



FEEL. MOVE. LIVE.

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LEARNING HOW TO MOVE WITH GRACE AND EASE STARTS WITH A FOUNDATION

Let's look at the big picture

**DEVELOPING STABILITY WILL PROTECT AND
DECREASE YOUR RISK OF INJURY.**

Something to think about?

HYPER-MOBILITY VS THE DOUBLE JOINTED

– THE ABILITY FOR YOUR JOINT TO MOVE IN A RANGE OF MOTION THAT TYPICALLY MOVES MORE THAN WHAT'S CONSIDERED THE 'NORMAL'

WHY DOES IT MOVE MORE?

– GENETICS, LIGAMENTS, CAPSULE, CARTILAGE/JOINT SHAPE &

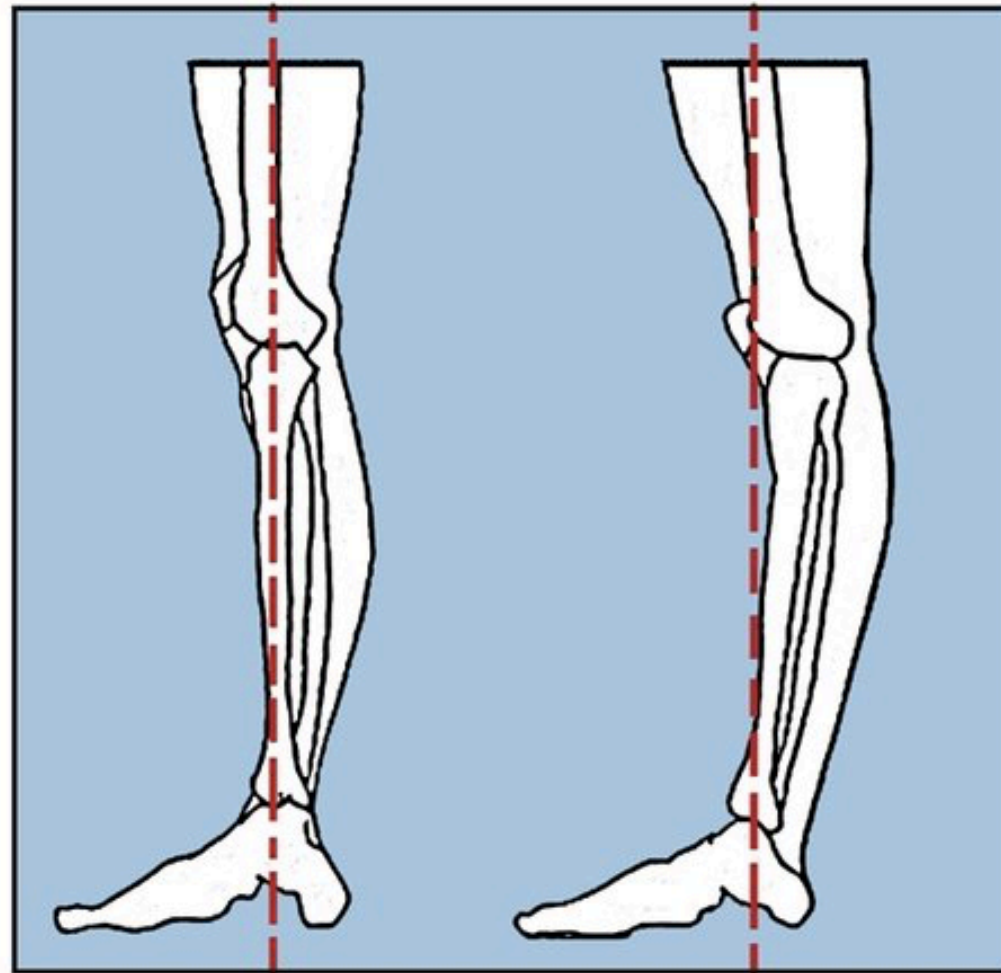
IF A JOINT MOVES MORE THAN IT SHOULD IT'S AT:

- HIGHER RISK FOR INJURY (BONES, LIGAMENTS, CARTILAGE...)**
- HIGHER NEED FOR MUSCLES SUPPORT = STABILITY**
- JOINT CENTRATION IS HARDER TO FIND & KEEP**

THE POSITION OF A JOINT WHERE IT HAS THE **MOST**
BONEY CONTACT BETWEEN THE BONES INVOLVED
A JOINTS IDEAL POSITION

WHY IS THIS IMPORTANT?

IT ALLOWS MAXIMAL LOADING WITH MINIMAL STRAIN



- EX. BOWLING BALL/STICK SCENARIO

JOINT CENTRATION IS A STRUGGLE IF...

**FINDING AND KEEPING JOINT CENTRATION IS A FINE
BALANCE BETWEEN MOBILITY OF A JOINT AND YOUR
BODY'S ABILITY TO STABILIZE THROUGH THAT AREA
DURING MOVEMENT.**

**IF YOU HAVE A BREAK DOWN IN ONE IT WILL AFFECT
THE OTHER.**

WHAT IS MOBILITY?

