

**Spine, Neck, Hips**  
**Lower Limbs ,Knees, Feet, Hips,**  
**Upper Limbs Shoulders, Elbows, Hands**

**By Graham Healy**

**Spine, Neck, Hips**

There is No Doubt that this is the Foundational base of the body and I have covered most of this on my article on lower back care and the nautilus Lower back machines.

**Hips**

Two main muscles groups here effect spine positioning and tension (apart from the erector spinae groups) (those muscles that 'string' like cables along the length of the spine in various layers) .

My main focus in this paragraph is the Psoas major/minor and the Piriformis muscle groups.

These are **critical for the Lower back**

They are the culprits and source of a lot of misdiagnosed lower back issues , and if they are simply 'stretched correctly' they come back into balance (balance meaning that they retain 'stretch' and 'contraction' properties thus not complicating further any lower back issues .

The stretching of these muscles are a science within itself and many so called 'experts' have misinformed so many people for so long and the main reason for this is a lack of practical knowledge of 'applied' physical science.

When I say 'applied' I mean that the person advising you has actually applied the treatment themselves and 'knows' it works.

The other issue is the universal one of most health disciplines only 'focus' on a very 'narrow' scope of study and never see the bigger picture.

I have included the key stretches here that Healy's Health stretching systems use , now in saying this and displaying this here , don't think that uninstructed application of these stretches will be the total answer .

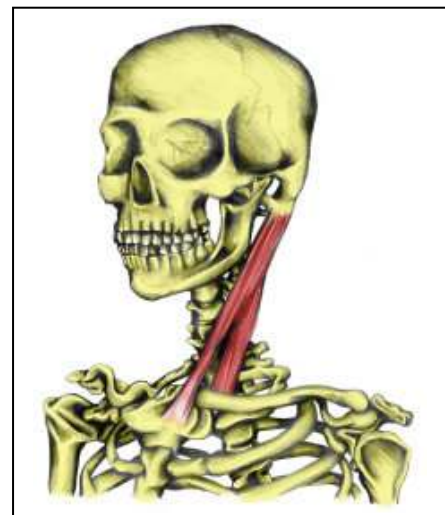
They will help **DONE CORRECTLY** by a Healy's Health trained professional(that means somebody trained by Graham Healy), I do not endorse or recommend anybody else other then the health professionals listed on my web sites , the reason for this is out of thousands only a 'few' are the real 'gold' .

**We can back up our own treatments and that is my personal guarantee, results speak for themselves..**

**Neck**

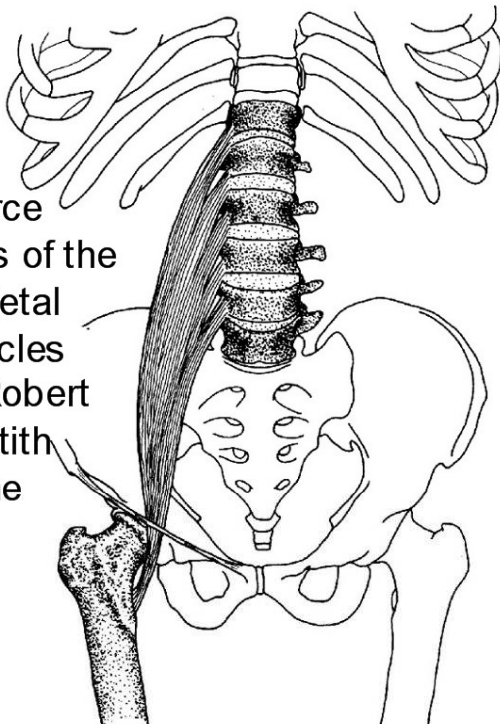
Cervical Vertebrae (C 1-7) are very small and delicate and there is a great influence upon the vertebral alignment exerted by the Sternocleidomastoideus.

