rotation. So she's going to keep her knee slightly higher than the foot, then lower that heel back to the floor first, and then roll that back down

Brooke Robinson

and use your brain again.

Karen Grinter

External rotation, so let's kick in the glutes and also get your pelvic floor switched on to. So lift that knee up. Good. And then float that leg up in there. Lovely. Good. Pause, and then down you come. That's it, keep going. So what I want you to think about high D is don't move your pelvis so that steak absolutely still doesn't roll backwards. And think of that leg being a dead weight. So all the effort of lifting that leg is coming from right in your hip. Does that make sense? Yeah. Good. Make sure that's what happens. How's that? Can you feel that? Yeah, look, clicking on nicely in there.

Brooke Robinson

So as Eric would often give, like, because when people sort of talk about clams and things like that, half the time people don't feel them. So actually, like with sort of using the hip as their guide rather than a glute.

Karen Grinter

But also it's, it's also cueing the pelvic floor, because obturator internus is the front part of the foundations of your pelvic floors. But it's also one of the muscles involved in turning out your fibre. Yeah, external rotation. So if you've got a patient that is osteoarthritic, and it's really painful, then you know, like with they get dodgy knees, they stop moving stuff, don't they? So if you're doing that with your, with your hip, then you know a major foundation part of your pelvic floor is doing less and less work. So it's actually you're in trouble. And as I keep telling everybody and I'm sure I said this the last time I was here, incontinence pants are one use plastic. So quite frankly, if you want to save the planet from plastic have a breather because your bunk and also not be and not being continent, then you need to work your pelvic floors to want to do the other side in the interest of being balanced. Yeah, exactly. Just sent, that's all right. So yes, save the planet and save your pocket. Spend your pension on nice things, not incontinence pants softly and down and down. I can't think could you possibly my list dishes right next to Bob authorea. Just think I've got a list of things that we've done just seeing if we've missed anything. So Oh, yes. Oh, no, you can't do those. I might have to do those. You can tie.

Brooke Robinson

It has some knee tendinitis, so we can't do anything on the knees.

Karen Grinter

So that'll be me then. Yeah. has that feel a lot different on this side? That's interesting, isn't it? That she got a lazier side?

Brooke Robinson

Well, this is her bad ankle sides. And if you remember from earlier, the balance on this side wasn't

Karen Grinter

good. It felt like it's working harder on this side. The other side, the other side felt it was working harder. And again, it's kind of nice to say to people, what does it feel like, you know, sort of, does it feel good? On one side? Does it feel really easy? Does it feel harder pain more painful, whatever, just so that they're getting to notice I hate just telling people move this do that without them having the why. And taking that away with them as well. looked a bit better on the other side, it does actually look a bit better on the other side. Anyway, have a breather? Start, Phil, all right. Yep. Good. Oh, you get to have a little rest now, because now I've got to do it. So one of the things I quite like doing is doing shoulder work, just sort of seeing what mobility they've got in their shoulders and things like that. A lot of them are like that all day. And then we can really challenge rotator cuff, particularly with this. With this nasty little exercise all goes sideways. So you want the hog rocking from side to side, I put the baggie as close as I could find today, not realising that I wouldn't be doing this. So palms up like that, and not the hands just want to come together. So you've got to work quite hard to keep them apart. And that really works into rotator cuff, which is kind of nice. Then what I'm going to try and do is not shift sideways apps on tight, and slide a leg away and lift it up, pause and bring it back down. And that's flippin hard work.

Brooke Robinson

Which makes it sorry, which might be one of the credit sort of the answers to the next question. So someone has asked, Can you explain the benefit of using a hug? Why bother? Why is it better than simply doing the clam? What is the additional benefit,

Karen Grinter

it's just for some people, it just helps fix their wasted position. So euphonic go back down here. So I just think where my microphone is. Most most people don't have very good proper reception. You know, they come there like that. I'll just do those wishes nothing wrong. I spend my life sort of lining everybody up, say where are your bones, think about where your bones are. So arm as straight as possible. Ear on ear assault or shoulder, hip over hip, all of that kind of stuff sit there, this is the normal position for a clam. And then you get lots of that. Lots of rocking a roll is that everything's working to set the bit that you want it to. But you think the hog just gives them a bit of feedback. Because my pelvis is now much more fixed. My waist is lifted, I've suddenly got a waist. So then on my hand on my my hip and lengthening that away, I'm just trying to get. And another way I teach it is not to just don't just lift the knee, don't think of the knee lifting. Think of it starting here rotating in the hip turning in the hip. And the knee kind of follows.

