

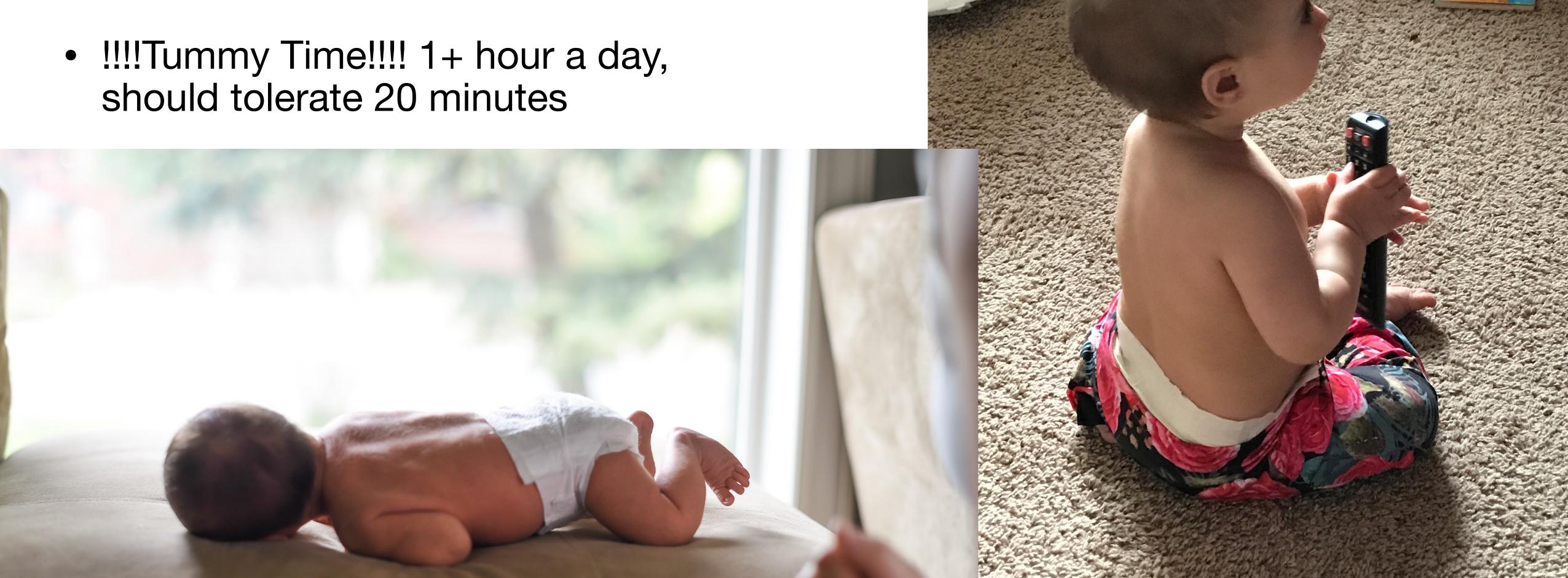
Spinal Perez

Theory, Diagnosis, Treatment, HEP

Theory

Spinal Level Reflex (Brainstem)

- Spinal levels: All spinal deformities
- Emergence: 12th week Gestation



Contraindications

- Not having spinal perez indicates that the brain is not being cleansed - pumping cerebral spinal fluid up to the brain for a wash.
- Phone posture with hips
- Sitting without breaks
- Childbirth will sometimes take perez off, see next slide





