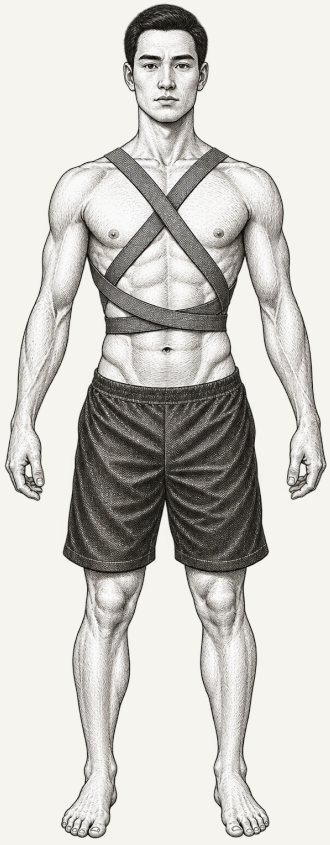
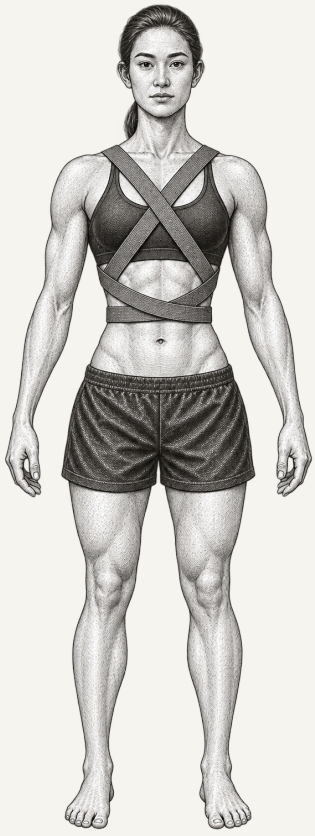
THE PRACTICE GUIDE

Biofeedback Bands.

Feel the feedback.
Practise the response.



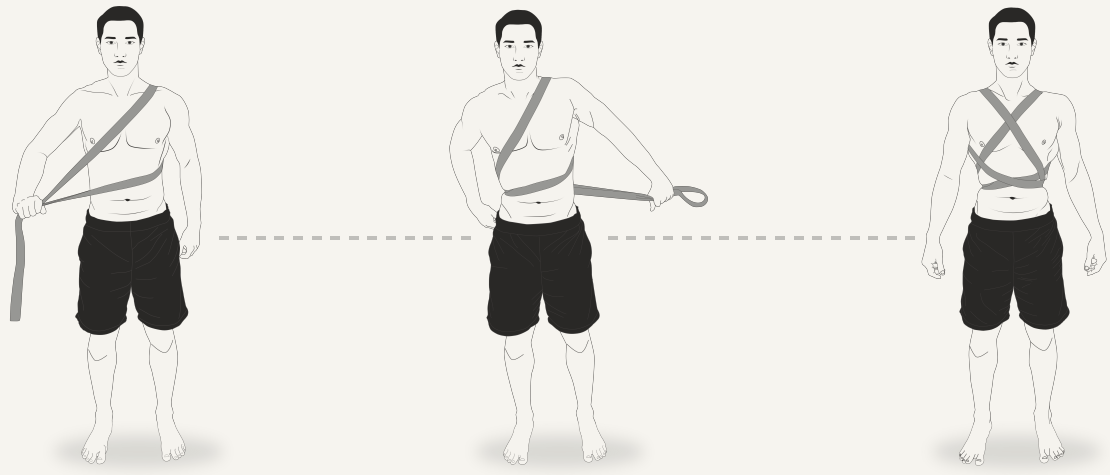


Five applications for posture, breathing and movement.
Designed by Mads Tömörkènyi.

UNDERSTAND THE PRINCIPLE

A cue to respond to.
A pattern to practise.