This muscle is like a great cable attached behind the ear at the base of the skull (origin) and (Insertion) in the sternum and clavicle of the chest. If the head is angled forward (like computer use) this muscle is under enormous stress to hold the skull in place.



**PSOAS MAJOR**

Source  
Atlas of the  
Skeletal  
Muscles  
by Robert  
& Judith  
Stone



Psoas Major is an 'internal' hip flexor and as you can see is attached to 'all of the lumbar vertebrae' it flexes the thigh at the hip and flexes the vertebral column. needless to say that systematic stretching of the Psoas is critical to Kicking flexibility as well as 'lower back are' if this muscle is in 'spasm' or not stretched properly then hip and lower back problems can occur and the whole area 'bound' and 'tight' this 'unseen' muscle plays a

**Lumbar region, hip, and thigh—anterior view** major part in Lower back 'Release' & hip flexibility

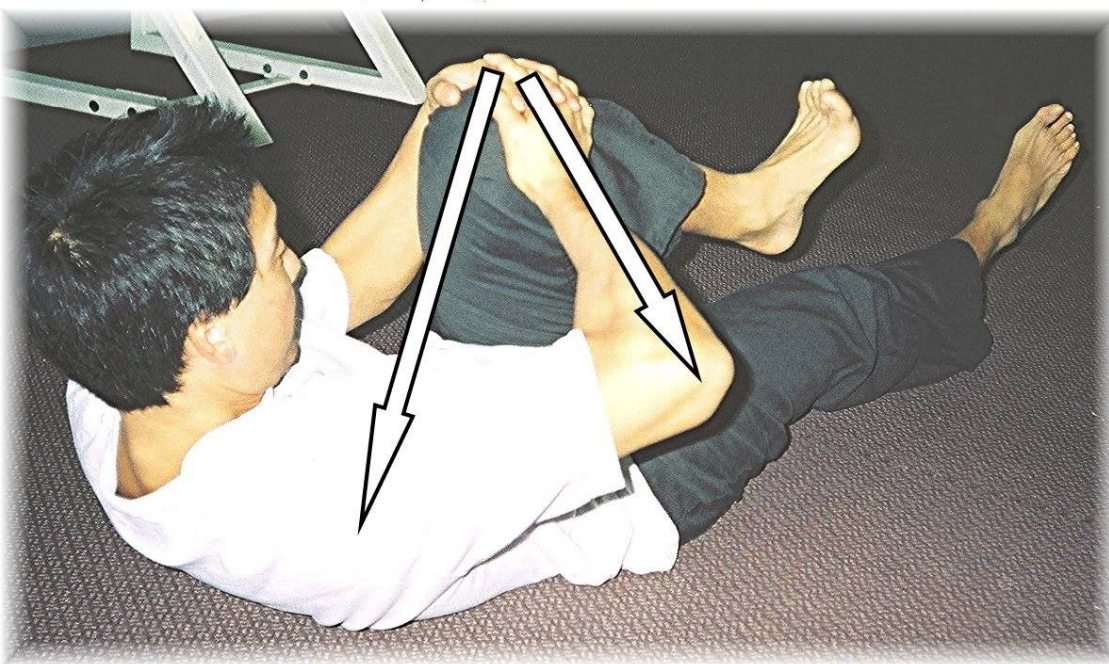
Bases of transverse processes of all lumbar vertebrae, bodies of twelfth thoracic and all lumbar vertebrae, intervertebral disks above each lumbar vertebra

