Restorative Exercise™

OSHER 348-002
Times: 3:30 PM – 4:30 PM
Location: Salt Lake City Sports Complex, 645 S. Guardsman Way (1580 E.), SLC
Instructor: Susan McLaughlin, PT, CPT-RES. Contact: 801.859.4142

This is a movement class. Dress in loose, comfortable clothing. We practice barefoot (it is ok if you need to wear socks). Bring a water bottle if needed.

Course Overview

Is Restorative Exercise™ for Me?
Relieve pain and ward off disease by restoring your body's alignment. Learn how to work with the physical forces of gravity, friction, and torque to better sustain your physical health.
In addition to practicing various forms of therapeutic movement and natural alignment, you will gather essential information on the laws of physics, geometry, biomechanics, anatomy, and physiology that govern your body.

You will learn:
• What your body SHOULD be able to do.
• What your body CAN do right now.
• What SPECIFIC MOVEMENTS you need to practice until muscle function returns.

Improving the mechanics of how you sit, stand, and walk, will:
• Reduce pain
• Increase your ability to move
• Develop your strength
• Build your bone density
• Sharpen your ability to perform (activity, sport, job)
• Clear “brain fog”
• Eliminate headaches
• Enhance metabolism
• Improve Pelvic Floor Disorders (urinary issues, pelvic pain, organ prolapse, prostate issues)
• Regulate digestion
• Improve heart and lung function

Weekly topics
April 1: Intro to alignment: foot health, foot position, standing. Five key exercises.
April 8: Gait Essentials: exercises to improve walking.
April 15: Tension Assessment: release positions.
April 22: Sitting alignment; head, neck and arm stretches.
April 29: Balance and motor skills for lower extremity.
May 6: Upper extremity and core essentials.