The bands are wrapped around the body to provide tactile feedback. Their direction of tension creates a cue to work against actively as you explore a specific posture or movement.



01 FEEL

Notice the direction of the band tension.

02 RESPOND

Actively organise your body against the cue.

03 REASSESS

Check your position, then practise again.

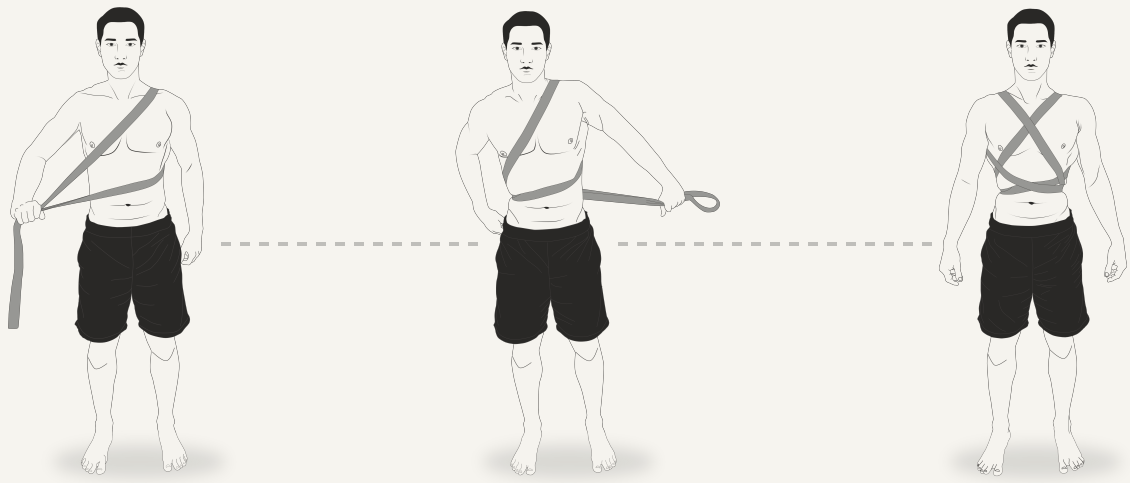
BEGIN WITH COMFORTABLE TENSION

Keep breathing freely. Ease the wrap or stop if it causes pain, numbness, tingling or restricted breathing.

TECHNIQUE 01

Torso & shoulder feedback.

A crossed torso wrap provides a cue for actively organising the shoulders, rib cage and pelvis. The band is feedback; your body performs the response.



01

Hold one end and pass the band over the opposite shoulder. Leave enough length to complete the wrap.

02

Guide the band around your lower back, keeping the wrap smooth against the body.

03

Pass the remaining length over the other shoulder to create the crossed wrap. Adjust for comfort.

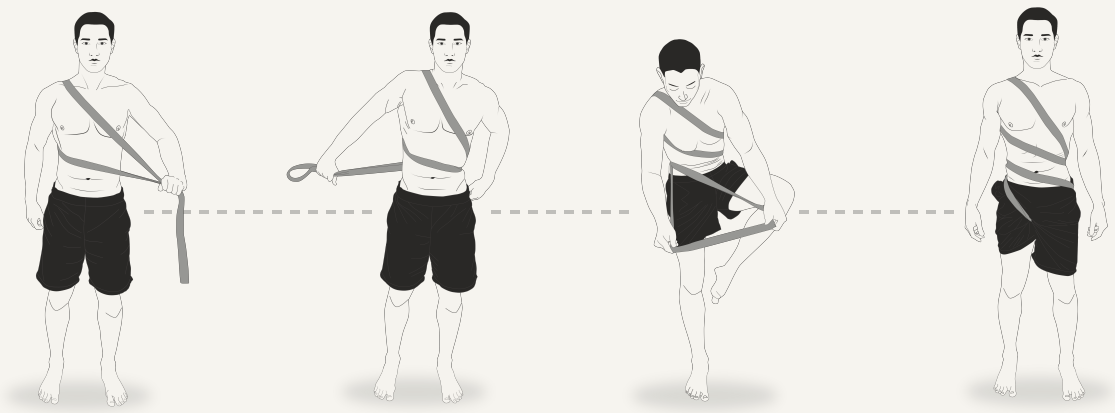
WHAT TO PRACTISE

Notice the forward cue from the wrap and actively organise your posture against it. Avoid holding your breath or forcing the shoulders backwards.

