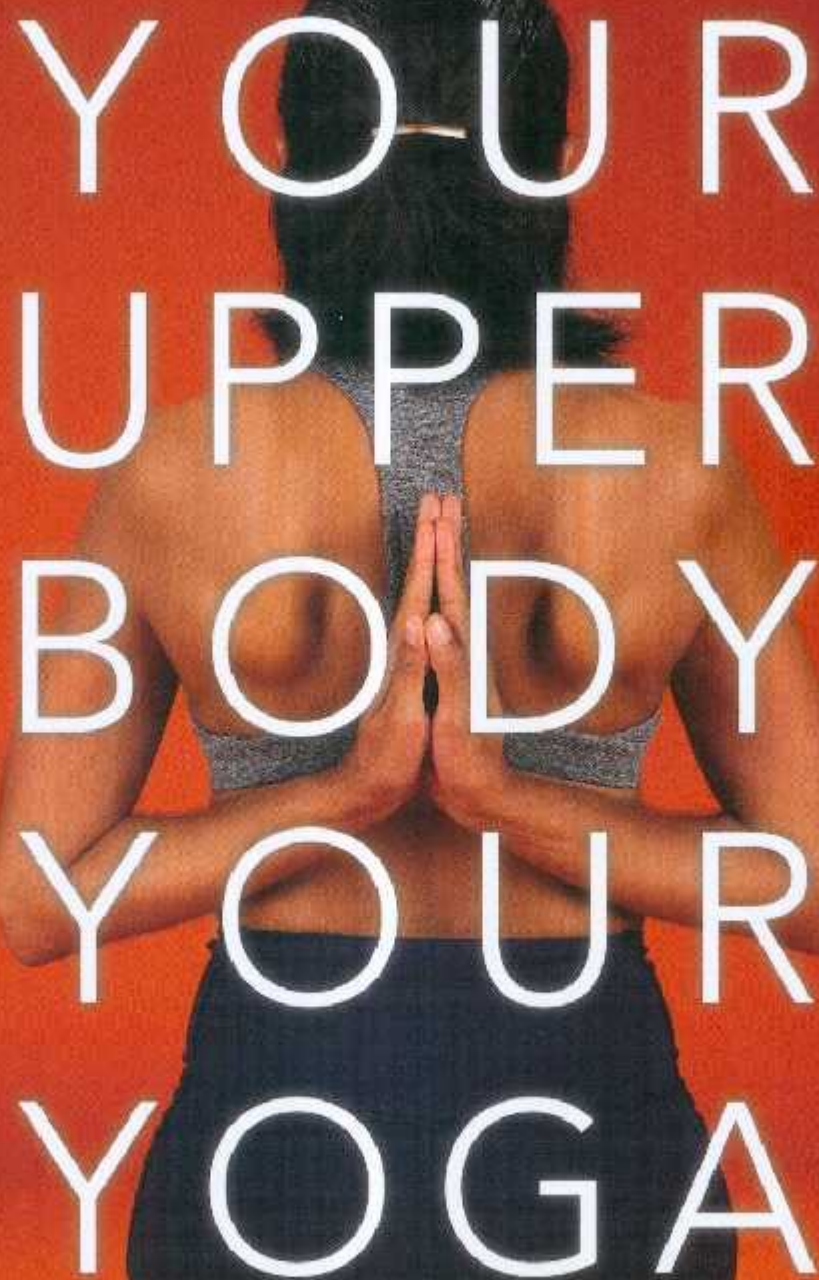


BERNIE CLARK

Author of The Complete Guide to Pilates



YOUR
UPPER
BODY
YOUR
YOGA

INCLUDING ASYMMETRIES & PROPORTIONS OF THE WHOLE BODY

FOREWORD BY JULES MITCHELL

Table of Contents

| | |
|--|-----------|
| Gratitude..... | vii |
| How to read this book..... | ix |
| Preface..... | xi |
| Foreword..... | xiii |
| Summary of key concepts..... | 1 |
| | |
| VOLUME 4: THE UPPER BODY | 11 |
| <hr/> | |
| Chapter 1: Overview of the upper body | 15 |
| Bones of the upper body..... | 16 |
| Muscles of the upper body..... | 16 |
| Fascia of the upper body..... | 19 |
| Nerves and neurodynamics..... | 29 |
| Movements of the upper body..... | 31 |
| Overview summary..... | 36 |
| | |
| Chapter 2: The shoulder complex | 37 |
| Form..... | 38 |
| The architecture of the shoulder complex..... | 39 |
| Bones and cartilage..... | 40 |
| Joints and ligaments..... | 58 |
| Muscles of the shoulder complex..... | 63 |
| A biotensegrity view of the shoulder complex..... | 73 |
| Function: Application in yoga postures..... | 75 |
| Movements within the shoulder complex..... | 75 |
| Normal ranges of motion of the whole shoulder complex..... | 101 |
| Skeletal variations' effect on poses and postures..... | 113 |
| The shoulder complex in yoga postures..... | 120 |
| Shoulder pain and pathologies..... | 124 |
| The shoulder complex summary..... | 135 |

