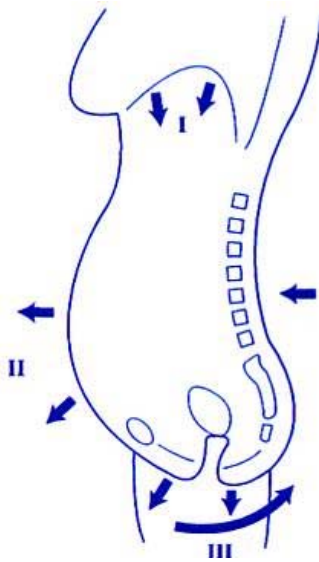




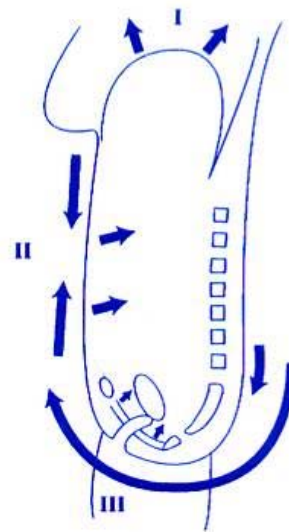
INTRODUCTION INVEST OF THE BELLY IN THE DYNAMICS THORACO-ABDOMINO-PELVIENNE

Every physical effort must be made while protecting the body of the person who is making this effort. This protection lies on the motto: “**respect oneself, anticipate, participate**”

NEGATIVE EFFECT: CLOSED GLOTTIS



POSITIVE EFFECT : OPEN GLOTTIS - EXPIRATION



- **To respect oneself** is to adapt the effort to the limits of one's body
- **To anticipate** is to prepare the body to absorb as best as it can the constraints resulting from the physical effort
- **To participate** is to have the reflex of protection during movement while going by the daily chores and situations.

The thorax-abdominal-lumbar-pelvis-perineum enclosure is an inseparable functional unit.

If any local failure (perineum, lumbar...) needs a specific re-education effort, this effort can only have long lasting results if it part of a global re-education based on the learning of the thorax-abdominal-lumbar-pelvis-perineum synergies.

In this global effort, the abdomen is the point on which the whole synergy lies.

It is the expiratory device that pushes up the visceral mass and the diaphragm. It is the muscle of the pelvic retroversion which, by pulling up the pubic arch, verticalises the perineum, thus protecting it from the visceral push that follows the effort.

Last, it is the anterior muscular apparatus of the spine.

We will differentiate two types of efforts :

<p>The isometric effort with closed glottis :</p> <p>the xypho-pubic angle opens up, the pressure from the thorax-abdominal-pelvis enclosure increases considerably, the perineum is exposed to the pressure, the lumbar spine is in hyper lordosis. The physical effort is extreme. This situation arises when the effort is not adapted to the muscles of the person and especially when the person has a legacy of bad habits, all consequences of life traumas (such as childbirth...) or a sedentary life style.</p> <p>The effort of the weightlifter is the typical caricature of the closed glottis effort.</p>	<p>The isotonic expiratory effort with open glottis :</p> <p>it goes along with the contraction of the abdominal belt, associated with a lowering of the thorax, a pulling in of the belly, an elevation of the diaphragm, a verticalisation of the perineum and a delordosis.</p> <p>It's the ideal effort to protect the Thorax-Abdominal-Pelvis enclosure and its visceral content.</p> <p>In short, it's the effort of the tennisman or the log-cutter</p>
--	---

EFFORT WITH CLOSED GLOTTIS



EFFORT WITH OPEN GLOTTIS



The Ecole de l'Abdomen offers the association of a specific re-education, to fix a local failure (lumbar, perineum...) and a global thorax-abdominal-pelvis re-education. We indeed believe that every local failure is more or less the consequence of a thorax-abdominal-pelvis dis-synergy.

As such, the global re-education will focus on the motto, **RESPECT ONESELF** (i.e. to appreciate what effort is possible or not), **ANTICIPATE** (i.e. understand the best way to make the effort while using the thorax-abdominal-pelvis ensemble), **PARTICIPATE** (i.e. introduce good thorax-abdominal-pelvis habits in the day to day life)

The work of the abdominal is central to the re-education of functional disorders, whether in the adult or the child (pulmonary, abdominal, vertebral, uro-genital, recto-anal...