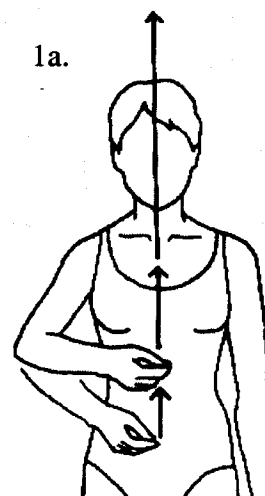


1. Postural-Alignment Cues:

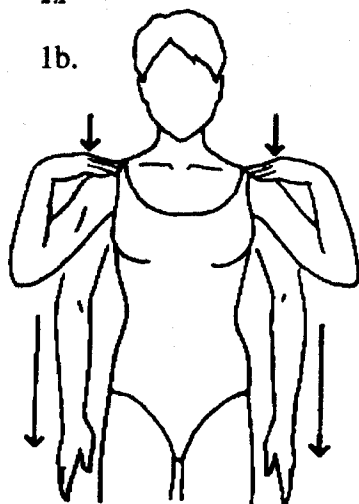
a) *Long Spine:*

Stand tall, using one hand, starting at the front of the pelvis, close an imaginary zipper as you draw the hand up the centre of the body, face and above the top of the head.

1a.



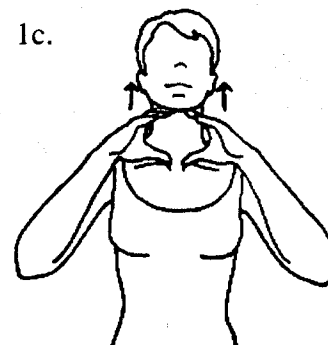
1b.



b) *Shoulders Down:*

Place each hand on top of each shoulder, with shoulders elevated. Reach the top of the head to the ceiling, push the shoulders down, and lengthen the neck. Let the hands slide off the ends of the shoulders in a relaxed manner.

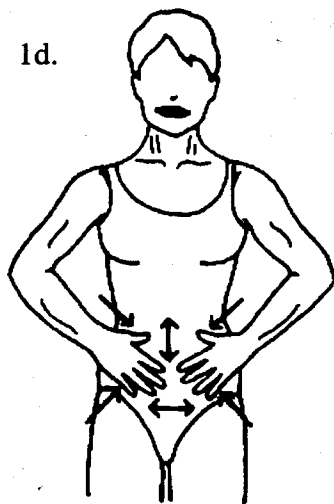
1c.



c) *Long Neck:*

Place each hand on sides of the neck with the thumbs pushing down on each clavicle (collar bone) and the finger tips gently pressing up under the chin, lengthen the neck while doing this. Avoid pointing the chin forward or up.

1d.



d) *Activated Abdominals:*

Place closed fists in the abdominal area, and reinforce the idea that strong muscular action is expected with facial expressions. The same type of cue can be used to indicate tight "gluts" or strong hamstrings. Point to the body part and close a fist at the location where you want the mental focus and muscular effort.



TRANSVERSUS
ABDOMINUS



EXTERIOR
OBLIQUES



INTERIOR
OBLIQUES

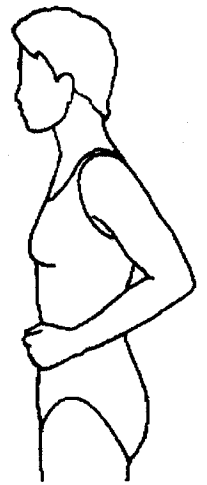


RECTUS
ABDOMINUS

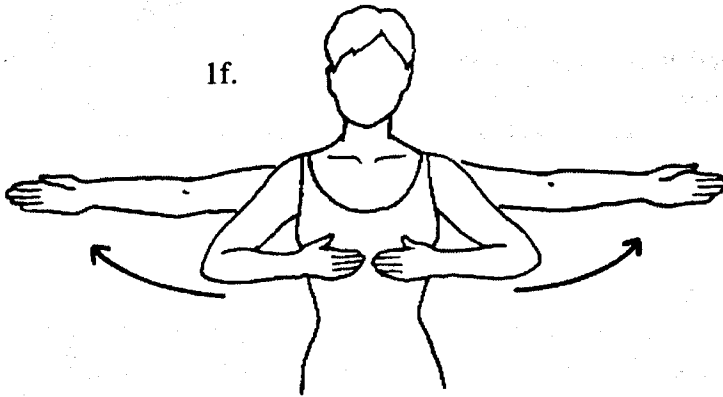
e) *Level Pelvis:*

Place both fists on the anterior superior iliac spine; indicate that the hips are level by pointing the fists straight ahead. Next, tilt the pelvic bowl forward and backward, indicating that these are incorrect positions by shaking the head "No".