Diagnosis

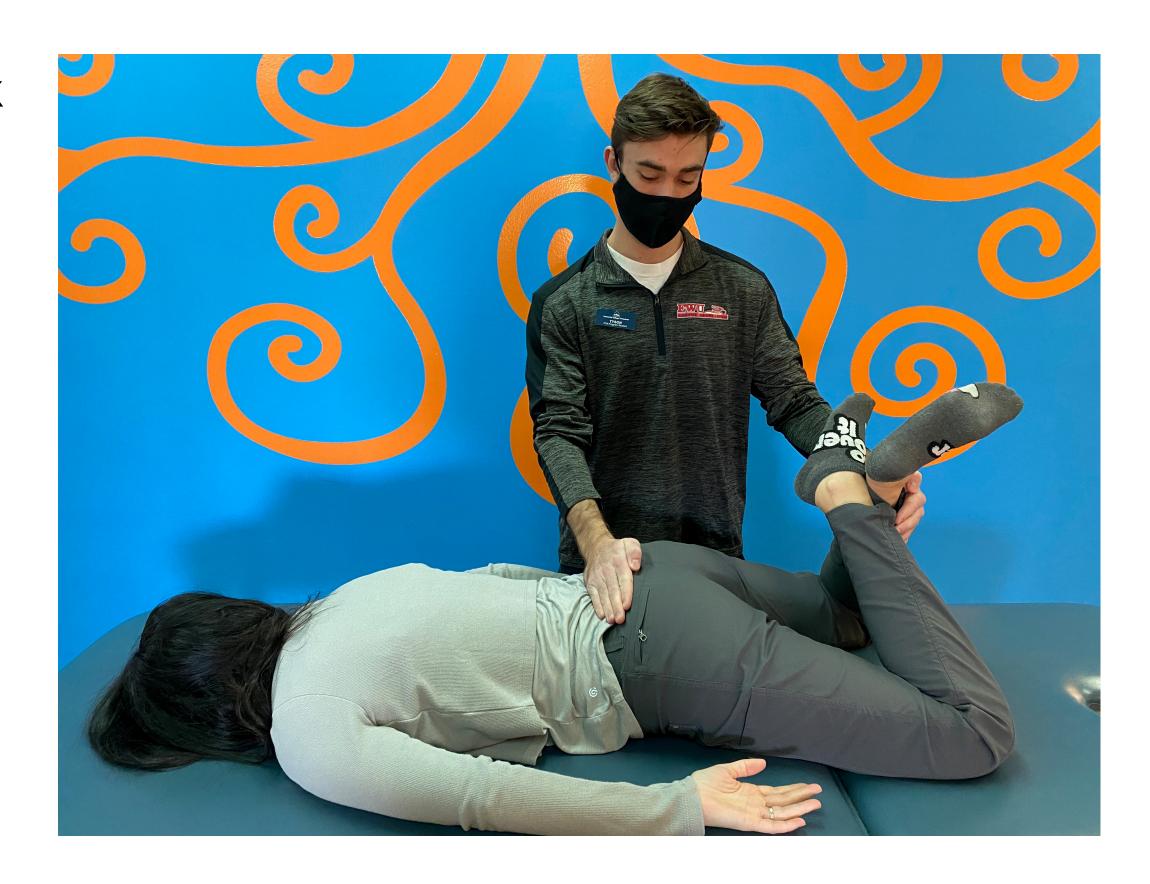
- Finding the back of the body
- Spinal Perez:
 - No Butt
 - Unable to "Twerk"
 - Incontinence
 - Spinal Deformities
- Parent Handbook: Symptoms and Developmental Delays