Brooke Robinson

You can see actually, as soon as you lay down on the hug that your hip naturally, sort of

Karen Grinter

Yeah. Yeah. Whereas without it. It's, I've got to lengthen much, much more and physically lift away. Does that does that? Can you feel the difference there? Is that helpful,

Brooke Robinson

yet? Oh, I hope so. If not, I suppose yeah, it is it's a different challenge, isn't it for any of the positions? Yes. And also just like people, these days, foam rollers are much more a regular part of people's lives. It's sort of another way to encourage people to

Karen Grinter

just think in terms of if they're going to buy a bit of kit for home. This is so much more versatile than a foam roller. Yeah, because you know, those, you can't really stand on a

foam roller. We can kind of lay on it and stuff but there's, you know, you can make this unstable in lots and lots of different ways. So, where was I? I was on Hanson. Yeah, sorry. Let's okay. So hold on, sorry.

Brooke Robinson

Okay, so could the small muscles of the hip superior inferior ballet obturator internus internal and external and Quadratus Femoris be considered a specific column I suppose of the hip,

Karen Grinter

or what I don't know, that's a bit technical for me. I mean, you know, I don't think you can, you can feel them working, particularly. But I mean, when I'm cueing pelvic floor, I just keep it really simple and just say close your back passage as if you're trying to stop thought closely from passages if you're trying to stop a pay, and I'm kind of pull up the middle. And, and just, that is enough. If it's blokes I say, you know, try and think of lift the crown jewels is a cue that blokes get walking into the sea, when it's really cold. But you're on, you're on point, but you get to the top and we advise you any, whatever works, it doesn't really matter. But it's, you know, I know from the osteoarthritis course that I did that, you know, that was a real kind of eye opener, that you know, the things, the things that people do, it's the same with knee problems, God forbid, Haiti in later life, if you have dodgy knees, because people Sorry, I'm standing up now just to mess around with the cameras. You know, when when your knee hurts, when people's knee hurts, you know, you can see them, they kind of, they Shuffle Along, don't they, so then those hamstrings are going to be compromised, that the quads are going to be compromised. And then they may have a knee replacement, but all of a sudden, they haven't got the muscle length that they had before. So anything that comes brings me to something else, anything that you can do to to get them to understand why they're doing something, you know, where's the benefit, if it means you've got more of your pension to spend on booze, or not incontinence pants Great. That might make them do that come at it silly things that they remember, who may not the boring stuff. You don't want us to do 10 of these

Brooke Robinson

nowadays, without making it real life. Yeah, exactly. So someone's just bought a hug. There'll be there tomorrow. So they're very excited. To get shares.

Karen Grinter

Yeah, so I'm gonna do my online classes, because I use them all the time. So you can come and join me and we'll I'll give you all the stuff you can teach your patients then. Where am I going next? Oh, yes, sorry. Your tabletop. So this is always it's Superman. I call it tabletop. But it's kind of known as Superman, which is that exercise, opposite. And clients will come in and say, oh, yeah, I'm like, I'm my physio my osteopath gave me that exercise. I said, Show me how you do it. On here, they have to work a lot harder than white, right? Yes, I've got it. So full point the Lego again. So my cues here are draw the shoulder blades down and together because I don't want that. So almost imagine you're holding on Orange between your shoulder blades toes off. Let's imagine there's something really stinky here on the floor. So you've got to pull the back of your head and neck up towards the ceiling. Then begin just with the arms, reaching forward and back. And believe me, your abs will be kicking in underneath you to not shift off to the side.

Brooke Robinson

Sorry to interrupt Karen. We've got we've got about 40 seconds ago. She's been having too much too

Karen Grinter

much fun then opposite, opposite like and you can see it's really hard to test and skills.
That's it a romp around the hog.

Brooke Robinson

Yeah. Well, thanks. Thank you, Karen. I think we've got some Thank you Heidi for coming in.
It's been a pleasure.

Karen Grinter

Not your normal Lantau broke.

Brooke Robinson

Now I don't know. Damien's from lunch to walk the dog.

Karen Grinter

He's not allowed lunch. Just chained to the

Brooke Robinson

but yeah, so thanks for coming. We'll have to, I'm sure they'll get you along. Whatever else
you found.

Karen Grinter

Thank you

DRAFT TRANSCRIPT