

Ruthy Alon's **Solutions for Optimal Mobility**

Movement Intelligence



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Self-Care Neuromotor Strategies for Individual Functional Problem

2018 Training in Taipei with *Jennifer Groves*

(Country Director of Movement Intelligence in Australia, Senior Trainer)

Registration: 05/03 begins early birds with us\$100 discount 5/31 ends

To register please visit <http://www.movement-intelligence.org>

Any questions please contact:

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—THEMES—

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

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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

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

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

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

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bending

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

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

Posture

Your desired upright posture is not only its apparent visual spectacular static form. Any posture, also yours, is a consequence of the characteristic coordination and style with which an individual is dynamically used to mobilize his or her body, as well as affecting the ergonomic quality of your personal walk. Posture is both a result and an influential factor.

The Factor of streamlined axis as efficiency, security, maneuverability of

posture, can be cultivated through setting more uniform level of articulation along the axis. Self touch of hand, not directly on the stiff areas intended for opening more articulations, but on their remote partners, for creating non habitual differentiations, especially in the stiff segments of the upper back, to refresh more proportional distribution of labor, opening more flexibility in total body movement, as well as confirming the holding together of the too loose segments.

Hip Joint

The angle of a bipedal human's hip joint represents the major modification from walking on four legs to walking on two. The human pattern of walking is much more recent evolutionary development, and much less experienced in the process of ever-improving its own efficiency. This might explain why the human hip joint is more vulnerable.

Relief to a suffering hip joint in walking --- By training in the primal functions of breast swimming and creeping, which are rich in resourceful integrative aspects and have been evidently proven by millions of years of survival.

Hanging pelvis upside-down --- To reverse the gravity pressure, as accumulated in the hip joint. Does an over-compressed or a too loose hip joint need targeted attention according to its individual tonus --- Or should the corrective equilibrators be evoked in the organism?

Equilibrium

The nature of organizing equilibrium is integrative; it means that there is no cell or fiber in the entire body that is not recruited in the synchronization. Equilibrium is engaging multi-components coordination as well as total resourcefulness of brain management, in high intensity of emergency. Fear of falling is an innate essential alert tool, which immerses with dominant priority of survival.

When the instinctive response is over-reacting to a non relevant threat, it may not always be useful, if not self destructive. As the imprint of high impact activity tending to have stronger lasting effect on body coordination, the damage of the irrelevant over reaction to threat of losing balance, becomes dominant in movement management.

The factor of synchronizing relevant grounding force in movement
Movement processes for getting friendly with the floor
The co-dependency between stability and posture

The strategy of Neurological Diplomacy for recovering equilibrium.

Pelvic Floor

At the bottom of the pelvic bowl the extremities of your vital sphincters of the digestive track, the genitalia and the Urine track are competing for space, with the other anti gravity musculature which prevents the gut tissues from collapsing to gravity.

The dynamics of the Sphincters pattern of activity is a pulsation of opening and closing their pipes. This activity is the most primordial form of expressing life's energy on cellular level, at the beginning of Biology, where a single cell was open to receive nutrients from the environment, being actively pulled into its center, and the passive outcome that followed with the release of the contraction, which allowed the metabolic reactions residue to be expelled out. When this is done in consistent rhythm, with inertia of pendulum, where one action is causing the next one, this open-close pulsation can generate locomotion in space.

Squatting

When modern life gave up the squatting position, they denied themselves a faithful source of movement mastery. Squatting competency could have been considered an accurate measurement for physical fitness and health maintenance. The different skills involved in getting down to squatting and returning from it to standing, as well as the capacity to stay squatting and relating to it as a restful position, is attesting of a sophisticated level of harmonious coordination, that is not likely to achieve in any other practical daily function.

Strategies to facilitate going down --- Diagonals and rotations are easier than straight trajectories, as well as engaging the joints gradually and proportionally. the spiral engages the vertebrae one by one, each one to its specific capacity.

Face

Our face exposes to the world who we are, more than our other assets. It is our social identity card which renders a lot of information, also that part we think we manage to conceal. Even at the time when our face are not engaged in activity, their expression is holding the museum of our history, our attitudes and feelings, responding to those events we went through, especially those emotions that we did not tell ourselves we had.

Improvement in the face may be in what not to do rather than doing, giving up tension of memories, as held in the tissues, and experiencing the quietness underneath the noise.

Talking to the tissues and not to the skin.

Disassociating habitual connections between tissue and bone, and between tissues themselves, in order to return to original relaxation.