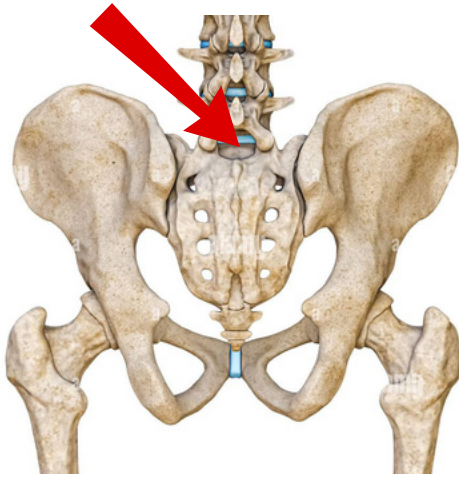


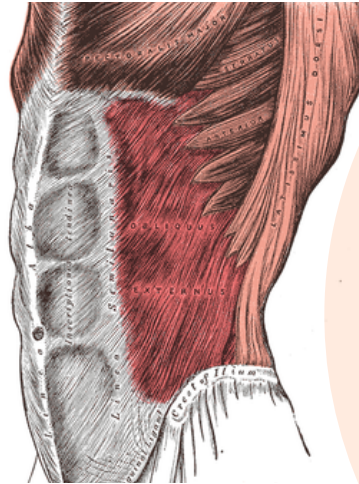
Oblique Shift : A Clockwork Core Exercise

FUNCTION2FLOW.CA

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Posterior view pelvis
Arrow depicting lumbar-sacral joint (12 o'clock)



Lateral view
external obliques

I learned the Oblique Shift from professional dancer, Danielle Denichaud, who taught anatomy to improve core stability & mobility while maintaining expressive movements.

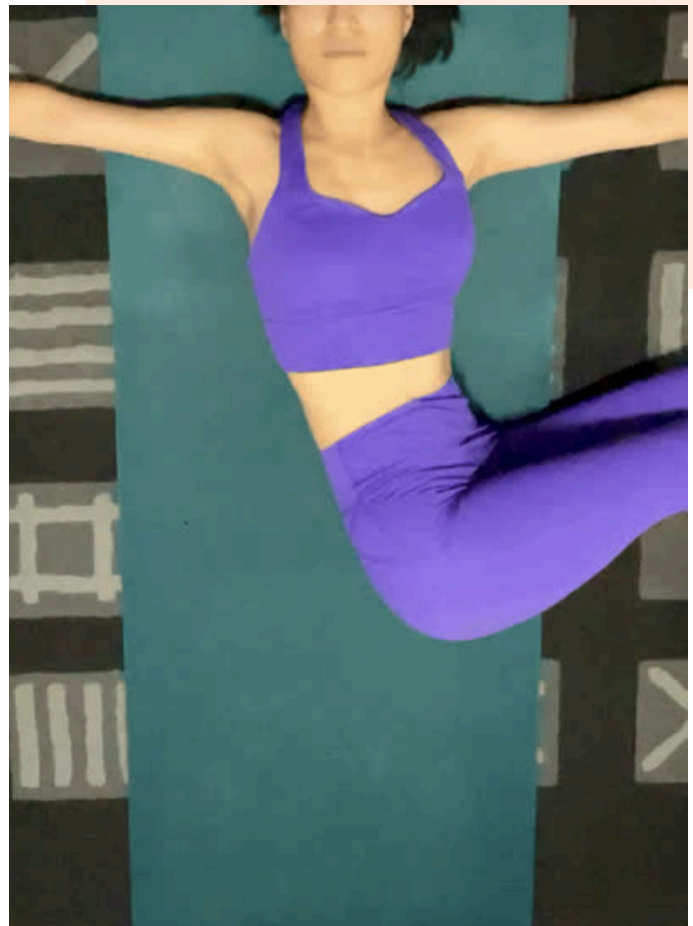
Let's do a motion sensing inquiry with the intention of sharing our real-time discoveries of our bodies!

Warning: This exercise requires twisting of the spine. Listen to your body & modify if needed

The Oblique Shift

Place a pen on the floor to your left. Pick it up with your right hand. As you bend and twist, do you feel any tension in your back or shoulders? Now, focus on your oblique muscles along your abdomen. Engage them as you rotate, allowing your torso to twist while keeping your pelvis stable. How the movement feel different when you activate these muscles intentionally?

The oblique shift exercise deepens your body awareness so you may rotate your torso independently from your pelvis, promoting safer, balanced, and efficient movement. Reflect on the subtle differences you notice from how a simple motion, like reaching for a pen, can reveal the intricate dynamics of your body.



Oblique shift exercise

Oblique Shift: A Clockwork Core Exercise *MSP*phenomenology

Wear comfortable clothing/Remove belt /Unbutton pants so your torso is not restricted!

Sacrum Clock Tracing:

1. Lay on your back with a neutral pelvis (slight lumbar curve), knees bent, and feet on the floor.
2. Imagine a clock on your sacrum: 12 at the lumbar-sacral joint, 6 at the coccyx, 3 on your right, and 9 on your left.
3. Rock your pelvis between 12 and 6 to feel the length of your sacrum, then rock from 3 to 9 to sense the width.
4. Gradually trace a full circle around the clock. Press each "number" to the floor to the best of your ability.

Oblique Shift:

1. Lay on your back, arms out to the sides, palms down, stabilize your core, and breathe deeply.
2. Lift knees to a 90-degree angle, keeping lower legs parallel to the floor and ankles together. The centre of your sacrum pressed into the floor.
3. Tilt your pelvis to press 3 o'clock of your sacrum to the floor. Rotate your left hip up and right hip down as you lower your legs to the right. Stay for 5 deep breaths.
4. Engage obliques to return legs to the centre, starting with the sacrum, then left hip, and torso. Can you feel the obliques contracting?
5. Repeat on the other side.

After completing these exercises, pick up the pen again. As you twist to reach for it, notice how your body moves—do you feel your obliques supporting your twist while your pelvis remains stable?

Interdisciplinary Function2Flow Prompts for Reflection

InterActive Function

Actions

In a specific moment of these exercises, describe where your sacrum is in relation to the rest of your body. Are you centered? Are you twisting? Is your back flat against the floor or is there space somewhere?

InterActive Form

Shapes

What shape does your torso take? Are you twisted or are you in an elongated spiral with the pelvis stable? Are you open to one side or and even? are you leaning to one side?

InterActive Feeling

Sensations

Describe your feeling of the motion throughout the moment(s). How is your pace? Is it slow? Do you pause during your moment(s)? Is it a quick moment?

InterActive Flow

Connections

What feelings of connection emerge during your moment? Where in your body do you feel connected to / aware of that you haven't noticed prior to this exercise(s)?