1e.



1f.



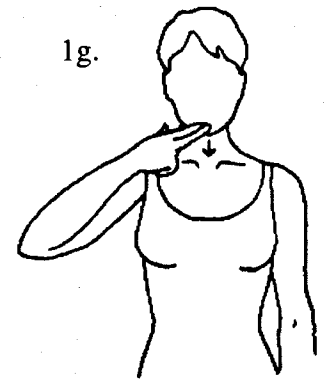
f) *Open Chest:*

Place both palms on the chest, draw the hands across the sides of the chest and open the arms and hands wide to each side of the body (finish with arms abducted at chest height).

g) *Chin In :*

Place two fingers on chin, retract the chin to indicate that the chin is not poking forward.

1g.



2. Speed of Motion: Tempo Cues

2a.



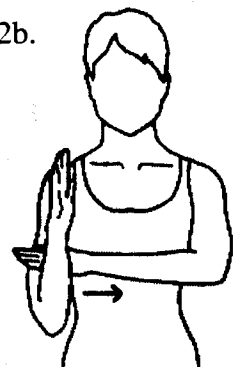
a) *Tempo:*

Make a "T" shape with the hands by placing the palm of one hand on top of the fingers of the other hand with vertical forearm ('time-out' symbol in sports).

b) *Half Tempo:*

Hold one arm vertical (bottom part of 'time-out' symbol above). Make a diagonal downward slicing action across the middle of the vertical forearm, then place the slicing arm on top ("T").

2b.

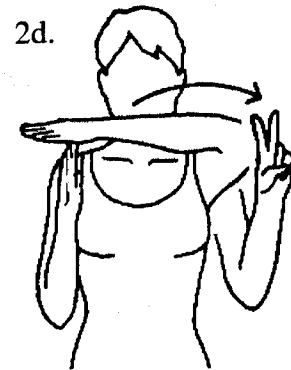


c) *Quarter Tempo*:

Same basic format as the 1/2 t cue, but perform two distinct slicing actions. (No illustration)

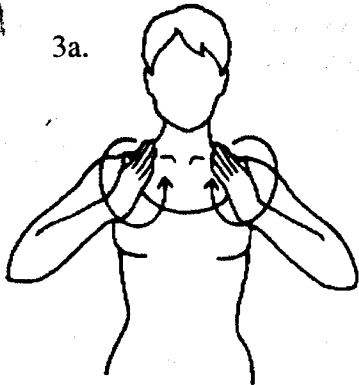
d) *Double Tempo*:

Hold the bottom part of the 'time-out' symbol above, then show a 'v-shape' with the fingers of the other hand, indicating 'two'. Tap the 'v-shape', twice, on top of the tips of the hand that is in a vertical position.



3. **Buoyancy Cues:**

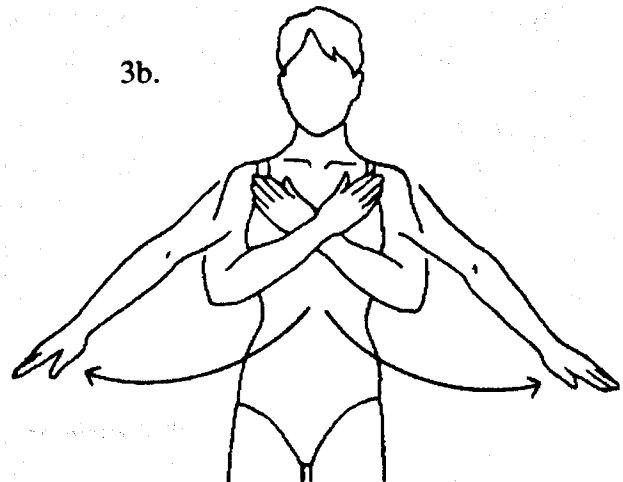
3a.



a) *Light bounce (L)*:

With the hands in front of the chest, make two small upward circling actions at the wrist.

