

# Movement Intelligence



## Ruthy Alon's **Solutions for Optimal Mobility** *Self-Care Neuromotor Strategies for Individual Functional Problems*

反轉退化--身體年輕靈活的策略  
(運用神經運動的策略自我改善功能)

Solutions for Optimal Mobility Training Part I 師資課程訓練  
Taipei, Taiwan August 15-20, 2015

Taipei, Public Introduction Aug 14, 2015

師資課程訓練日期: 8/15 (六) -8/20 (四), 2015 (共六天, 每天6小時)  
大眾體驗課程 8/14 (五) 6:30pm (建議所有有興趣人參加)  
地點: 台北 (詳細地址會在開課前一個月通知)

報名資訊: 5/1開始接受報名

<http://www.movement-intelligence.org/2015-ruthy-alon-solutions-for-optimal-mobility-registration/>

註: 以下中文翻譯由Movement Intelligence 動智慧台灣負責人李麗文翻譯  
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## —THEMES—

### —主題—

#### **Feet**

Feet provide a base that determines the stability of the structure they support  
The continual responsibility of the feet for gyroscopically recovering and maintaining the body's equilibrium

The intelligence of feet in multi-combinatory patterns that correspond to changes in ground texture and slope, all the while bearing the weight of the upright body

Improvement by re-enacting the evolutionary patterns of propulsive locomotion:

the amphibian's *wave* stroke, and the thrust to the earth that occurs when creeping

Awakening deteriorated feet, deprived by civilization's too-tight shoes

— which tend to inhibit our innate potential for initiating propulsion

Re-activating the role of our toes to recover balance

#### 腳

腳提供一個地基, 這個地基決定它所支撐的結構的穩定度. 腳的連續的責任是可以像回轉儀 (gyroscopically) 回復和維持身體的平衡. 腳的智慧能隨著地表本身質料的組織和坡度的改變形成各種 (腳的) 組合模式來對應. 同時能承擔身體直立重量.

#### 改善方式

透過重新啟動推進式的移動的動物進化模式: 兩棲動物波浪式的拍打和爬行時瞬間向地表推去.

喚醒功能退化的腳, 被文明上的需要影響 - 太緊的鞋 - 傾向限制身體本有的潛能 - 啟動推進力, 重新啟動腳趾角色來回復平衡.

#### **Arms, Shoulders, and Shoulder Blades**

The spiral dimension in arm movement to effectively engage the spine

Connecting the arms to the *axis* — Deriving power from the core

Reprogramming by reversing proximal / distal The difference between a quadruped's front legs, initiating body propulsion by pushing into solid ground, and the human's comparatively under-involved arms

Learning experientially from the richly layered models provided by Evolution

The backward swing of the arms articulates the vertebrae of the upper back, and upgrades posture

Resolving arm issues through the least-resistant trajectory for arm movement

#### 手臂, 肩膀, 肩夾骨

運用手臂移動中螺旋形的面向來有效的讓脊椎參與.

連接手臂在中軸裡 - 從核心傳導得到力量

重新設計移動模式 - 運用反轉 近（核心）/遠（四肢）的方式  
（由近/核心到遠/四肢）

瞭解一個四腳動物的前肢與人的手臂的不同

前者啟動人體的推動力將身體推向穩固的地,

而比較來講, 人類讓手臂參與不夠

從層次豐富的動物進化模式學習

向後擺動的手臂讓上半背脊椎清楚的一節節移動讓姿態更好

從最少抗拒的途徑解決手臂的移動問題

## Lower Back

The vulnerability of the vertical lower back when carrying the upper body

The tendency of the flexible “bridge” between pelvis and ribcage to compress

The interdependence of the lumbar spine and knees Resolving pain by supporting the lower back’s defensiveness

Resetting proportional flexibility throughout the spinal chain

Selective elongation at a wall

Smoothing out spinal transitions by rocking on a roller Aligning the lumbar spine with your own two hands

Setting a neutral common denominator in the vertebrae by making intentionally undifferentiated global movement while rocking laterally on a roller

Using the support reflex to bypass resistance, and streamline spinal alignment

Using your hands to listen for alerts that signal risk in the lumbar spine

### 腰部/下半背

垂直的下半背的脆弱性—當它需要支持上半背

介於骨盆和肋骨架之間的柔軟的橋樑的壓縮傾向

腰部與膝蓋之間的互相依賴性

透過支持腰的保護性需要來解決疼痛

重新調整脊椎讓整條脊椎有成比例移動的靈活度

靠牆有選擇的延長腰椎

透過在滾筒上的滾動讓脊椎移動的轉換更順暢

用雙手調整校準腰椎線條

透過在滾筒上橫向的滾動, 有意的無分辨性的全身的移動, 設立一個中性的共同的脊椎狀態標準

運用”需要支撐”的反射性本能來超越抗拒, 調整脊椎形成適當的流線形曲線

運用手察覺可能對腰椎產生傷害的警訊

## Knees

The indispensable link in the chain of springiness

The deterioration of the knee as a lack of challenge from civilization’s flat floors