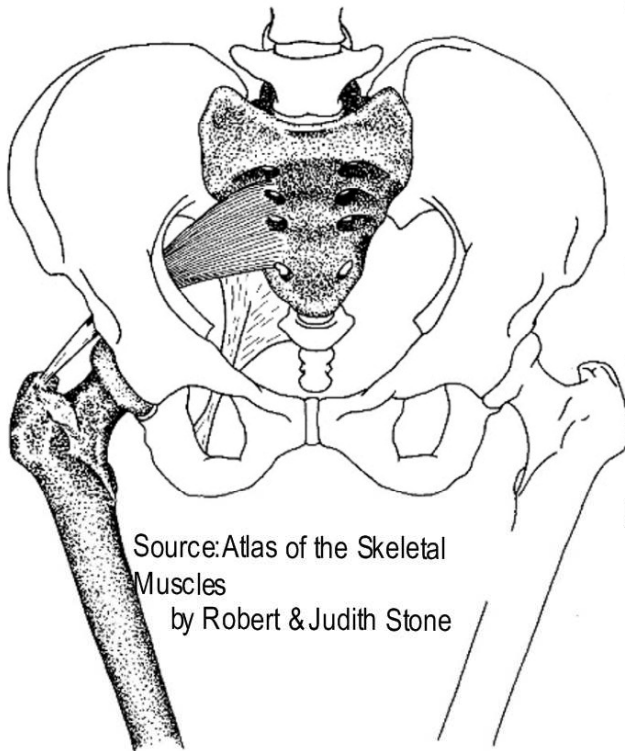
**Insertion**

**Action**

**Nerve**

Lesser trochanter of femur  
Flexes thigh at hip joint, flexes vertebral column  
Branches from lumbar plexus (L2, L3) and sometimes L1 or L4



**PIRIFORMIS**

Source: Atlas of the Skeletal  
Muscles  
by Robert & Judith Stone

The Figure 4 stretch  
'releases' the Piriformis  
muscle which is a  
'hip abductor' and  
important for kicking  
ability (this stretch  
also releases the  
Glutes 'Butt' muscles )  
and other associated  
'connected' muscle  
groups

**origin** Hip and thigh—**anterior view**

Internal surface of sacrum,  
sacrospinous ligament  
Upper border of greater trochanter

**Action**

Laterally rotates thigh at hip joint,  
abducts thigh

**Nerve**

Anterior rami of first and second  
sacral nerves

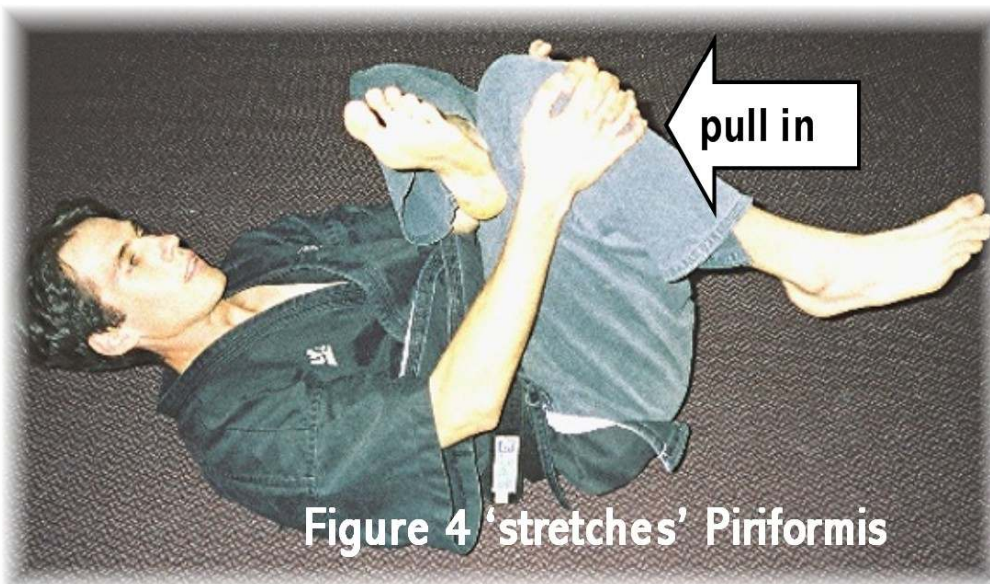
**Insertion**

Figure 4 'stretches' Piriformis

## Knees

### Front and inside

<http://en.wikipedia.org/wiki/Knee>

The issue with the knee is complex , but the bottom line is that it has most of the quadriceps are attached to the front of the knee patellar (the little round bone in front of the knee joint) and control the ‘tracking’ of the patella , which slides over the knee joint , if the muscles are out of balance, in other words one group is pulling to one side or the other, then this is the main cause of knee pain (incorrect tracking). On the inside or medial part of the leg only ONE MUSCLE pulls the patellar to the inside and upwards and this is the vastus Lateralis and weakness in this muscle is the root cause of a lot of knee issues.