| | |
|---|---------|
| Chapter 3: The elbow and forearm | 137 |
| Form | 137 |
| The architecture of the elbow and forearm..... | 138 |
| Bones and cartilage | 139 |
| Joints and ligaments..... | 150 |
| Muscles of the elbow and forearm | 158 |
| Function: Application in yoga postures..... | 168 |
| Normal ranges of motion..... | 168 |
| The elbow and forearm in yoga postures..... | 179 |
| Elbow pain and pathologies..... | 195 |
| The elbow and forearm summary..... | 201 |
| Chapter 4: The wrist and hand | 203 |
| Form..... | 204 |
| The architecture of the wrist and hand..... | 208 |
| The bones of the wrist and hand | 209 |
| Joints and ligaments..... | 216 |
| Muscles and tendons | 222 |
| Function: Application in yoga postures..... | 229 |
| Normal ranges of motion..... | 229 |
| The wrist and hand in yoga postures | 238 |
| Wrist and hand pain and pathologies | 251 |
| The wrist and hand summary..... | 254 |
| Volume 4: Summary | 255 |
| Appendix: Myofascial meridians of the upper body | 257 |
| Endnotes | 262 |

VOLUME 5: ASYMMETRIES AND PROPORTIONS 287

| | |
|---|---------|
| The power of symmetry | 289 |
| The allure of perfect proportions..... | 290 |
| Aesthetics versus function..... | 292 |
| Chapter 1: Asymmetries | 293 |
| Categorizing the types of asymmetries | 294 |
| Asymmetry of the legs | 295 |
| Asymmetry of the pelvis | 303 |

| | |
|--|------------|
| Asymmetry of the spine..... | 306 |
| Asymmetry of the shoulders..... | 312 |
| Asymmetry of the arms..... | 314 |
| Summary: The myths and misunderstandings about symmetry..... | 318 |
| Chapter 2: Proportions..... | 319 |
| Torso to legs proportions (the Cormic index)..... | 323 |
| Intra-limb ratio for the leg..... | 329 |
| Arm-to-torso proportions..... | 334 |
| Humerus-to-head/neck proportions..... | 335 |
| Intra-limb ratio for the arm..... | 338 |
| Arm span to height proportions..... | 339 |
| Summary: The importance of proportions..... | 349 |
| Volume 5: Summary..... | 350 |
| Endnotes..... | 352 |
| Index..... | 356 |

SIDEBARS

IT'S IMPORTANT

| | |
|--|-----|
| The flaw of averages..... | 2 |
| Stability and the close-packed position of the joints..... | 18 |
| Our internal rotator muscles are much stronger than our external rotator muscles..... | 68 |
| Allow your palms to face in the direction your arms are moving..... | 99 |
| Allow the arms to abduct in the scapular plane..... | 104 |
| Active versus passive ranges of motion..... | 112 |
| Are you a member of the 180° club?..... | 118 |
| Your carrying angle will affect your hand positions..... | 142 |
| When bearing weight in the hands, pronate!..... | 164 |
| Teaching children how to differentiate clockwise from counter-clockwise..... | 166 |
| Pronate to push; supinate to pull..... | 176 |
| Reviewing pronation and supination..... | 180 |
| There are three ways to turn the hands outward..... | 239 |

| | |
|---|-----|
| Notice when alignment cues are inconsistent in their logic..... | 248 |
| Reconsidering symmetry..... | 299 |
| It is okay to work your right and left sides differently..... | 308 |
| For golfers: A personal story of asymmetry..... | 317 |
| Babies and children are not miniature adults!..... | 322 |

IT'S COMPLICATED

| | |
|---|-----|
| Statistics..... | 3 |
| Deep fascia of the upper body..... | 24 |
| Scapular movements are complex!..... | 33 |
| Other variations of the scapula..... | 47 |
| Parameters of the humeral head..... | 56 |
| Bursae and articular discs..... | 61 |
| Variations in the muscles of the shoulder complex..... | 71 |
| Closed-chain versus open-chain exercises..... | 123 |
| A different paradigm for ligaments and tendons. The collateral ligament complexes and annular ligaments may not exist..... | 154 |
| A larger olecranon increases the triceps brachii moment arm..... | 162 |
| The axis of rotation for pronation and supination..... | 172 |
| Closed-chain hands on the floor change everything!..... | 182 |
| Variations in the distal ulna..... | 211 |
| Leonardo da Vinci's perfect proportions..... | 291 |
| The many definitions of asymmetry..... | 296 |
| It is not easy to determine leg length differences..... | 301 |
| Variations in the Cormic index..... | 326 |

NOTE TO TEACHERS

| | |
|--|-----|
| Helping your students determine their ranges of external and internal rotation of the arms..... | 93 |
| It is okay to let the shoulders rise during arm elevation..... | 102 |
| Don't over-focus on where the hands are..... | 107 |
| Where the eye of the elbow faces is only relatively important..... | 184 |
| What to say to a student whose arm is not straight..... | 192 |
| Cueing the hands in Down Dog (Adhomukhasvanasana)..... | 240 |
| How to estimate your students' leg length difference..... | 302 |
| It is okay to ask students to play around with their asymmetries..... | 313 |
| Allow the arms to be wider to increase arm flexion..... | 337 |