



THE VLEEMING SUBSYSTEMS

Lateral & Anterior Oblique

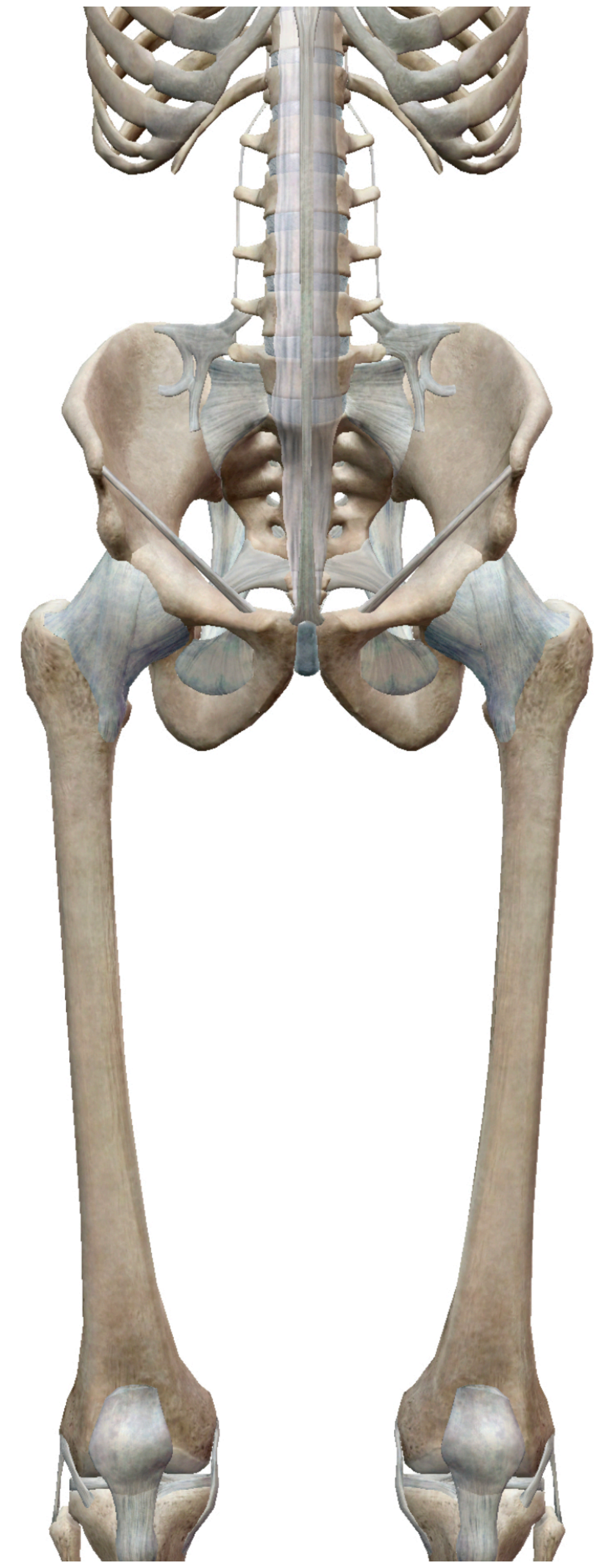
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ELEMENTS OF THE LS

- The 3 muscles of the LS:
- How is QL linked to the intrinsic core?
- How are the abductors in this subsystem also antagonists?
- What symptom might lead you to suspect pectineus as a problem?



