

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

Lower Back

**Securing a reliable bridge
between upper and lower parts of the body
for an undisturbed transmission
of the locomotion force**

Functional Background:

**The vulnerability of the vertical lower back
bearing upper body load**

**The tendency of the relative flexible bridge
between the pelvis and the ribcage to interpret
any effort into compression, because it can**

**The interdependency of the lumbar vertebrae
on the knees: locked knees confines lower back
to over-react with stiffness**

**Resolving pain strategy of supporting the lower
back's defensive need to contract by
intentionally shortening it**

meaningful help for the back by resetting proportional flexibility throughout the spinal vertebrae

Selective elongation of spine's segments at a wall

Smoothing transition of in-curve / out-curve spinal curves by rocking on a roller

Align your lumbar spine with your own two hands

Stabilizing no differentiation between lower back vertebrae, while moving globally in lateral rocking on arms

Using the support reflex in leaning on the wall to gain spontaneous adjustments of streamlined spinal structure

Using self touch of hands for both identifying warning signals of risking lower back and solving them in walking (Gap between the hands)