### Outside of the Knee

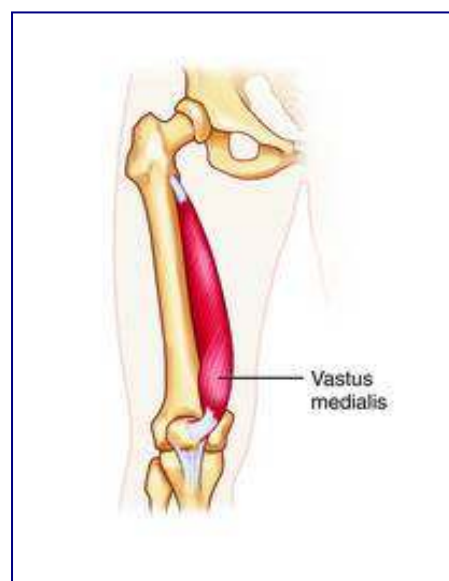
Main culprit here is TFL Tensor Fasciae Late **and** outside quad muscle (vastus lateralis).

### Back of the Knee

hamstrings, Calf muscles, all attach beside, around, at the back of, and all these groups hold onto the various Parts of the knee joint (top and bottom)

The bottom line is (without getting to complicated) is **MUSCULAR IMBALANCES** surrounding these joints and the stretching is critical.

