

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## MORE PRESSURE, MORE... BALANCE?

VOLUME 10 | ISSUE 04

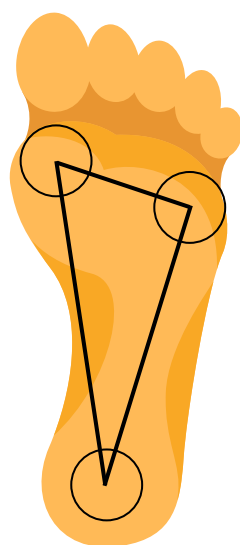
BY TORI MEYER, LAT, ATC

Have you ever heard of the motto, “No Pressure, No Diamonds”? It’s a wonderful expression reminding us that pressure can produce some of the best results in life - i.e. diamonds. Although this analogy is alluding to the mental or psychological side of life, I have a newfound appreciation for all the multifaceted ways that pressure benefits our *physical* well-being, too. One of the most important ways? Our balance!

### PRESSURE AND THE FOOT

Let’s start at the foundation of balance: the foot. The bottom of the foot has three points of contact with the ground that make up what we consider the **foot tripod**. When all three of these points of contact have equal pressure distributed between them, it results in optimal functioning of the arches and therefore balance.

Oftentimes, when we lose balance, the first point of contact we lose is our big toe (lateral ankle sprain, anyone?). Practicing adding pressure to the big toe can help improve a quick recovery when becoming unbalanced.



### FOOT TRIPOD

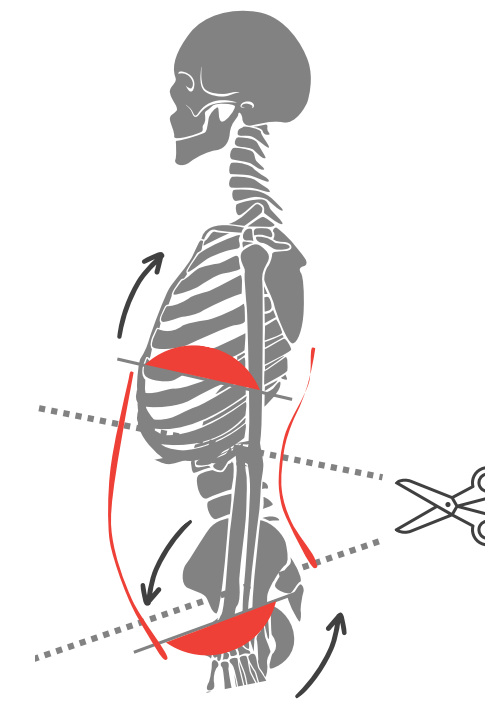
WHEN LIFTING, EVENLY DISTRIBUTE YOUR WEIGHT BETWEEN THESE THREE CONTACT POINTS, CREATING BALANCE AND A BIGGER SURFACE AREA TO PRODUCE FORCE.

### PRESSURE AND THE ABDOMEN

The next important region when we think of balance is our abdomen, the center of our mass. Believe it or not, our abdomen actually functions like a pressure canister. We want equal pressure distributed between the diaphragm (top), the abdominal muscles (front), and the pelvic floor muscles (bottom). As you can see in the adjacent picture, this equal pressure causes our ribcage to stack directly over our pelvis which is the optimal position for ANY movement, exercise, or even standing! It centers us directly over our foot tripod, setting us up to be stable when exposed to uneven forces.



CANISTER POSITION  
RIBCAGE AND PELVIS STACKED



SCISSOR POSITION  
PELVIS TILTED DOWNWARDS  
(ANTERIORLY) AND RIBS FLARED

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



When working on any single leg exercises or balance-specific exercises, make sure you take your shoes off!

