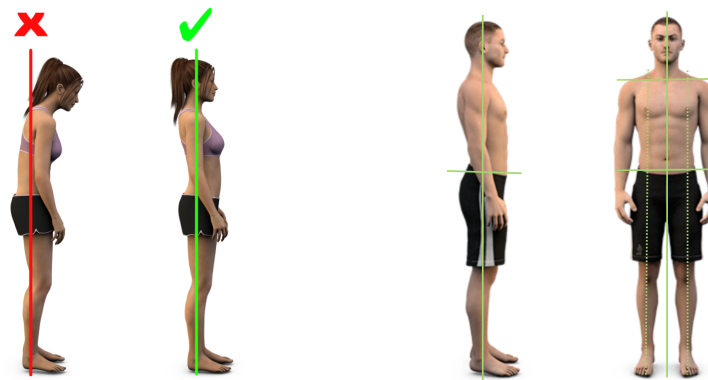


The Human Blueprint

It's the proper postural position. It's the game-plan for your PTX Therapy™ program. The "blueprint" is the correct standing anatomical position.

Positions which differ from this standing "blueprint" result in pain, sometimes upon movement, and sometimes even while sitting or standing still. An individual whose body deviates from this "blueprint" design has done so due to compensations or imbalances in muscular strength and flexibility. The source of these imbalances may be dysfunctional muscles, biomechanical compensations, habitual postures, surgery, repetitive work or sports environments, trauma, disease, improper training, and in some cases congenital abnormalities. PTX Therapy re-engages the proper musculature by retraining the muscles to function without compensation, allowing the body to return to the human blueprint as follows:



- **Front view (coronal plane):** The body is even from right-to-left / left-to-right. The axis of the hip, knee, and ankle joints are directly aligned, with joints forming right angles (like a box). The shoulders and hips are level thus the spine maintains a centrally aligned vertical position between the pelvis up to the base of the skull.

- **Side view (sagittal plane):** The body is even from front-to-back / back-to-front. The ear sits directly over the shoulder joint and the shoulder, hip, knee, and ankle joints are vertically aligned and falling in the plumb-line (line of gravity), again the joints form right angles (like a box), with the hips in the proper tilt allowing for the spine to maintain its correct S-curve.

- **Bird's-eye view (transverse plane):** There is no rotation of the torso from right-to-left or left-to-right, nor is there be a rotation of the pelvic girdle in either direction. Further there is no rotation of the arms, therefore the view from the front shows only the thumb and index finger, and both hands appear even. There is no rotation of the thighs, seen by both kneecaps facing straight ahead, and also no rotation of the lower legs or ankles, as seen in the feet pointing straight ahead.

PTX Therapy recognizes the following scientific definition of Posture, defined by the **Posture Committee of American Academy of Orthopedic Surgeons (1947)**:

“Posture is defined as the relative arrangement of the parts of the body. Good posture is that state of musculature and skeletal balance which protects the supporting structures of the body against injury or progressive deformity irrespective of the attitude (erect, lying, squatting, stooping) in which these structures are working or resting. Under such conditions the muscles will function most efficiently and the optimum positions are afforded for the thoracic and abdominal organs. Poor posture is a faulty relationship of the various parts of the body, which produces increased strain on the supporting structures and in which there is less efficient balance of the body over its base of support. Postural faults can give rise to discomfort, pain or disability. The range of effect from discomfort to incapacitating disability is related to the severity and persistence of the faults.”

PTX would further add to the Committee’s position:

Posture is determined by stabilizer/fixer muscles (posture muscles) that dictate the relative arrangement of the parts of the body. These muscles and muscle groups attempt to maintain adequate tonicity in keeping the body’s center of gravity over its base of support in a standing static position. Upon movement, these same muscles attempt to act in accordance with the inert structures (i.e. thoracic and abdominal organs) by allowing optimum positions to be afforded. Therefore, the relevance of posture, with and without postural faults, is paramount in dictating biomechanics.