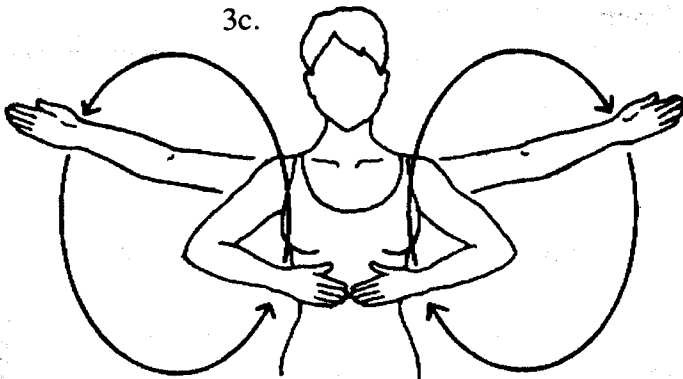
3b.



b) *Anchored (A)*:

With both hands starting crossed at the wrists, at chest height, do the "your safe" signal from baseball.

3c.



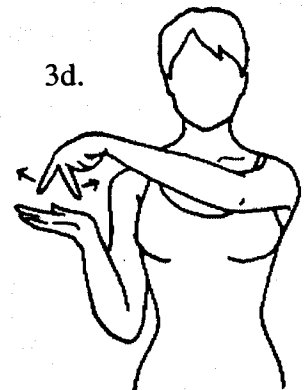
c) *Propulsion (P)*:

With both hands in front of the body, thumbs pointing up, make a large circle simultaneously with both hands. Thumbs point up at the finish of the circle, to demonstrate the idea of "taking off" out of the water.

d) *Suspended (S)*:

Place one hand palm up, as though carrying a platter. Point the fingers of the other hand down, toward the palm of the first hand. Perform a cross country ski action with the fingers of the superior hand, imitating legs which have no contact with the pool bottom.

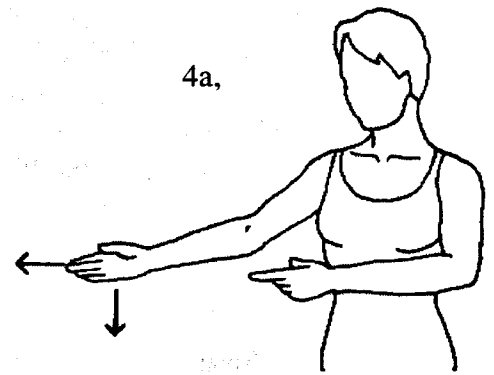
3d.



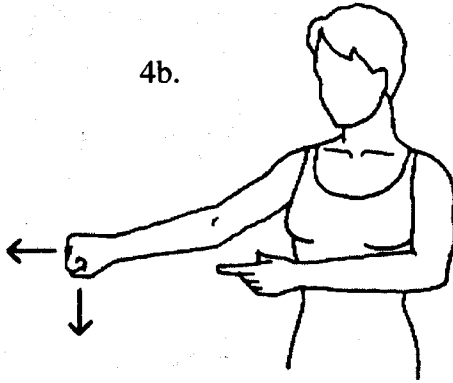
4. Surface Area Cues

a) *Slice Hand:*

Show a slice hand position. Draw attention to the hand position by pointing to and looking at your hand. Then, show the arm action you want with the slice hand position.



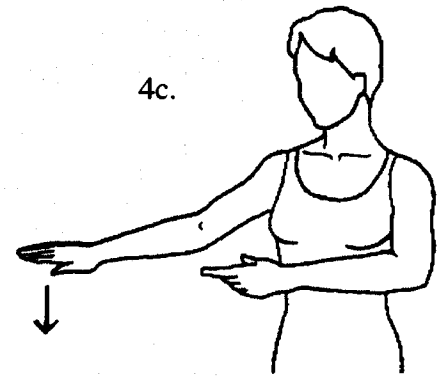
4b.



b) *Fist/Fold Hand:*

Show a fist or fold hand position. As above, draw attention to the hand, then show the arm action you want with the fist or fold hand.

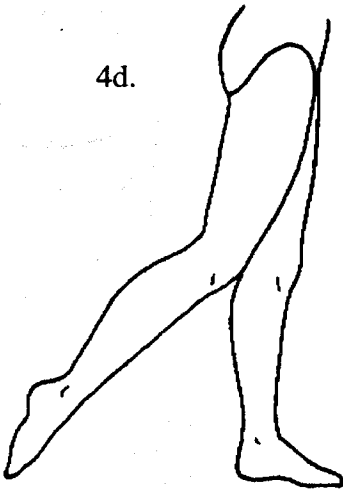
4c.



c) *Flat Hand:*

Show a flat hand position. As above, draw attention to the hand, then show the arm action you want with the flat hand position.