Conditioning knee movement on movement in the ankles, hip joints, and each of the 32 vertebrae

Lateral alignment of the knee

Improving bending & straightening of knees through their being moved passively  
Bypassing knee stress during the crucial moment of getting into, or out of, a chair  
Hands-on strategies to enhance knee bending

## 膝蓋

在身體的彈力鏈裡不可缺的連結

膝蓋的退化是文明環境中過於平坦地板/地面所造成的  
透過腳踝, 髌關節, 和所有32節脊椎的協調參與膝蓋的移動  
橫向的調整對齊膝蓋線條

透過被動的移動方式改善膝蓋的彎曲和伸直

免除膝蓋壓力, 在坐上椅子和離開椅子站起的關鍵時刻

加強膝蓋彎曲能力的簡單實際方法

## Hip Joints

The increased angle in the human hip joint is the major modification in  
Evolution's model for bipedal locomotion

Organization of posture to transmit mobilizing force through the hip joint while standing  
on a leg, stepping with it, as well as when lifting it in the air

Hip joint / Lumbar spine interdependence

Sit bone / Heel interdependence

Knee / Hip joint interdependence

Sparing stress in the hip by activating the ribcage

Poor gravity-response in the pelvis traps tension in the hip joint

Over-compressed or over-loose hip joint problems

Misalignment of legs with the body's *axis* as a clue to hip joint distress

Resolving hip problem by re-enacting primal swimming (breast stroke)

Hip joint / Knee interrelationship in comparison with a quadruped's walk

Range-of-step conditioned on hip joint, and, in turn, on homogenous distribution  
of adjustability along the entire kinetic chain of articulations

## 髌關節

“髌關節的大角度”

是為了讓雙足動物的直立身體能在地面上輕易移動。

“人類進化模型上的一個主要的改變”

從海陸兩棲脊椎動物進化成雙足站立地面的人類

在用一隻腳站立時, 往下踩一步時和離開地面在空中時, 透過調整組織身體的姿勢讓  
動力經過髌關節來傳遞

髌關節/腰椎與脊椎的互相依靠性

坐骨/腳跟的互相依靠性

膝蓋/ 髌關節的互相依靠性

透過活動胸腔肋骨架來解除給予臀部的壓力

對於地心引力效率不好的骨盆反應會引起髌關節陷入過度緊張裡

過度壓縮或過度鬆散髌關節引起的問題

相對於身體中軸 (axis)腿的位置沒有適當對好會引起髌關節有嚴重問題

透過重新學習原始的游泳 (蛙泳) 解決臀部的問題

髖關節/膝蓋彼此的關係, 與四腳動物的走路方式做比較  
步伐的範圍從髖關節的角度來調整, 沿著身體移動過程中的  
整個的動作鏈, 每個環節能清晰的和諧的分布這種調整

## Neck

The “bottle-neck” of the body

To sense the outer world, our multi-purpose neck functions like a submarine’s periscope.  
It also adjusts to compensate for each deviation in our movement in order to maintain our overall balance

Civilized man’s imbalanced neck with its tensed activity as a result of over-stress and under-utilization

Integrative clues — as in a “Family Therapy” approach — for releasing neck distress by asking for change in its non-suffering partners

The criterion for optimal posture: top of head projects over top of tailbone

The jaw factor in the neck’s movement

Multi-dimensional patterns for use of the neck

Strategies to restore the neck’s freedom, with force varying from full body weight to a feather-light touch of the hand

## 頸部

身體的”瓶頸”

頸部的功能, 包括可以讓我們身體知覺外在的世界, 多功能的頸部功能就像潛水艇的潛望鏡. 它還能為了每一個移動身體的動作可能產生的偏離做調整讓身體維持整體的平衡.

現代文明人通常有的不平衡的頸子, 讓人類有過於緊張的身體活動,

導致使用頸子的方式, 通常不是過度使用, 就是使用不夠

從整合觀點尋找解決問題線索

就像“家族治療”的方式, 為了解除頸部的問題, 可以從沒有疼痛問題的夥伴去改變最佳姿勢的準則—頭頂位置投射向尾骨的頂端上方

頸子移動中的上下額因素

使用頸子的多面向模式

回復頸子的自由的策略 - 所使用的力量可以有不同程度大小, 可以大到用整個身體的重量也可以小到像羽毛般的重量用手觸摸方式