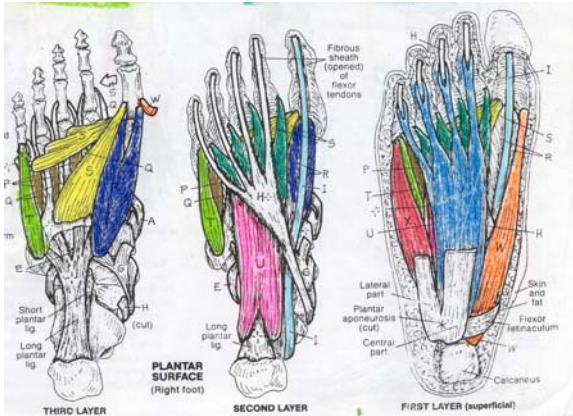
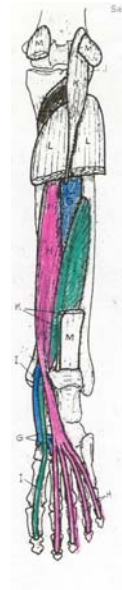


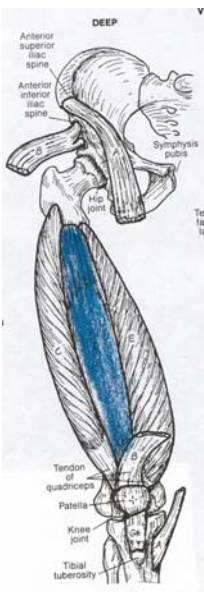
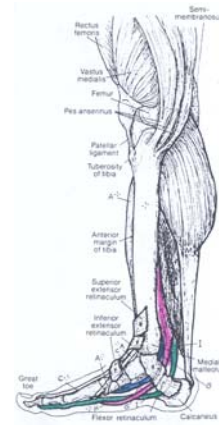
# Deep Musculature of the Innate Uprighting System



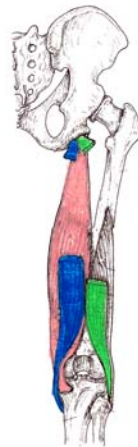
The force of well-directed falling spreads the foot bones, activating powerful plantar muscles that ignite our uprighting response.



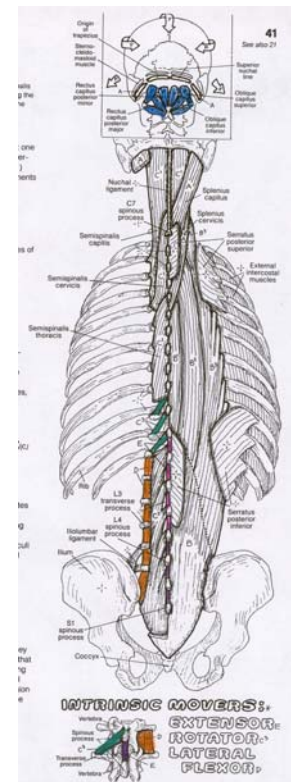
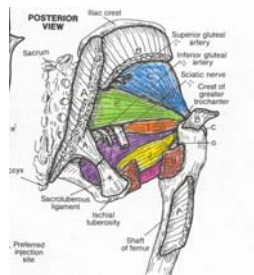
Deep-seated lower leg muscles that pass through the arch of the foot respond to the tensing of the plantar muscles by tensing to lift/extend the lower leg.



Deep thigh muscles tense to lift/extend the thigh in standing; not needed in sitting because we don't lift/extend the thigh.



Due to our natural tendency to tip forward, the pelvis needs to be stabilized so that the deep spinal muscles can lift/extend the spine. The deep lateral hip rotators, both sides working together, serve this function in sitting, the hamstrings in standing.



With the force of our falling well-directed, and with this force captured such that the legs and pelvis are lifted/extended optimally, the deepest of our spinal muscles will have no trouble lifting/extending the spine, and the sub-occipitals the head, lessening the burden on our habitually over-worked erector spinae and neck muscles.