

# Making Sense - Your Lower Back

*Why Sense Making? I strongly believe that 'sense making' is important to learning. When you make sense of something, you can then use it creatively, grow and expand. If you don't make sense of something that you are doing, then you just do "things" because someone told you to.*

## Your Lower Back

There has been much ado about the lower back with all sorts of input from various 'experts' - some say flat, others say arched, others say slightly rounded... You can make sense of it for yourself. When you ski, you are not lifting weights, but what you are doing is moving, much of the time on variable terrain, down a mountain. You are basically making slow motion jumps down the hill! When you jump off of a chair, would you ever land with your back arched? Nope... that could damage it! You land and flex. You slightly round your back. That is what you do at the bottom of every turn. For women, who have had ballet lessons and mothers who tell them to stand up 'straight' and keep their shoulders back, this rounding of the back is sometimes not a natural thing to do! You want more of a 'cat' back, a slightly rounded, not arched back, with shoulders slightly rounded, forward and relaxed. This not only protects your back, but it allows for your hips to stay mobile. Of course, all this helps you stay in balance and smile!



**But like These!!!!**



Ted Ligety

Ted Ligety

Phil Mahre