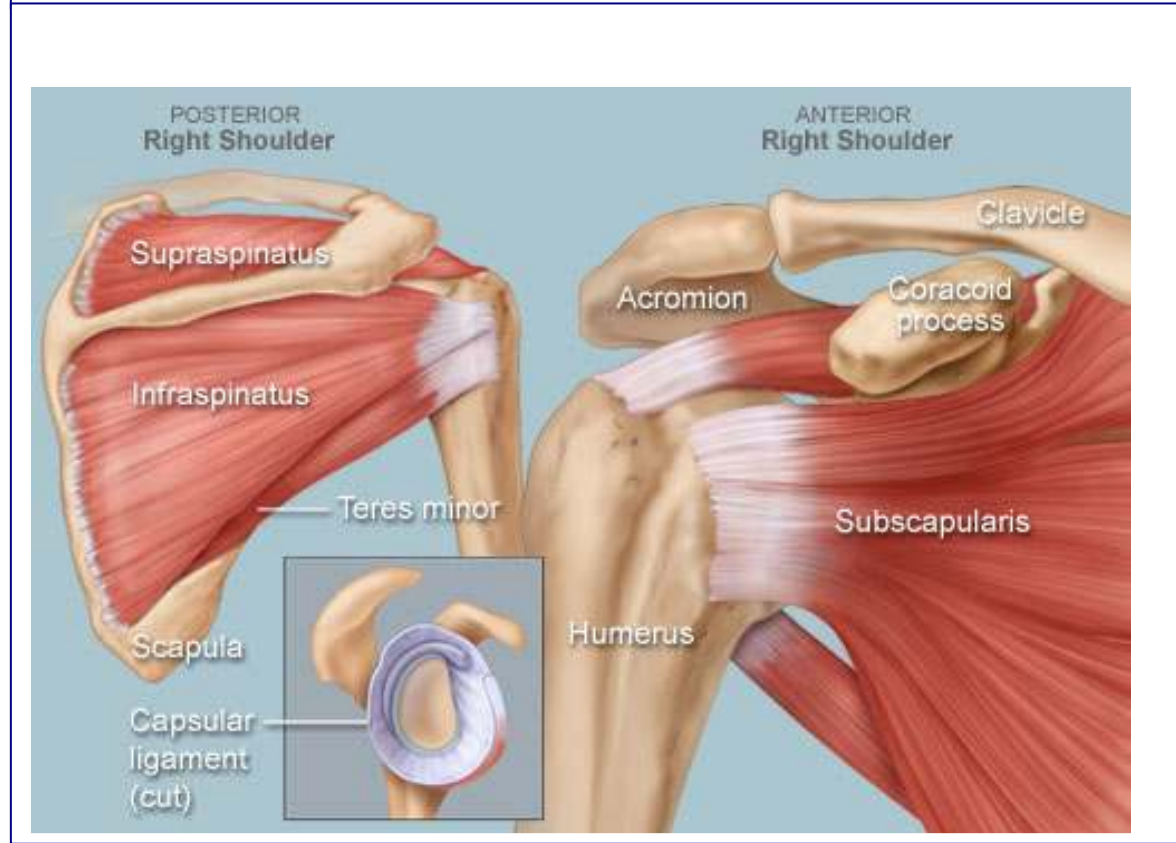
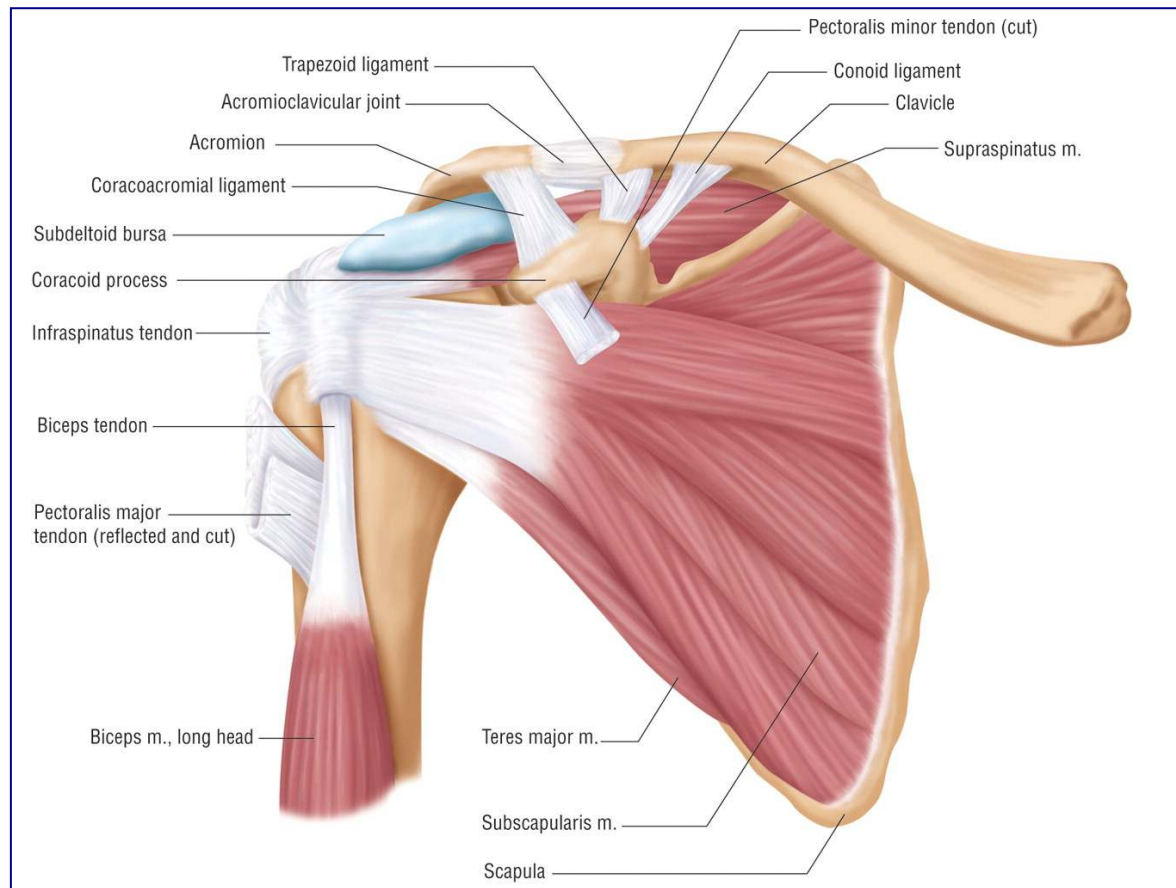
Healy’s Health understand every facet and dimension of the issues involved and have our preferred lower limb Specialists to refer to in the process .