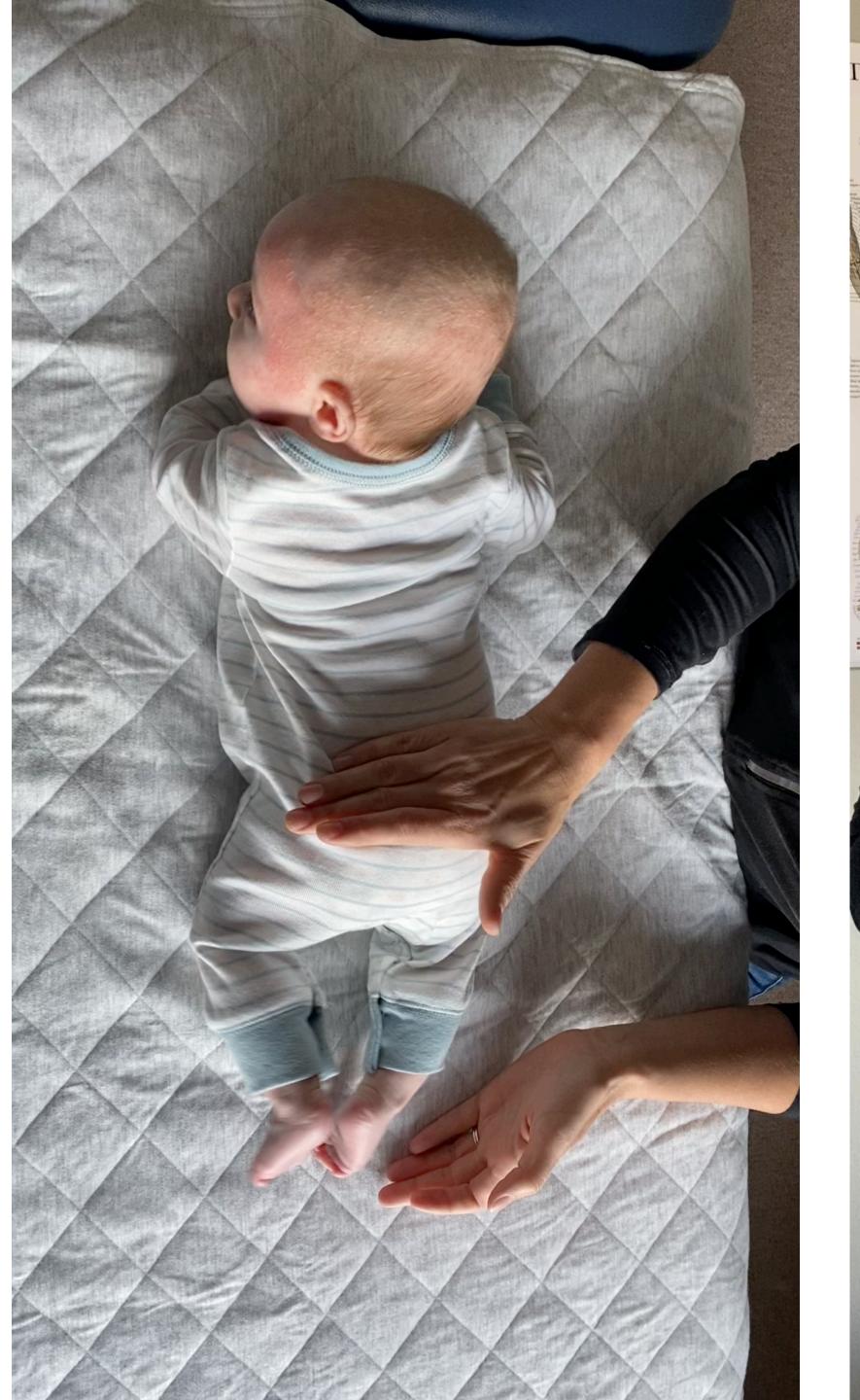


Treatment

Prone

- Put pressure on sacrum at a 45 degree angle 5-7x
- Stroke up to T1 and hold for 15 seconds, repeast 5-7x
- Bring legs up toward back and criss cross ankles.
 - Whole holding sacrum switch legs back and forth waiting for the spine to unwind.
- Proprioception Deep understanding of each level of vertebrae
- Vision Sustained eye contact (along with bonding reflex)
- V- From sacrum to each scapula.









Home Program

Integrating Spinal Perez

- Kettle Bell swings
- Pressing on sacrum while child is sitting near
- Pushing on your own sacrum
- Bringing hips into anterior pelvic tilt
- BTL Core to Floor



Questions?