

## PILLAR PREPARATION

What is the Pillar?

- ✦ Combination of your **Shoulders, Hips and Torso**; it is the center of ALL MOVEMENT

Why is Pillar Preparation important?

- ✦ **Proximal Stability** - If you think of the body as a wheel, the pillar is the hub, and the limbs are spokes. If you remove that hub, the wheel doesn't have much ability to hold form and work at a high speed. The hub is essential for that wheel to spin.
- ✦ **Posture** - Our Pillar holds posture in order for us to perform daily tasks. Posture affects pattern. Try sitting with poor posture slouched over and now raise your arms overhead. Now sit with good, tall posture and put your arms overhead. Feel the difference?
  - If the pillar lacks stability & mobility, we lose posture leading to poor kinetic linking, inefficient movement and energy leaks.

What are Energy Leaks and Kinetic Linking?

- ✦ Picture a piece of cooked spaghetti on the table next to a piece of uncooked spaghetti. Flick the end of the uncooked piece with your finger and what happens? Because it is rigid and holds form (posture), it slides across the table. Now flick the end of the cooked piece. You don't get the same result. Because it is not rigid and does not hold form, it doesn't transfer energy and slide across the table.
- ✦ If you fail to hold form/posture and you therefore do not transfer as much energy from one segment of the body to the next, you display **Energy Leaks**
- ✦ The ability to hold posture and transfer energy through your body's segments is called **Kinetic Linking**
- ✦ Think of the difference between a Major League pitcher and a Little League pitcher throwing. The Little Leaguer uses all arm, initiating the movement with the extremity (distal part of the body). The Major Leaguer links his body together and initiates with the hips (proximal part of the body), then transfers to the torso, then shoulders and ends with the arm. Each segment builds on the last (see the figure above). It is important to move from proximal to distal. This increases performance, while decreasing risk of injury.

Summary - Key Concepts for Pillar Prep

- ✦ **3 parts to the pillar** - activate and link the shoulders, hips, and torso
- ✦ **Proximal Stability** - like a hub on a wheel to allow for transfer of force
- ✦ **Posture** - maintain posture for optimal movement pattern
- ✦ **Kinetic Linking** - all of the body's segments are linked. Connect those segments to increase power and speed. Like a Major Leaguer throwing a ball, it starts in the hips
- ✦ **Energy Leaks** - if you have poor kinetic linking and lose posture, you will experience energy leaks which will increase risk of injury while decreasing performance



**SHOULDERS, HIPS, TORSO | PROXIMAL STABILITY | POSTURE | GOOD KINETIC LINKING**