

**NIKE INDOOR NATIONALS**

**Dr. Jeannette M.**

**Anderson**

*Presents:*

Posture and How it Effects  
the Biomechanical Chain

March 13, 2010



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## ❖ Most Common Injuries of the Biomechanical Chain:

- Planter Fasciitis
- Shin Splints and Stress Fractures
- Patella Tendonitis 'Runner's Knee'
- Iliotibial Band Strain (ITB)
- Hamstring / Groin
- Piriformis Syndrome
- Hip / Psoas Strain
- Low Back / Sacro-iliac



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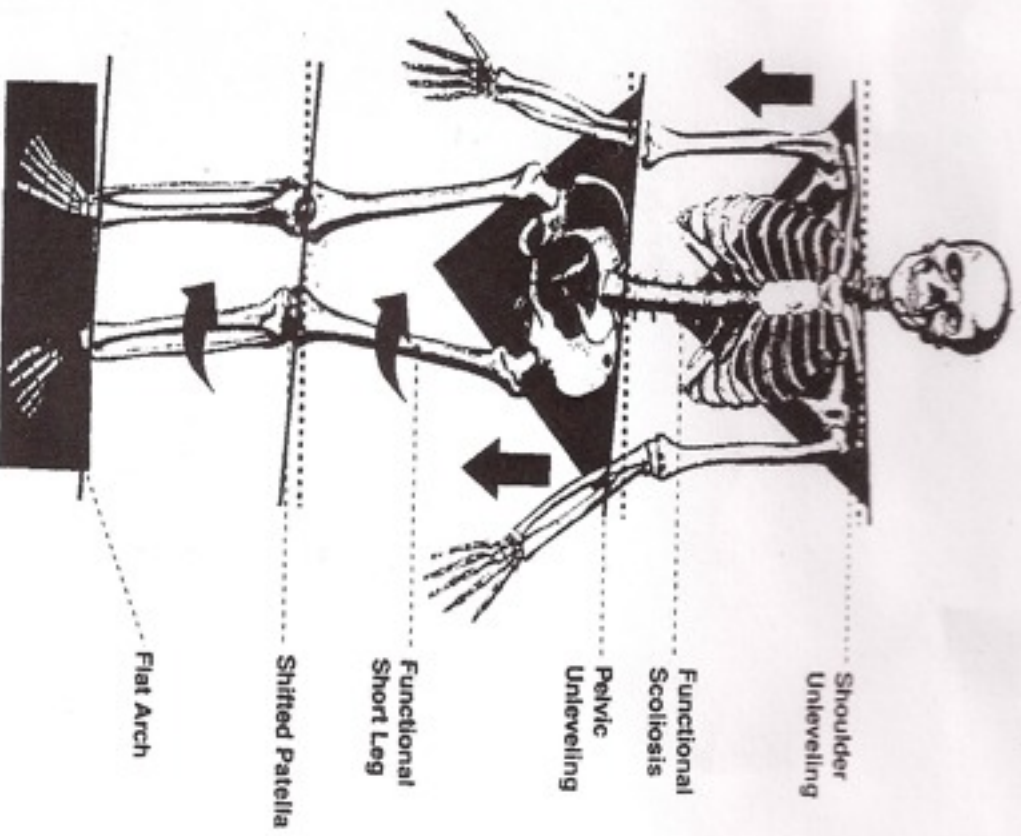
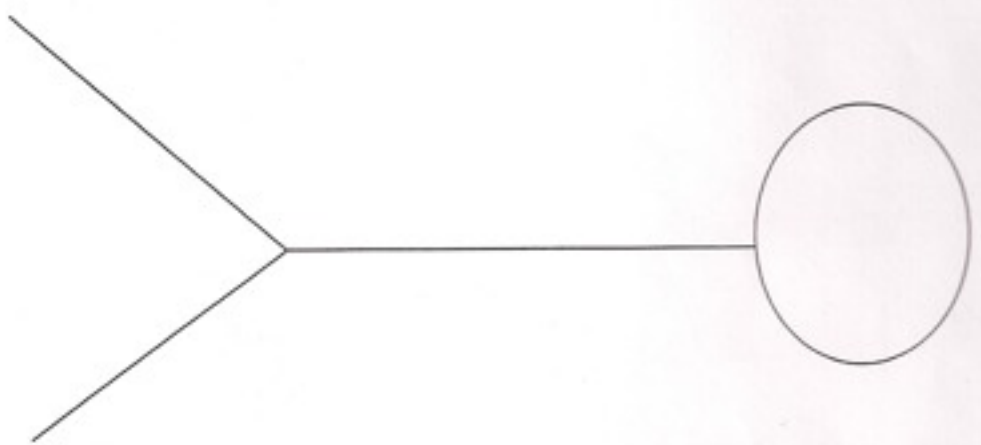


Fig. 1. Foot or leg asymmetries send interferences all the way up the kinetic chain, which interferes with nerve function.