TECHNIQUE 02

Diagonal & rotational feedback.

A shoulder-to-opposite-leg application creates a diagonal cue. Practise responding with controlled torso rotation, then repeat on the other side.



01

Pass the band over the shoulder opposite your holding hand.

02

Wrap it behind your lower back, leaving enough length.

03

Step into the remaining loop with the leg opposite the wrapped shoulder.

04

Feel the diagonal cue and practise a controlled response. Repeat on both sides.

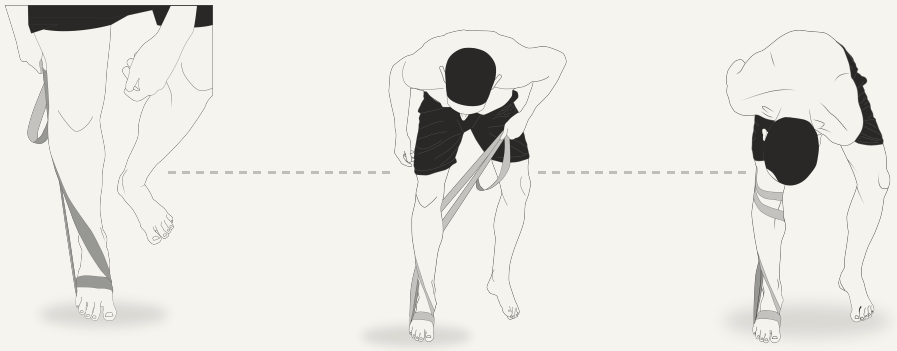
WHAT TO PRACTISE

Move deliberately against the directional cue. Choose a range you can control, with balanced footing and comfortable breathing.

TECHNIQUE 03

Foot-to-hip rotational feedback.

A spiral wrap links the foot and leg. Use the outward rotational cue to explore an active, controlled response through the leg.



01

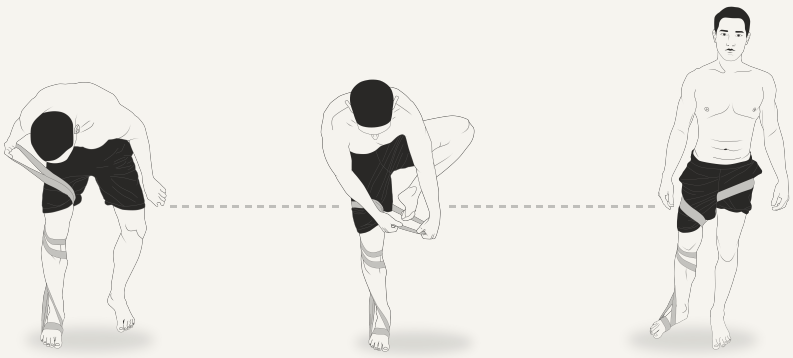
Stand on the band and wrap it once around the foot.

02

Guide the band up the outside of the leg.

03

Wrap once more around the middle of the leg.



04

Continue the wrap around the upper thigh.

05

Step into the remaining loop with the other foot.

