

Applying Movement Re-education Principles to Everyday Life

In addition to setting aside time for the **practices** below (also see the handout entitled "Improving My Posture and Ease of Movement"):

- 1) counter-rotation movements and specific movements which strengthen the homologous (sagittal plane), homolateral (vertical plane) and contralateral (horizontal plane) patterns;
- 2) T'ai Chi movement loops;
- 3) "Maggie's arms" practice;
- 4) Linden's intentional scales; semi-supine exercise;
- 5) and just exploring bodily awareness and ease of movement from supine to crawling to standing;

...you can also be applying the Movement Re-education principles in **everyday activities**. For example:

a) If you catch yourself pulling down, slumping, hunching shoulders, or tensing in your back, neck, shoulder blades, abdominals, etc... take a few seconds to **pause** and use your ability to **intend** to let your neck be free so that your head moves "forward and up" and your whole torso lengthens and widens, releasing and radiating in all directions so that you occupy your full size (perhaps thinking of the words "light", "easy", "effortless", "free") ... and then continue what you were doing from this state...

b) Practice remembering in activity the idea of **distal initiation**, ie, leading movements with extremities - arm movements led by the fingertips; walking, getting up out of a chair, running, etc led by the head moving up and leading the body forward; leg movements led by the toes and freeing the hip joints; sitting down or squatting led by the tail.

c) Practice noticing your attention and where it tends to focus - if you regularly catch yourself having lost your bodily awareness or "endgaining", practice **open focus awareness**: combining your senses into a whole which includes vision (including peripheral), hearing, taste, smell, touch and proprioception (including your **whole** body) all at once. You may find this easier than concentrating hard on one sense (or only part of one sense) and shutting the others out...

d) And above all **enjoy** moving!

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