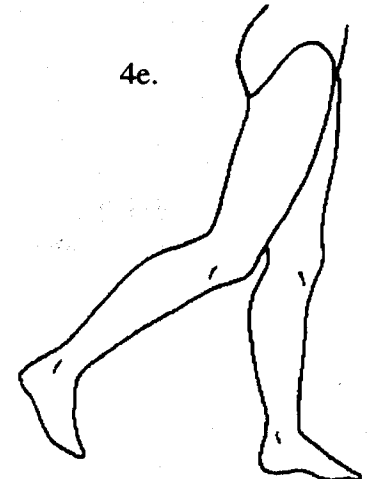
4d.



d) *Gentle pointed foot:*

Show a gentle point (plantar flex) position. Draw attention to the foot position by pointing to and looking at your foot. Then, show the leg action you want with the pointed foot position.

4e.



e) *Gentle flexed foot:*

Show a gentle flex (dorsi flex) position. Draw attention to the foot, as above, then show the leg action you want with the flexed foot.

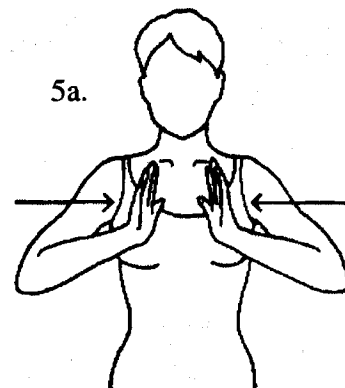
f) *Lever Length:*

Show the difference between a long and a short lever. Next, emphasize the lever length that you suggest, by demonstrating the move with that lever length option. (No Illustration)

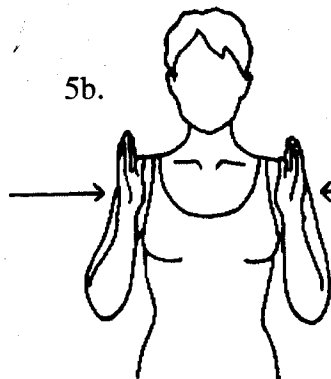
5. Range of Motion Cues:

a) *Small ROM:*

Place hands in front of chest, palms face each other, about one meter apart. Look at the hands, noting the distance they are apart. Bring the hands closer together (about 10 cm apart) and draw attention to them as you lip synch, "small".



5b.



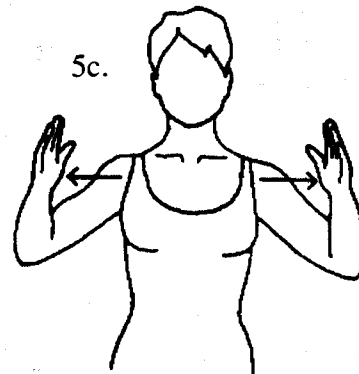
b) *Medium ROM:*

Repeat small ROM signal, starting with hands about one meter apart. Bring hands closer (about 1/2 meter apart), lip synch "medium".

c) *Large/Full ROM:*

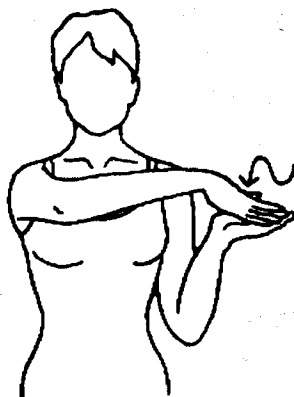
Start with hands about a half meter apart. Bring them farther apart (about one meter apart), lip synch, "large".

5c.



6. Joint Safety Cues:

6a.



a) *Toe Ball Heel Landing:*

Place one hand palm up, as though carrying a platter. Place the other hand, palm down, above the first hand. Perform a wave-like action from the finger tips to the heel of the top hand. Then, draw attention to one foot, slowly demonstrate a toe-ball-heel landing, with soft knees.

b) *Unlocked Joints:*

Draw attention to a locked straight joint; shake your head and mouth "No". With the same joint, demonstrate a slight bend. Draw attention to the correct position by looking at the joint, smiling, and nodding "Yes".

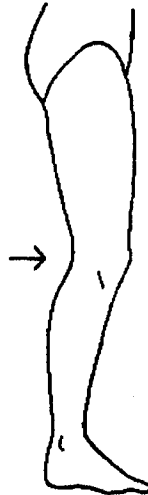
6b.

NO!



6b.

YES!