ASSESSING THE LS

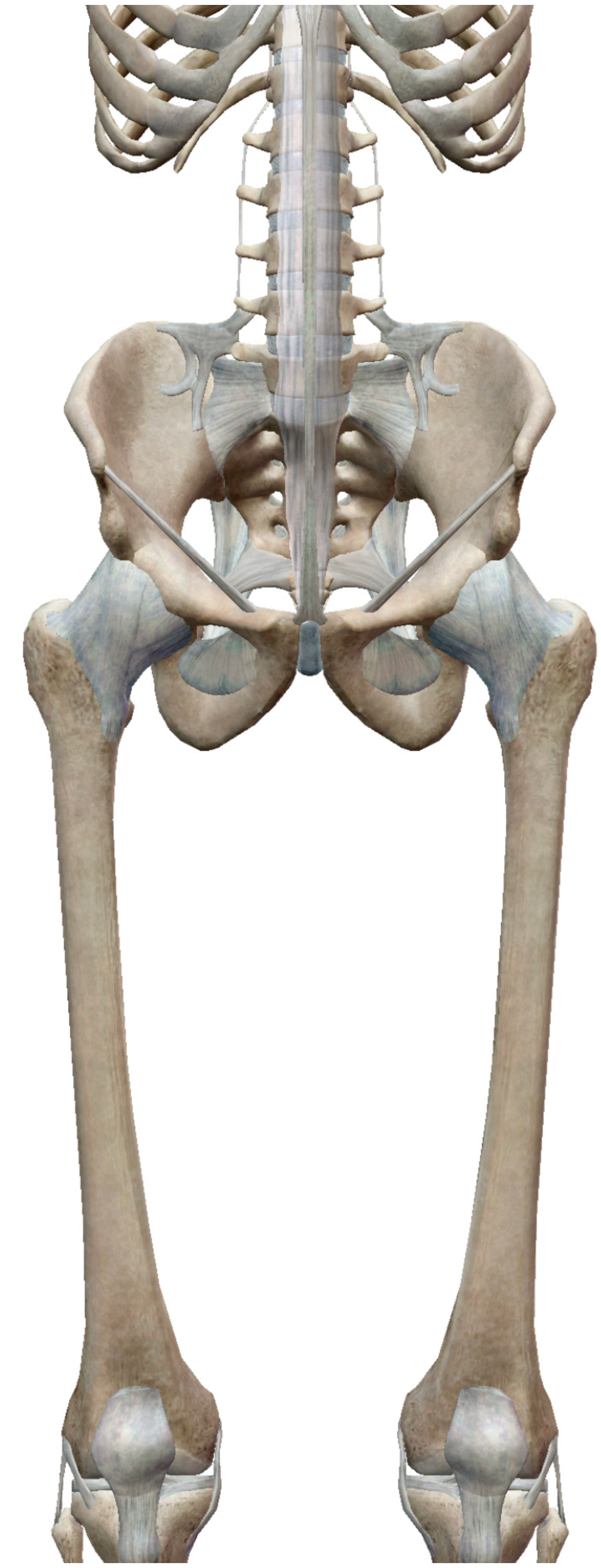
- Hip Hike/Shift
 - If the hips move out of the frontal plane? What might that mean?
- Single Leg Stance
 - How does supination lead to inhibited psoas? Follow the anatomy.

KEY POINTS

- The LS is an important subsystem in allowing us to be on one foot successfully.
- A well functioning LS supports movement in the frontal plane, and lateral movements.
- This subsystem both supports and is a reflection of what is happening in the feet.
- Drills for the LS are most effective when they most mimic gait/ involve weighting the feet/lower limbs.

ELEMENTS OF THE AOS

- The 3 muscles of the AOS:
- What is unique about this subsystem vs all others?
- What element of this subsystem is closely linked to the spiral line?
- Is the adductor a synergist or antagonist of the obliques?



ASSESSING THE AOS

- AOS Functional Test
 - What might compensate to help someone execute this test?
- Lunge
 - What signs, during the lunge, tell you that this subsystem may not be functioning well?

KEY POINTS

- The AOS is an important subsystem in gait/crossbody patterns.
- A healthy, well functioning AOS supports the pubic symphysis.
- This is the only subsystem that has a link between left and right side of the body that is anterior.
- Pubic, groin, knee pain can have its roots in this subsystem.
- The AOS is both a synergist and antagonist to the POS.

YOUR HOMEWORK

- Single Leg Stance EVERYONE!
- Watch EVERYONE do a lunge!
- You don't need to fix anything, just see what you find. Note the differences in how people negotiate balance, support the lower limb in a staggered stance.
- Think about what you see and what this might mean in terms of what structures are inhibited, which ones are short and tight.
- Take some notes. Write down your thoughts.



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