### Feet <https://en.wikipedia.org/wiki/Foot>

The various muscles that control the toes (are like great cables attached to the toes and travel right up to the back and front and sides of the knee ) such as the calf muscle (Gastrocnemius and soleus) again feet are a science within themselves ,but because of the muscular ligaments, tendons and attachments , the connections are all interrelated .

**Upper Limbs Shoulders, Elbows, Hands** Like the hips the attachments around the shoulders are complicated and inter-related . <http://en.wikipedia.org/wiki/Shoulder>



- **Elbows, Hands**

Again Elbows and hands have the same interconnection in many respects as the feet to knees do, in such they have their own particular muscular cabling systems and these systems must be understood in a holistic mindset to understand the correct functioning of the body.

This can be summarised by the word SYNERGY in which the individual parts 'synergise' to make the whole work effectively and this is the attitude at Healy's Health and its founder Graham Healy , with a bottom line philosophy and answer to every application that we implement at Healy's Health.

### **WHAT IS THE RESULTS? and DOES IT WORK! .**

I conclude this article with a page of our stretching brochure, now, out there, everybody is doing 'stretching' in many cases, not knowing exactly why they are following a certain procedure or exercise with the clarity or understanding of the biomechanics involved, you are assuming that the person telling you to do it this way or that way actually 'knows what they are doing' and yet we hear this on a daily basis of client receiving 'treatments' WITH LITTLE OR NO RESULT !

#### **So what does that tell you?**

To me it tells me that you should try something else and continue to do so till you get a satisfactory result.

Never slip into the cycle of 'doing the same thing over and over again expecting a different result' (Einstein's definition of insanity)

I leave you with one comment that two of my clients quoted to me as to why they joined Healy's Health and in particular wanted Graham Healy to mentor them as well as train them.

Both these girls trained at a Gym for 20 years, were leaders in the aerobics room and looked upon as the 'idols' of the aerobics class , yet they came to Graham Healy for the first time in their life.(never had a trainer before and looked as if they never need one)

I asked them why?

Their answer was :

"Graham you are the only one we have ever heard explaining WHY and WHAT muscles work in each exercise and WHY we are doing this stretch and HOW it works"

I thought the WHY,WHAT and HOW was part of my responsibility to EDUCATION the client to clearly UNDERSTAND what they are doing and for what reason?

Apparently Healy's Health and in particular Graham Healy is the exception to the RULE and I want to keep it that way for all the clients of Healy's Health and this is a very important **POINT OF DIFFERENCE** :

## INFORMED CHOICES FOR YOU THE CLIENT .

(Ps Stretching chart on page 7 below)



Everybody's seems to be an expert regarding Stretching & Flexibility and yet do you ever see 'Flexibility' in Action ? from these 'Experts'.

As an International Martial Arts Instructor I have trained Professionally under two Oriental Masters whose stretching & Flexibility ability was 'second to none' with this Knowledge I have systematically increased clients flexibility up to 50% ! and in the 'process' resolved many 'back related' problems caused by 'shortened hamstrings' . According to Chiropractic advise the 'shortening of the hamstring muscles, caused by inactivity and lack of stretching and strengthening can lead to uneven stress exerted by the hamstrings on the hip girdle this in tern displaces back alignment from the hips up to the shoulders.

