

# *Movement Intelligence*

**Solutions for optimal mobility  
Self-care strategies for targeted  
functional limitations**

## **The Solution Program**

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**Based on Feldenkrais approach to somatic Learning**

# **Knees**

**Putting the spring in the step  
The major propulsion generator in the shock  
absorbing chain of the body axis**

## **Functional Background:**

**The knees are the indispensable link of  
generating springiness in the shock absorbing  
chain**

**The knees tend to deteriorate from the lack of  
challenge in civilization's perfectly flat floors  
and confining shoes**

**Knees are Neurologically conditioned on the  
ankles, the feet and its toes, the hip-joints, each  
of the 32 vertebrae, as well as on any  
movement of the body**

**Passive bending and extending of the knees,  
enables detachment from their prejudiced  
counter-productive programming and opens  
the option to discover a supportive pattern ,  
which is also acceptable to the whole body**

**Aligning direction of the knee to the front in relation to the belly button, as well as to the walking direction**

**Bypassing knee stress during the crucial moment of getting in or out of a chair**

**Strengthening a knee through resistance**

**Gradual, safe and easy development of the squatting function, challenging major rate of bending and weight bearing**

**Reducing knees effort in stepping up on stairs through all body reorientation**

**Applying knees' role in the natural locomotion patterns of breast stroke swimming and creeping**

**Releasing stress of knees by surrendering to gravity**

**Refreshing knees by following horses  
Resourcefulness**