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## Properties of T-BOW® for Postural Training



(a) its elastic and inertial property in fine movements causing very fast and reactive changes in any situation of static-dynamic balance, overstimulating the corporal proprioceptive systems; (b) in its stable and unstable positions allows stabilized and rocking supports of feet, knees, hips, trunk, hands, forearms and head; (c) its arched design favors a kinesiological adaptation to the curvatures of the spine and great stability, enhancing its mobility and strengthening.

### Priorities · Static Posture

Static balanced muscular development, maintenance-improvement of static joint mobility (flexibility and elasticity), knowledge and practice of relations between the center of gravity and the base of support (segmental balance and global balance), static dissociation between shoulder girdle and pelvic girdle, sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular), education of breathing in static position, education of static relaxation by static postural perception (segmental and global) and tonic control of rest (intrasegmental, intersegmental and global).

### Priorities · Dynamic Posture

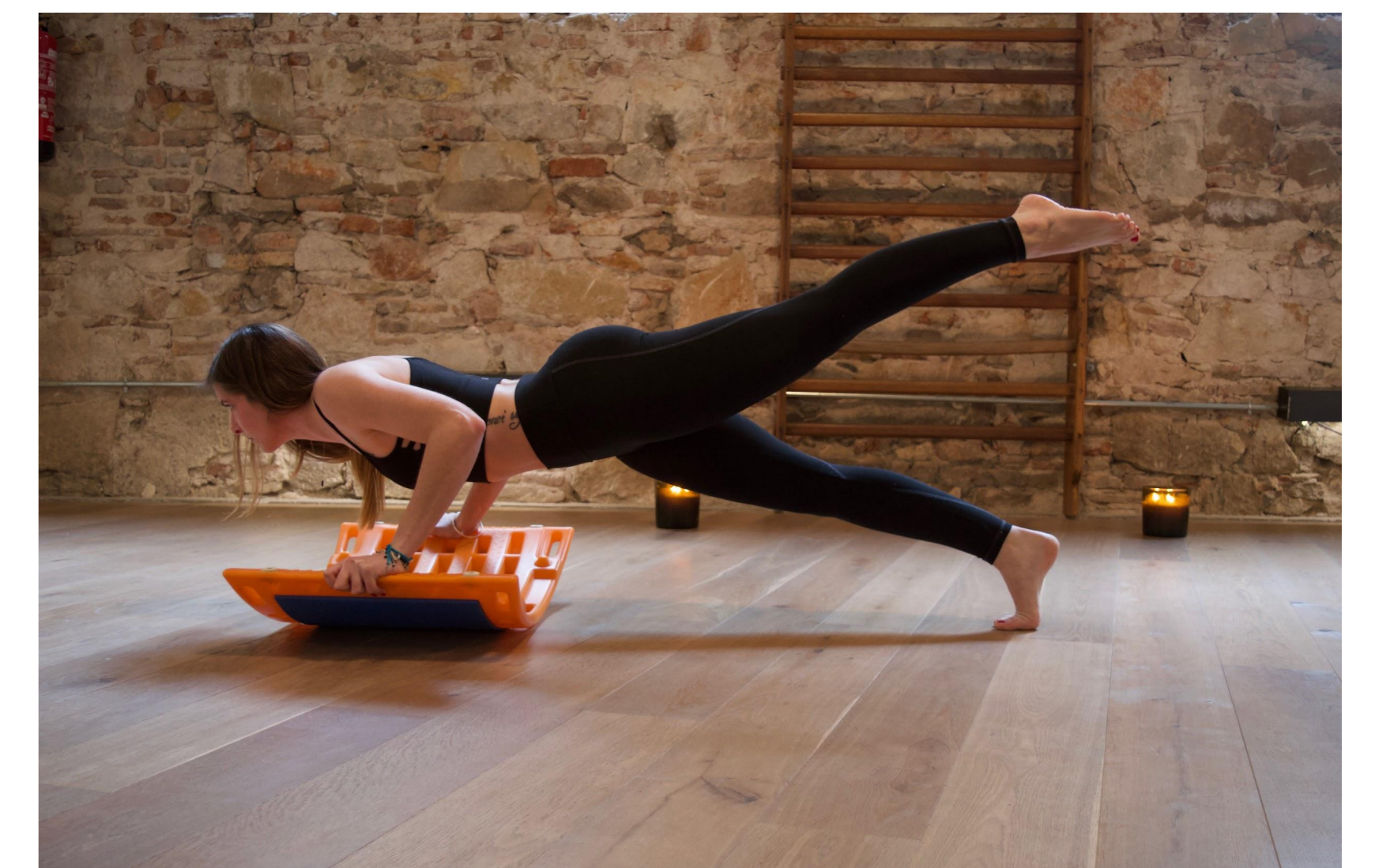
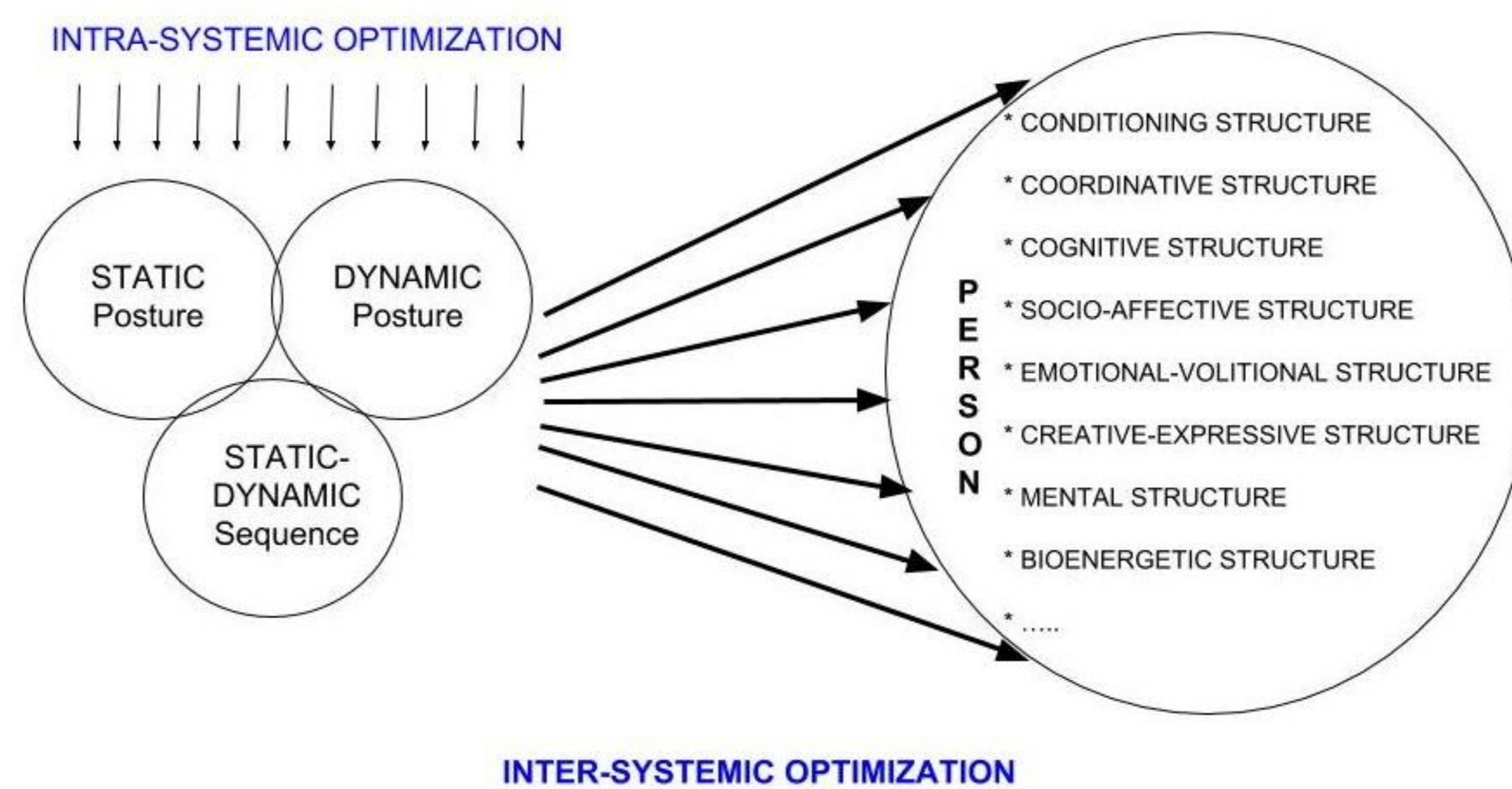
Dynamic balanced muscular development, maintenance-improvement of dynamic joint mobility (flexibility and elasticity), dynamic sensory hyper-hypo stimulation (kinästhetik-tactile, visual, vestibular), education of breathing in dynamic position, interactive education of all coordination capacities emphasizing: (a) conditions of static-dynamic balance and (b) conditions of dynamic relaxation by dynamic postural perception (segmental and global) and tonic control of attitude-action (intrasegmental, intersegmental and global).

### Priorities · Sequences of Static-Dynamic Postures

Fluidity and relaxation of movement, static-dynamic balance, rhythmical differentiation, rhythmical variability, rhythmical adaptation, rhythmical sense.

## Holistic perspective of Postural Optimization

To achieve an holistic postural optimization, preferential interactions must be developed among all the structures that constitute the person (Seirul-lo), both in static and dynamic situations, and in its sequences.



## References

- Seirul-lo Vargas F (1986). Class notes on movement education. Posture education. Barcelona University.
- Bonacina S, Ribera-Nebot D, Psalman V, Chulvi-Medrano I (2011). Applications of Training with Instability Devices to Health and Sport Performance. Revista Studia Sportiva, 5:3, 387-394.

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