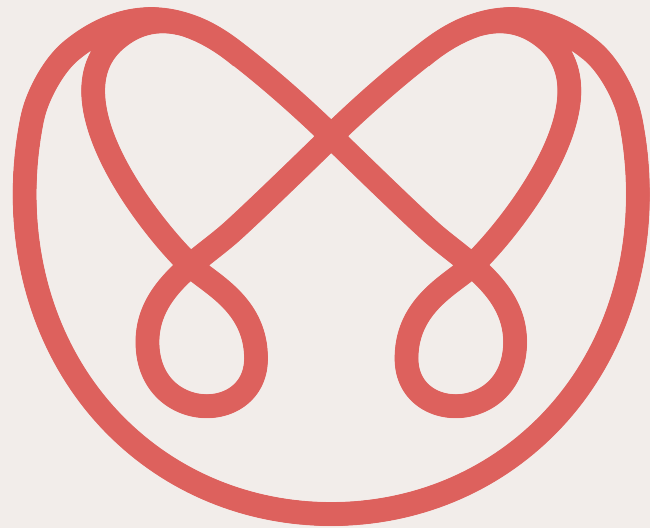


Bridging the Gap

Whole Body Pelvic Health Across All Apparatus

Claire Sparrow | Polestar Japan Conference



**Whole Body
Pelvic Health**

by Claire Sparrow

From This Morning



This morning we felt the breath and pelvic floor relationship in our own bodies.

This afternoon we look for that same relationship in movement — across every orientation and every piece of apparatus. The lens is the same.

- 1 Which of the three patterns is most present right now?
- 2 What does this orientation and this apparatus offer this presentation?
- 3 What does a positive response look like here — and can I observe it?

The Three Patterns — What You Will See



HYPERTONIC

Protective / Overactive

Breath holding · Glute gripping ·
Excess external rotation · Rigid
thorax · Urge incontinence · Pelvic
pain

COMPENSATORY

Pelvic Patterning Imbalance

Tilt dominance · Navel pulling ·
Upper chest breath · Restricted
ROM · Sciatica · SIJ pain

COORDINATION

Load and Pressure Mismanagement

Doming · Rib flare · Breath held
on effort · Posterior tuck in
bridging · Stress incontinence ·
Prolapse symptoms

The Three Patterns — Avoid and Support



HYPERTONIC

AVOID

Heavy springs · Fast tempo · Lift and hold cueing · Forcing end range

SUPPORT WITH

Slow tempo · Audible breath · Light spring · Femur rotation exploration · Breath and release before strength

COMPENSATORY

AVOID

Pull your belly in cueing · Fast tempo without breath · Forcing end-range flexion

SUPPORT WITH

3D breath · Pelvic clocks · Thoracic mobility · Hip mobility · Generous ROM work

COORDINATION

AVOID

Jumping without pressure awareness · Heavy bilateral load · Bracing cues

SUPPORT WITH

Exhale on effort · Sacrum cueing · Adductor integration · Light spring · Dorsiflexion awareness

SUPINE

Reformer · Mat · Footwork · Bridging



HYPERTONIC

Slow tempo · Light spring ·
Audible breath · Femur rotation
exploration

COMPENSATORY

Pelvic clocks first · 3D breath ·
Sacrum cueing

COORDINATION

Bridging: adductor ball · Exhale
to lift · BKO · Sit bones
widening

Observe · Teach a volunteer · All practice · What did you notice?

SIDE LYING

Cadillac · Mat · Side Leg Springs · Side Lying Mat



HYPERTONIC

Small range · No end-range
abduction · Gentle pace ·
Audible breath

COMPENSATORY

Sit bone lead · Hip hitch
awareness · Lateral breath

COORDINATION

Inflate bottom cue · Oov · Light
spring · Tactile pull

Observe · Teach a volunteer · All practice · What did you notice?

PRONE

Mat · Reformer · Pelvic Clocks · Baby Looks · Custard Rolls



HYPERTONIC

Baby looks first · Posterior
thoracic breath · No forcing

COMPENSATORY

Pelvic clocks prone · Thoracic
wave · Femur rotation

COORDINATION

Custard rolls · Full range
release · Allow gravity to lead

Observe · Teach a volunteer · All practice · What did you notice?



HYPERTONIC

Deflated ball · Slow pace ·
Thoracic mobility first

COMPENSATORY

3D rib breath · Pelvic clocks ·
Roll back with support

COORDINATION

Bird on branch · Light spring
pulses · Ball in thighs

QUADRUPED

Reformer · Mat · Knee Stretches · Kneeling Cat



HYPERTONIC

Mini cat first · Ball hug · No gripping cues

COMPENSATORY

Medial/lateral femur · Pace ·
Tactile posterior breath

COORDINATION

Rocking cat with ball · Adductor integration · Light spring

Observe · Teach a volunteer · All practice · What did you notice?

STANDING

Chair · Reformer · Mat · Standing Hip Stretch · Side Splits · Squat



HYPERTONIC

Light load · Slow tempo ·
Smaller range first

COMPENSATORY

Inside hand off · Adductor
opposition · Tactile pelvic
halves

COORDINATION

Squat: exhale on descent · Sit
bone lead · Adductors ·
Dorsiflexion

Observe · Teach a volunteer · All practice · What did you notice?



Less Squeezing. More Breathing.