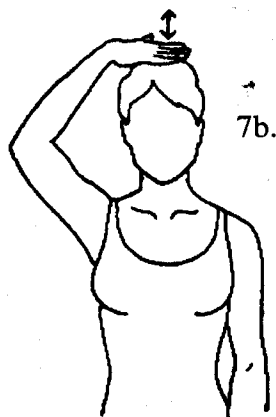
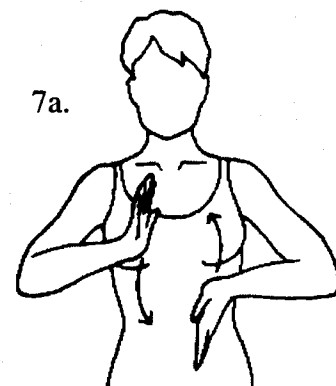


7. **Directional Cues:**

a) *Change Sides:*

Hold hands high in front, almost touching in a "prayer position". Move the hands forward and back by laterally flexing the wrists. The forearms do not move. Repeat the action for about 4 - 6 reps then demonstrate the desired change.

7a.

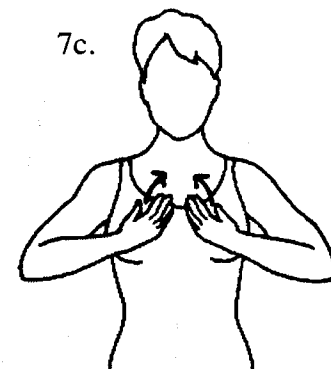


7b.

b) *From the Top (Repeat):*

With the palm of one hand, tap the top of the head, repeatedly. This indicates that you are going to repeat the routine from the beginning (from the top).

7c.



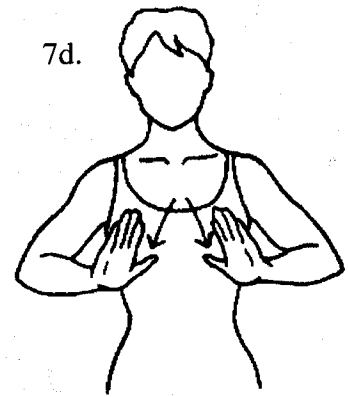
c) *Move Forward:*

With both hands in front of body at about chest height or higher, signal participants to move forward by pulling them toward you with your hands.

d) *Move Backward:*

With both hands in front of body at about chest height or higher, signal participants to move backward by pushing them away from you with your hands. Waving "goodbye" is another option.

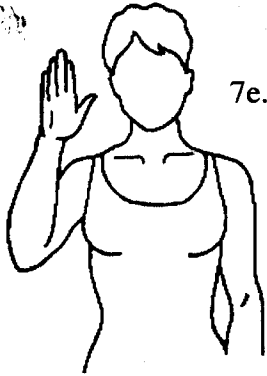
7d.



7e.

e) *Stop:*

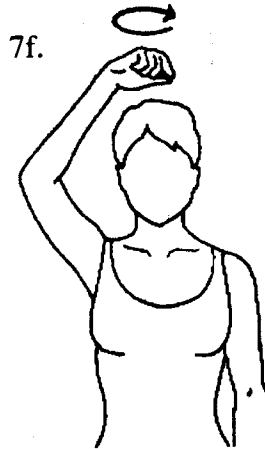
Place one hand high in front of your body like a "traffic cop".



f) *Circle Around Self:*

With one hand above your head, make a small circling action at the wrist, like you are twirling a small lasso.

7f.



g) *On the Spot:*

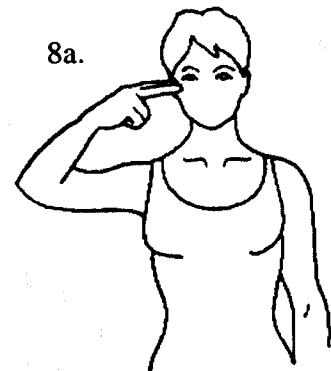
With one hand above your head, make a stopping sign like a "traffic cop", then flatten the hand and tap the top of the head once to indicate - stay right where you are, on the spot. (No illustration)

8. Other Important Cues:

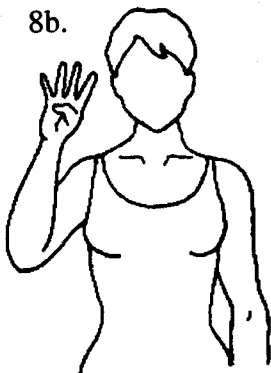
a) *Watch My:*

Point to side of eye(s) with finger(s), then point to area you want them to observe.

8a.



8b.



b) *Count Down:*

Hold one hand high in front of you. Use fingers to show count down for, "four, three" only. Use the counts for "two and one" to demonstrate the desired change. The fingers must be well spread apart and straight. The palm of the hand faces the participants.

