

THE YOGA POSERS

PLANKASANA

PLANK POSE IS TADASANA VERSUS GRAVITY

<p>BIOMECHANIC BASICS</p>	<p>Category: Axial Extension. Neutral spine with reduced curves. Neutral pelvic tilt. Ankles dorsiflexed. Shoulders are flexed to ~90 degrees. Scapulae are abducted. Wrists are extended.</p>
<p>BENEFITS</p>	<p>This pose strengthens the deep core and activates most of the muscles in the body to stabilize the spine and resist gravity. It teaches shoulder girdle positioning and preps the body for more challenging arm balances.</p>
<p>COMMON COMPLAINTS</p>	<p>Wrist pain, weakness, fatigue, shoulder pain (especially in Chatarungha)</p>
<p>COMMON MISALIGNMENTS</p>	<p>Spine (cervical, thoracic, lumbar and sacral) hangs too low. Pelvis too low/posteriorly tilted or too high/anteriorly tilted. Upper back too round or too concave. Head too low. Poor weight distribution in hands. Elbows and knees hyperextended. Shoulders not in socket or jammed. Shoulder blades too narrow, too high, too wide or rotated.</p>
<p>VARIATIONS</p>	<p>Forearm Plank. Knee Plank (knees down). Side Plank (one arm/forearm). Chatarungha Dandasana (lowered half way). One legged or one hand, feet wide or raised, hands raised. Hand taps, knees to chest or rainbowd spine.</p>
<p>THERAPEUTIC APPLICATIONS</p>	<p>Hands to wall, chair or blocks. Chatarungha: Bolster under torso or blocks under low ribs and pelvis to work on shoulder position. Blocks under shoulder heads to train keeping shoulders back. Train position on back to learn shoulder girdle position and core activation for spine position.</p>



<p>FAVORITE CUES</p>
<ul style="list-style-type: none"> • Blow out candles or “shhh” on exhales • ‘Zip up’ the low belly, narrow the hip points, ‘corset’ or narrow the waist • “Brace” or pressurize the abdomen • Lift the root of the thigh by firming your ‘thut’