# VERTEBRAL SUBLUXATION AND NERVE CHART

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4) Misalignment of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under "areas" and the "possible symptoms" that are associated with malfunctions of the areas noted.

Vertebrae	Areas & Parts of Body	Possible symptoms
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema
C4	Nose, lips, mouth, eustachian tube.	Hay fever, runny nose, hearing loss, adenoids
C5	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy
C6	Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup
C7	Thyroid gland, bursae in the shoulders, elbows.	Bursitis, colds, thyroid conditions
T1	Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands
T2	Heart, including its valves and covering, coronary arteries.	Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast.	Bronchitis, pleurisy, pneumonia, congestion, influenza
T4	Gallbladder, common duct.	Gallbladder conditions, jaundice, shingles
T5	Liver, solar plexus, circulation (general).	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis
T6	Stomach.	Stomach troubles including: nervous stomach, indigestion, heartburn, dyspepsia
T7	Pancreas, duodenum.	Ulcers, gastritis
T8	Spleen.	Lowered resistance
T9	Adrenal and suprarenal glands.	Allergies, hives
T10	Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
T11	Kidneys, ureters.	Skin conditions such as acne, pimples, eczema, boils
T12	Small intestines, lymph circulation.	Rheumatism, gas pains, certain types of sterility
L1	Large intestines, inguinal rings.	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
L2	Appendix, abdomen, upper leg.	Cramps, difficult breathing, minor varicose veins
L3	Sex organs, uterus, bladder, knees.	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica, lumbago, difficult, painful or too frequent urination, backaches
L5	Lower legs, ankles, feet.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps
SACRUM	Hip bones, buttocks.	Sacroiliac conditions, spinal curvatures
COCCYX	Rectum, anus.	Hemorrhoids (piles), pruritus (itching), pain at end of spine on sitting

## Before Running

Approximately 4 Minutes

Warm up by jogging for 3-5 minutes before stretching.



3-5 seconds  
2 times  
(page 46)



8-10 seconds  
each side  
(page 44)



10-15 seconds  
(page 47)



15-30 seconds  
each leg  
(page 71)



10-15 seconds  
each leg  
(page 75)



15-30 seconds  
(page 55)



10-15 seconds  
(page 54)



15 seconds  
each leg  
(page 51)

Short on time?  
After a mild warm-up of 2-3  
minutes, do this mini-routine:  
3, 4, 5, 8  
Approx. 1½ minutes



After  
**Running**  
Approximately 3 Minutes



10 seconds  
each leg  
(page 71)



10-15 seconds  
(page 58)



15 seconds  
each leg  
(page 61)



10 seconds  
each leg  
(page 36)



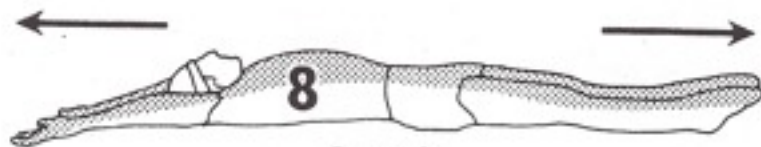
15 seconds  
each leg  
(page 31)



3-5 seconds  
2 times  
(page 27)



10-15 seconds  
each leg  
(page 58)



5 seconds  
2 times  
(page 30)

Short on time?  
Do this mini-routine:  
1, 5, 6, 8  
Approx. 1½ minutes

As Seen on **THE WINGED FOOT**  
issue of AUGUST 2004



Dr. Jeannette Anderson

**J**eannette Anderson is a familiar face to members frequenting the NYAC gymnasium, not to mention the running paths of Central Park. An NYAC member since 1999, Jeannette has run the NYC marathon no less than nine times; that's in addition to one tour of Boston's famous course, and two around the 26.2 mile loop in Chicago. She can boast of a PB of 3:25:51. In addition, Jeannette frequents the Running Club, the Cycling Club and the Mercury Society.

Remarkably, Jeannette also has time for a day job, and a demanding one at that. In her non-sporting hours, she is a chiropractor, though, not surprisingly, many of her patients are ailing athletes from the locality. Now, combining her vocation and her avocation, Jeannette has been designated chiropractor for the US Olympic track and field team.

"I will be with the team at their training camp in Crete," she explains, "and will then go into Athens. I have been part of the medical team for track and field events for over 10 years. I started out on a local basis; it grew to regional, national and then an international status. I worked the Trials in 2000; now it's show time in Athens. My objective is to help the athletes achieve their peak performance with chiropractic so they can bring home the gold."

We're sure that Jeannette will dispense her expertise equitably; but if she can work her magic on our four NYAC track and field Olympians..... well, so much the better.