

Kelly Mollnow Wilson - Whole Body Movement Explorations

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Movement Cogs

~ developed by Gary Ward - Anatomy in Motion - <https://findingcentre.co.uk/>

~ Link to Gary's courses - <https://findingcentre.co.uk/wake-your-body-up/>

~ highly recommend "Wake Your Body Up" and "Wake Your Feet Up"

Mini-Movement Cogs: C shape, backwards C; then side bend to each side; then rotation to each side [this is the easiest, most basic version of the movement cogs]

~ Goal is to have the surfaces of all the joints in your spine communicating in 3D

~ Will be using pelvis, ribs/sternum and head as external, easily visible markers to give information about what the spine is doing.

~ Move through centre to the end range of the movement. Do not hold there, just change direction and go to the other side.

~ Slow, gentle movements.

~ There should be no pain. If there is, stop. Try again with less range of motion.

~ The main goal is to make sound on instrument/with voice while moving the spine on purpose.

We don't care what it sounds like, we are looking to experiment and see what happens.

Side View

https://youtu.be/xZyOWv2Y_lo

1. Anterior tilt of pelvis
 - Ribs/sternum raise up
 - Head rotates forward to keep eyes on the horizon
 - Thumbs leads arms into external rotation
 - Inhale.

~ Distance between pelvis and ribs/sternum increases, length in the front.

~ Distance between ribs/sternum and chin decreases - length in the back of the neck.

~ Scapulae (shoulder blades) are moving down and in as the ribs/sternum raise up.

2. Posterior tilt of pelvis
 - Ribs/sternum move down
 - Head rotates backward to keep eyes on the horizon
 - Thumbs leads arms into internal rotation
 - Exhale.

~ Distance between pelvis and ribs/sternum decreases, length in the back.

~ Distance between ribs/sternum and chin increases - length in the front of the neck.

~ Scapulae (shoulder blades) are moving and out as the ribs/sternum move down.

Front view - Hikes

<https://youtu.be/Cr4leluk6WA>

1. Equalize foot pressures the best that you can in the moment.

2. Bend left knee, which results in hip hike on the right.

Left arm reaches up, right arm reaches down.

Eyes stay on the horizon, which means head tilt to the left

~ Knee bend, arm raise, and head tilt are all the same side.

~ Creating a side bend in spine to the right, the opposite side from knee bend/arm raise

~ Length on the left side of torso and right side of neck.

3. Bend right knee, which results in hip hike on the left.

Right arm reaches up, left arm reaches down.

Eyes stay on the horizon, which means a head tilt to the right

~ Knee bend, arm raise, and head tilt are all the same side.

~ Creating a side bend in spine to the left, the opposite side from knee bend/arm raise

~ Length on the right side of torso and left side of neck.

Front view - Shifts

<https://youtu.be/AAjw8gQiQck>

1. Equalize foot pressures the best that you can in the moment.

2. Send pelvis to the left.

Right arm is heavy, pulling you over to the right.

Eyes on the horizon, which means right ear slides over right foot and head tilt to the left.

~ Creates a side bend to the right and curve to the left in the neck.

~ Lengthening along left side torso and right side of neck,

3. Send pelvis to the right.

Left arm is heavy, pulling you over to the left.

Eyes on the horizon, which means left ear slides over left foot and head tilts to the right.

~ Creates a side bend to the left and curve to the right in the neck.

~ Lengthening along right side torso and left side of neck.

Rotation

<https://youtu.be/16JDj1oQAqs>

1. Equalize foot pressures the best that you can in the moment.

2. Pelvis rotates to left.

Ribs/sternum rotate to the right to remain facing forward.

Head rotates to the left.

~ Pelvis and head are going the same direction, ribs/sternum are opposite

3. Pelvis rotates to the right

Ribs/sternum rotate to the left to remain facing forward.

Head rotates to the right

Reverse Arm Circles

- 1) Stand with the best balance that you can find. Feet should be hip joint width apart.
- 2) Both arms should be down at your sides.
- 3) Bring right arm forward and up until it's parallel to the floor while simultaneously bringing left arm back until it is parallel to the floor. Notice that your torso twists to the left, the same side as the arm that is behind you.
- 4) Continue circling - your right arm moves forward and your left arm moves backward until both arms are straight overhead. Your torso should be facing forward.
- 5) Continue circling - your right arm moves behind you until it is parallel to the floor and left arm moves forward until it is parallel to the floor. Your torso will slightly rotate to the right.
- 6) Continue until both arms are straight down, which is the same position in which you started.
- 7) Repeat several times, making fluid circles.
- 8) Switch arms and repeat the entire process. Left arm will be circling forward and right arm will be circling backwards.

Arm to Hip #1 (<https://youtu.be/pV4Bg3yKGGA>)

1. Start in a modified form of quadruped. Forearms should be flat on the ground, palms down, with elbows directly underneath glenohumeral joint and knees directly underneath your hip joints.
2. Pick up your left hand and cross it over to your right side, place it down on the floor in front of AND to the outside of your right hand.
3. Turn your head to the left, so you're facing into your left arm pit.
4. Shift your body weight towards your left side to feel the connection from your hand, through your arm structure and into your hip.
5. Repeat on the other side.

Dr. Huberman Nose Sniff [actually called a Physiological Sigh]

- 1) Breathe in two times through your nose.
 - 2) Exhale (sigh) through your mouth.
 - 3) Wait about 20 seconds, repeat as necessary
- ~ This is a nervous system hack - it helps you get out of sympathetic nervous state (fight or flight) and into parasympathetic nervous state (rest and digest).