

QUADRUPEDAL TO HUMAN

Major Changes:

- With upright walking came enlarged heels, extending through 1st MTP (MetaTarsoPhalangeal) instead of oblique axis of toes, and first lumbar spine with extension in neutral position
- Heels go down when spines upright
- 180° of supination and shoulder flexion
- More ER (External Rotation) of shoulder
- Wide thumbs
- Shoulder blades go on back (primates)



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Lower Body:

- Heels go down as spines upright
- Transverse anterior arch is created
- Enlarged heel, 1st metatarsal
- Extremities extend beyond midline: shoulder and hip extension

Upper Body:

- Elbows narrowed with mammals
- If wide elbows: supinated hanging/scapular pull ups
- Lack supination? May lack flexion pattern. Or needs supination in isolation.
- Quadrupedal scapula? Scapular pull ups, asymmetrical, pull ups, hanging, swinging. Get shoulder blade on back, create GHJ, Glenohumeral Joint adduction, rotator cuff tension.
- If narrow thumb, like hoof/paw, make it wide, (can/should also add radial deviation)

Spine:

- Lumbar extension created by long walks, helpful with kyphosis
- Deep split squats and other end ranges that encourage lumbar extension
- Humans evolved more spinal rotation to use in movements rather than flexing spine side to side or forward/backward like predecessors