Acting on this advice I have incorporated these principles into our Martial Arts & Personal Training stretching routines with tremendous success.

Some of these 'photo illustrations' show some of my clients in stretching 'action' . Although 'natural' stretching ability can vary from client to client , however, I will say that improvement is available to everybody .

If you aim for a 30 to 50% increase from where you are NOW, as well as a recommended 'put it all together program'

either Martial Arts/Personal training or both . your BACK will thank you for it .

The improvement in Stretching & Flexibility will assist you in every other aspect of general 'everyday' ACTIVITIES .

The Healy's System has been proven in over 25 years of Professional testing with hundreds of clients and it WORKS .

Not only do you 'firm & tone' all parts of the body 'especially' abs/but/thighs but you increase your overall Stretching & flexibility by a MINIMUM 30%

RESULTS speak for themselves every martial arts Class has a fully comprehensive stretching routine incorporated within the class structure



Side bending

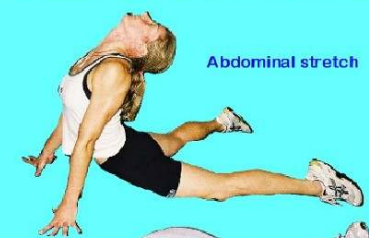
Kristian increased her stretching by 30 % using the Healy's Martial Arts metho

The 'Ultimate' dynamic Hamstring Stretch

There are several ways to Stretch..... Dynamic, Isometric, Relaxed, PNF, at the 'end of the day' the stretching & flexibility programs must Reflect the type of 'Action' you wish to perform. Relaxed stretching for example will not prepare you for Dynamic action.

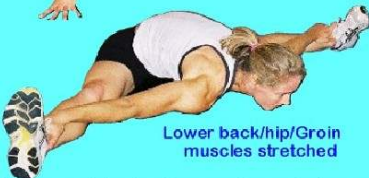
The Healy's Martial Art system explains the difference and why!

Kristian performing seated hamstring stretch.



Abdominal stretch

Lower Back & Hamstrings



Lower back/hip/Groin muscles stretched

'special technique' Hip Rotations



*Note: your 'standard' may not be as 'extreme' as Kristians 'flexibility' don't worry...aim for 30 to 50 % improvement from where you are NOW ! and there is no need to 'compare' yourself with anybody else as its all about competing with yourself and 'self improvement'*

## Master Stretch for lower back/hamstrings/Hip release

**1** **2**

**3** **4**

**5** **6**

**7** **8**

**Master Stretch the 'Yoga' Circle**  
 (1-2) stretch backwards and forwards 6 to 8 times 'holding' for 8 seconds in each 'extended position'  
 (3-4) start to 'circle' clockwise (left) keeping 'low' to the thigh and rotate slowly circle six times  
 (4-7) Circle anticlockwise (right) six times

(8) recommence 'backwards and forwards' six times. By now your 'hips/groin/lower back' have all 'released' and 'loosened up' considerably. Apart from 'stiff-legged' deadlifts (light) this is the 'Master Stretch' that 'releases' the whole 'hip/lower back/groin complex' and makes kicking 100% easier. This is the 'base' to make all other stretches easier.

The Above two frames are just a 'sample' of the comprehensive stretching programme conducted by Healy's Health, some stretches are geared for specific areas, and some treat a current problem area, however the BIG PICTURE is that



we look at the WHOLE BODY and the APEX of that is **the Lower back ,hips and hamstrings** (starting point) and then the extremities knees, feet, shoulders, elbows, hands.

The NECK is a 'world unto itself' and is treated very carefully in our process.

#### **FURTHER INFORMATION CONTACT HEALY'S HEALTH**

Yours in EDUCATION and MOTIVATION.

Graham Healy

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