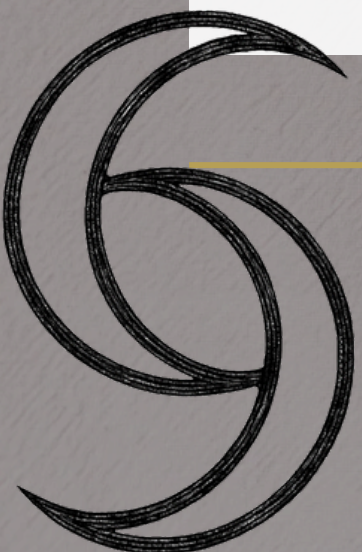
An Uncommon Alignment Map

A quick-reference guide to structural organization from the ground up.



BY BRITTANY LEWIS

uncommonsensestudio.com



Why Align?

Your body is an integrated kinetic chain. When one segment is out of place, everything above and below compensates. Use this map to check your structural organization throughout the day.

QUICK DAILY CHECK-IN

- Can I feel three corners of my feet on the floor?
- Is my pelvis balanced, or am I dumping into my lower back?
- Am I holding my breath, or am I using smooth, supported internal suction?
- Are my shoulders resting wide on my ribs?
- Are my ears stacked over my shoulders?

YOUR FEET
Are Your Foundation



Second toe faces dead ahead.

What it means: Neutral alignment of the feet optimizes the body's stability. Align your feet so your second toe points straight forward. Distribute your weight evenly across three points: your heel, the base of your big toe, and the base of your little toe.

Why it matters: Your feet dictate how force travels up your legs into your pelvis and spine.

YOUR PELVIS
Centers Your Gravity



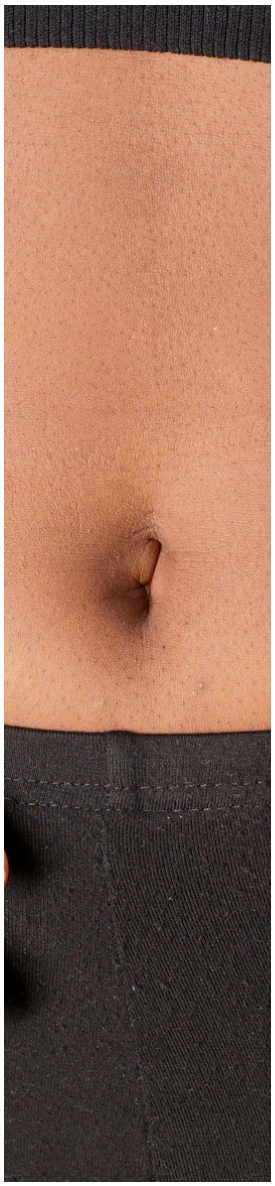
Sitz bones align with the earth.

What it means: Neutral alignment of the pelvis distributes the spinal load equitably, relieving compensation patterns in the lower back and hips. Feel the lower anchors of your pelvis dropping weight straight down toward the ground, keeping your pelvis level, neither dumping ahead nor tucked rigidly under.

Why it matters: Grounding your pelvis allows your spine to stack naturally without forcing your lower back to over-arch or grip.

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YOUR CORE
Supports Life Force



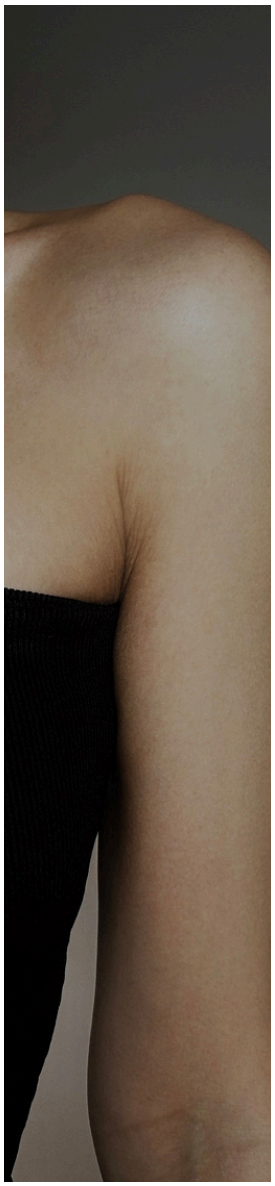
Suction allows, bracing controls.

What it means: Abdominal suction decompresses the spine instead of compressing it, offering improved spinal stability and structural integrity. Think of zipping upward from the inside out, creating a gentle internal lift rather than a hard, rigid brace. Allow your lower ribs to knit down softly.

Why it matters: True core stability supports your spine while still allowing you to breathe smoothly and move freely.

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YOUR SHOULDERS
Release Your Tension



Shoulders frame the rib cage.

What it means: Neutral alignment of the shoulders relieves upper spinal tension and improves metabolic stability. Let your collarbones stay wide and your shoulder blades rest flat and draping on the back of your rib cage—without pulling them backward or letting them collapse forward.

Why it matters: This keeps your upper back from taking on extra tension and prevents your neck and jaw from having to overwork.

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YOUR NECK
Uplifts Your Spine



Ears stack directly over your shoulders.

What it means: Neutral neck alignment is essential for mind-body balance and nervous system stability. Let your head float naturally on top of your spine with your chin level, lengthening the back of your neck. Avoid jutting your chin forward.

Why it matters: When your head is balanced over your center of gravity, the muscles of your neck and shoulders can finally let go of constant gripping.

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Your Repatterning Guide

Checklists for Daily Living to Repurpose Pain into Vitality

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House & Home

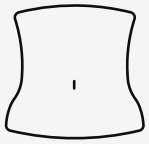
Improve your home sanctuary so daily chores and kitchen prep leave you energized instead of plagued by nagging lower back and neck strains.



