

Megan Andrews
ISHTA 200H TT Assignment
Mentor: Peter Ferko
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Topic 11
Anatomy VI:
Circulations & Inversions

11.1 Briefly explain how gravity affects blood pressure.

Blood is assisted back to the heart from the lower extremities, and this causes blood pressure to be the greatest in the head and the lowest in the feet.

11.2 Briefly describe how inverted postures might serve to lower one's blood pressure, and how they might serve to elevate one's blood pressure.

On the one hand, blood pressure will immediately increase in the head and upper body. However, on balance, inversions will decrease overall blood pressure through reflex hypotension.

11.3 Some students should not do inversions. List 5 contraindications for performing inversions.

1. Glaucoma
2. Detached retina
3. History of stroke
4. High or low blood pressure
5. Recent dental or facial surgery

11.4 List 2 Positive effects and 2 negative effects of performing inversions in a regular class (physiological or psychological).

Positive Effects:

- ❖ Teaches students to move in to their fears
- ❖ Can decrease overall blood pressure through reflex hypotension

Negative Effects:

- ❖ Potential risk to cervical vertebral discs and nerve damage
- ❖ Blood pooling on the head, no valves to assist blood flow back to the heart