

# Contents

<b>General Introduction</b>	1
<b>1 The Frogs: Functional Training of the Abdominal Muscles</b>	6
1.1 The Classic Frog	8
1.2 Adaptation: The Primitive Frog	20
1.3 Adaptation: The Diagonal Frog	29
1.4 Adaptation of the Frogs by Altering the Position in Space of the Long Axis of the Body	35
<b>2 The All-Fours Exercises: Functional Training of the Back Muscles</b>	46
2.1 The Classic All-Fours Exercise	48
2.2 Adaptation: Mobilizing All-Fours Exercise in Flexion/Extension	60
2.3 Adaptation: Mobilizing All-Fours Exercise in Lateroflexion	66
2.4 Adaptation: All-Fours Exercise for Stabilization of the Hip and Shoulder Joints	72
2.5 Adaptation: All-Fours Exercise for Mobilization of the Hip and Shoulder Joints	79
2.6 Adaptations: All-Fours Exercises with Different Positionings in Space of the Long Axis of the Body	90
<b>3 Functional Training of Rotation About the Long Axis of the Body and the Long Axes of the Thighs</b>	99
3.1 Turn Again, Whittington	100
3.2 Adaptation: The Dreaming Traffic Policeman	113
3.3 Adaptation: The Yogi	127

XIII

<b>4</b>	<b>Functional Respiration Training</b>	131
4.1	The Lion	135
4.1.1	Adaptation: The Sleeper	140
4.1.2	Adaptation: Sitting Like a King	143
4.2	Slow Motion Breathing	146
4.2.1	Adaptation: Rhythmic Breathing	149
4.2.2	Adaptation: Double Panting	151
4.3	Air Gulper	153
<b>5</b>	<b>Functional Treatment of Posture-Related Syndromes of the Spinal Column</b>	162
5.1	Lift-Free/Reduced-Lift Mobilization of the Spinal Column	163
5.1.1	Lift-Free Mobilization of the Spinal Column at Movement Level Lumbar Spine/Hip Joints	179
5.1.2	Lift-Free Mobilization of the Spinal Column at Movement Level Thoracic Spine/Cervical Spine	187
5.1.3	Reduced-Lift Mobilization of the Spinal Column at Movement Level Lumbar Spine/Hip Joints	195
5.2	Building Blocks: Basic Exercise for Posture-Related Problems in the Spinal Column and in the Hip Joints	198
5.2.1	Relief Postures for the Entire Spinal Column	209
5.2.2	The Snake	212
5.3	Adapting Lift-Free/Reduced-Lift Mobilization of the Spinal Column to Special Problems of the Lumbar Spine	217
5.3.1	Relief Postures for the Lumbar Spine	218
5.3.2	Movement Levels for Mobilizing Massage Around the Lumbar Spine	227
5.3.3	Stretch, Little Hip	235
5.3.4	Pliers	242
5.3.5	Open and Shut	247
5.4	Adapting Lift-Free/Reduced-Lift Mobilization of the Spinal Column to Special Problems of the Thoracic Spine	253
5.4.1	Relief Postures for the Thoracic Spine	254
5.4.2	Movement Levels for Mobilizing Massage Around the Thoracic Spine	259
5.4.3	Balancing Up	271
5.4.4	The Corkscrew	280

5.5	Adapting Lift-Free/Reduced-Lift Mobilization of the Spinal Column to Special Problems of the Cervical Spine . . . . .	287
5.5.1	Relief Postures for the Cervical Spine . . . . .	289
5.5.2	Movement Levels for Mobilizing Massage Around the Cervical Spine . . . . .	294
5.5.3	Dizzy . . . . .	304
5.5.4	Lockjaw . . . . .	313
5.5.5	The Cork . . . . .	318
5.5.6	Pull Your Head Off . . . . .	320
5.5.7	Blockhead . . . . .	323
5.6	Adaptation of Lift-Free/Reduced-Lift Mobilization of the Spinal Column for Economical Strength and Skill Training . . . . .	331
5.6.1	Once Every Hour . . . . .	332
5.6.2	The Penguin . . . . .	339
5.6.3	Clip-Clop . . . . .	347
5.6.4	Short and Sharp . . . . .	354
5.6.5	Hocus-Pocus . . . . .	358
<b>6</b>	<b>Tips, Insights, Hypotheses . . . . .</b>	<b>363</b>
<b>7</b>	<b>Glossary . . . . .</b>	<b>364</b>
<b>8</b>	<b>Addendum: Selective Muscle Training in Klein-Vogelbach's Functional Kinetics . . . . .</b>	<b>371</b>
<b>9</b>	<b>References and Further Reading . . . . .</b>	<b>375</b>