Instead of reaching from your neck to look down at a cutting board or phone, hinge from the base of your skull with a micro-nod instead of dropping the neck.



Instead of rolling your shoulders as you reach into low cabinets or scrub dishes, slide your shoulder blades down your back before initiating any reach.



Instead of bracing your belly when lifting laundry baskets or toddlers, expand wide around your ribs and zip upward from the pelvic floor on the exertion.



Instead of dumping your weight into one hip or lower back while leaning over counters, level your hip points and tuck your tail ever so slightly under.



Instead of locking out in dissociation at the kitchen sink, soften your joints and ground into the moment with the three corners of your feet.



Office & Work

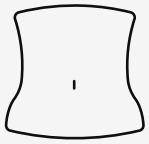
Improve your focus so you eliminate desk fatigue, chronic jaw clenching, and afternoon upper-back stiffness with effortless physical ease.



Instead of jutting your chin toward your monitor as fatigue sets in, draw your chin straight back to re-stack your ears over your collarbones and let it drop.



Instead of reaching items on your desk from your shoulders, melt your shoulder blades flat against your rib cage and move from your arms alone.



Instead of collapsing your chest, which suffocates and strains your system, lift your sternum from your pelvis and breathe into your side ribs.



Instead of slumping against the back of your chair, rock forward onto the sharp points of your sitz bones to stack your spine firmly into your chair.



Instead of tucking your feet backward under your chair, place your feet flat with vertical shins and use the pads of your feet to ground your spine.



Car & Driving

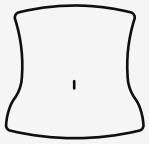
Improve your driving experience so you arrive at feeling fresh instead of stiff and depleted. Stop sacrificing your spine in long commutes...



Instead of letting a poorly angled headrest push your chin down, rest the back of your head lightly against the center with a level gaze.



Instead of rounding forward over the steering wheel, pin your shoulder blades flat against the seat backing.



Instead of bracing rigidly against sudden stops, exhale with suction to both drop your lower ribs down while keeping your spine long.



Instead of sliding forward and letting road bumps jar your lower back, push your hips completely back into the seat crease to feel a solid foundation.



Instead of resting your feet at awkward angles on the pedals, keep your ankles neutral and symmetrical, activating from the balls of the feet.



Gym & Exercise

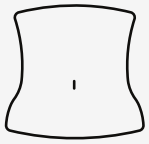
Improve your training performance so you maximize workout efficiency, protect your joints from injury, and build deep structural resilience.



Instead of letting your neck move haphazardly, use it as a prop to keep the upper back active and engaged by keeping the ears over the shoulders, crown lifted.



Instead of letting your shoulders roll forward during presses or planks, press wide through your palms to secure your arm bones in their sockets.



Instead of popping your front ribs out during overhead reaches, draw your lower belly inward and upward to stack your ribs over your pelvis.



Instead of letting your pelvis spill into an exaggerated arch during exhaustion or squats, draw inward and upward from your pelvic floor.



Instead of allowing the feet to fall into habit, prioritize using the floor as a tool, engaging evenly across your three main contact points.



Sleep & Rest

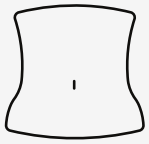
Improve nightly rest to promote deep, restorative nervous system recovery by eliminating subconscious muscular bracing while you sleep.



Instead of using a pillow that forces your chin down, fill the gap under your neck curve so your head rests level. Allow your neck to feel supported.



Instead of rolling your shoulders forward onto your chest while sleeping on your side, hug a small pillow to keep your top arm open.



Instead of breathing shallow, quick breaths into your upper chest, soften your lower ribs into the mattress before bed and invite a deep back-body breath.



Instead of sleeping in a twisted position that pinches your lower back, place a pillow between your thighs or knees to keep your pelvis square.



Instead of waking up with cramped feet from restless legs or holding tension, prop your knees on a bolster to let your lower legs relax completely.



Daily Movement

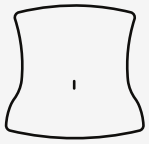
Improve your everyday transitions to turn every minute of your daily routine into organic somatic conditioning, keeping you fluid and agile.



Instead of whipping your head around quickly when startled, turn your upper chest and head together as a single unit, moving from the base of the skull.



Instead of shrugging your shoulders toward your ears when carrying items, anchor your arm bones down into your back before gripping (elbows in).



Instead of straining your lower back when picking up a heavy bag, zip your core upward before you lift. Only brace when you're lifting weight overhead.



Instead of rounding your lower back when standing up from a chair, hinge forward at your hips first (not your pelvic floor) and drive weight into your feet.



Instead of pivoting awkwardly in tight spaces, turn cleanly on the balls of your feet with your second toes tracking your motion straight forward.



HEALTH & WELLNESS SERIES

Weekly Progress Tracker

Print this page and use a pen to note your weekly progress on the table. Look in the mirror at the same time every day and start to notice how close your aligment is shifting to neutral as well as how the tension lessens as it does.

	MON	TUE	WED	THU	FRI	SAT	SUN
NEUTRAL FEET							
TENSION LEVEL							
NEUTRAL SEAT							
TENSION LEVEL							
NEUTRAL CORE							
TENSION LEVEL							
SHOULDERS							
TENSION LEVEL							
NEUTRAL NECK							
TENSION LEVEL							
NOTES ON YOUR PROGRESS							

☐ Home ☐ Work ☐ Habits

Weekly Reflection

PROGRESS