Movement Intelligence

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

The Solution Program

Ruthy Alon Ph.D.

Based on Feldenkrais approach to somatic Learning

Arms, Shoulders and Shoulder Blades

The harmonious interaction between the core and the periphery in the activity of human arms, which avoid interaction with solid ground

Functional Background:

Connecting the arms to the reliable axis of structure— Deriving arm's power from the core

Reprogramming arm's range of movement by shifting initiative from distal to proximal

The spiral trajectory of arm movement is effectively, as well as proportionally, engaging the spine

The difference between quadruped's front legs which are engaged in body propulsion by interacting with solid ground, and the human's arms, which are not engaged with pressure, nor in mobilization

Lessons to learn from the efficiency accumulated solutions of ever refining evolution

The backward swing of the arms, which reaches to articulating the upper back vertebrae, works to upgrade uprightness and increase ballistic propulsion of walking

Resolving arm issues by raising the arm up through the least resistant trajectory

Somatic learning by isometric resistance of controlled investment of power without movement outlet

Generating propulsion by swinging the arms backward, like the water carriers do, might be a revolutionary concept for civilized humans —Vs. biological Mechanics. It is practiced in Movement Intelligence (BFL II, #51 Water carriers)