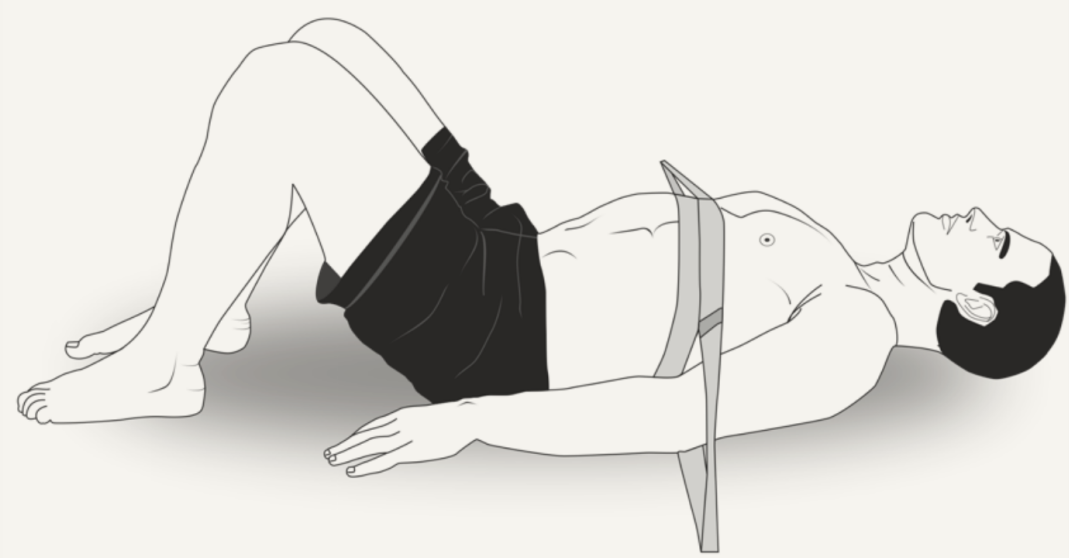
06

Actively respond to the outward cue without forcing the knee or hip.

TECHNIQUE 04

Lateral rib-cage feedback.

Use two bands of equal resistance, positioned as illustrated, to bring awareness to rib-cage movement during inhalation.



01

Lie on your back with knees bent. Set up the bands on each side as shown.

02

Choose light, comfortable tension and breathe slowly without straining.

03

Feel the rib cage expand into the contact of the bands, then soften as you exhale.

TECHNIQUE 05

Vertical breathing feedback.

Two bands of equal resistance provide a vertical cue as you explore an upright position and comfortable expansion through the thorax.

01

Stand on the bands and position them along the body as illustrated. Use comfortable, even tension.

02

Breathe slowly while maintaining an easy, upright position. Avoid shrugging or forcing yourself taller.

03

Allow expansion around the rib cage and upper abdomen, rather than lifting only the upper chest.

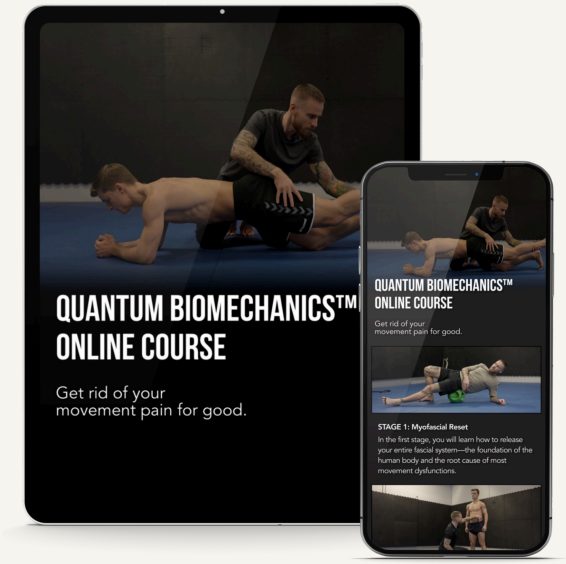


Keep the breath easy. Reduce tension if the wrap limits comfortable expansion.

CONTINUE YOUR PRACTICE

Learn the method behind the feedback.

QuantumBiomechanics Online Course
Seven stages. Learn, practise and revisit at your own pace.



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