

Movement Intelligence

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



— T H E M E S —

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

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 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