- ▶ **MOVEMENT**

- ▶ ISOLATED (ONE JOINT)

- ▶ INTEGRATED (MULTIPLE AREAS MOVING TOGETHER)

- ▶ **ABILITY TO MOVE FROM POINT A TO POINT B**

WHAT IS STABILITY?

- ▶ **ABILITY TO STABILIZE YOU THROUGH MOVEMENT**
- ▶ **MAKES MOVEMENT EFFORTLESS (LONG DISTANT RUNNERS)**
- ▶ **EFFECTIVENESS OF MOVING FROM POINT A TO POINT B**

HOW DO THEY EFFECT ONE ANOTHER?

- ▶ **CAN'T BE EFFECTIVE IN ONE WITHOUT THE OTHER**
- ▶ **A DECREASE IN EITHER = PROBLEMS!**
 - ▶ TENSION/STIFFNESS
 - ▶ PAIN
 - ▶ DYSFUNCTION (INABILITY TO DO SOMETHING PROPERLY)
 - ▶ ALL OF THE ABOVE = INJURY

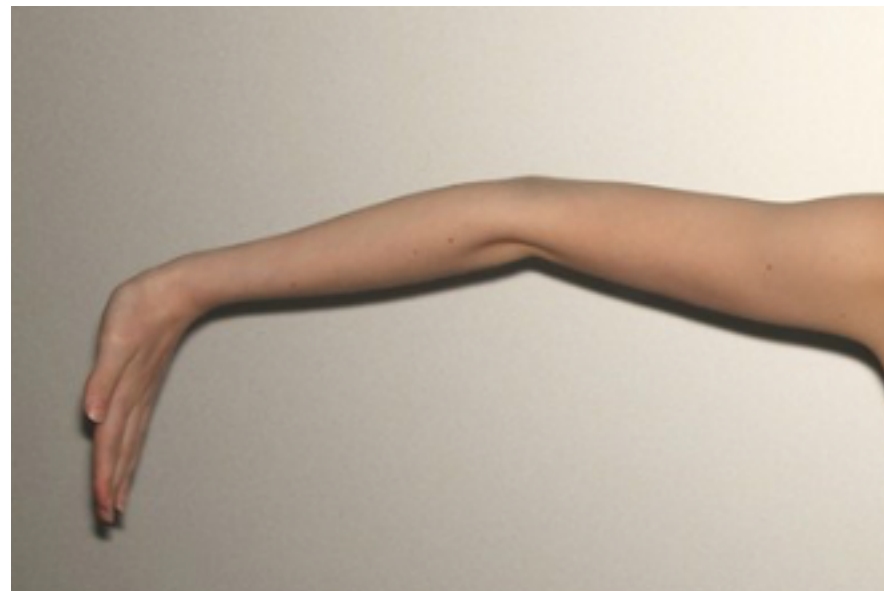


Endurance



Strength

- KNEES **HYPER EXTENSION**
- ELBOWS **HYPER EXTENSION**
- HAPPEN ELSEWHERE IN THE SYSTEM – NOT AS EASY TO NOTICE OR SEE



- ▶ OUR LOW BACK **LOSES STABILITY** = **HYPER EXTENSION**
- ▶ OUR HIPS **LOSE RANGE OF MOTION**
- ▶ OUR KNEES **LOSE STABILITY** = **HYPER EXTENSION**
- ▶ OUR ANKLES **LOSE RANGE OF MOTION**
- ▶ OUR FEET **LOSE STABILITY**

STABILITY PROBLEMS = PAIN/ACHE

ROM PROBLEMS = STIFFNESS/ACHE

***IN GENERAL NOT EVERYONE IS CREATED EQUAL**

REMEMBER: COMMON PATTERNS OF UPPER BODY COMPENSATIONS

- ▶ OUR MID BACK **LOSE RANGE OF MOTION**
- ▶ OUR SHOULDER BLADES **LOSES STABILITY = WINGING**
- ▶ OUR SHOULDER SOCKETS **LOSE RANGE OF MOTION**
- ▶ OUR ELBOWS **LOSE STABILITY = HYPER EXTENSION**
- ▶ OUR WRISTS **LOSE RANGE OF MOTION**
- ▶ OUR HANDS **LOSE STABILITY**

STABILITY PROBLEMS = PAIN/ACHE

ROM PROBLEMS = STIFFNESS/ACHE

***IN GENERAL NOT EVERYONE IS CREATED EQUAL**

THOSE THAT 'HANG OUT' IN THEIR HYPER MOBILITY
= DECREASED ABILITY TO STABILIZE OR LACK OF
STABILITY (ABOVE, BELOW OR BOTH)



IF YOU SEE THIS WHAT SHOULD YOU ALSO NOTICE?

1. DON'T GET SIDE TRACKED BY THE HYPER MOBILE AREA
 - ALWAYS LOOK BIG PICTURE
 - ITS TELLING YOU SOMETHING!
2. ADDRESS AREA ABOVE AND BELOW
3. ADDRESS CORE STABILITY
4. ADDRESS HOW DOES THE FOOT AND HAND INTERACT WITH THE FLOOR

1. LOOKING AT THE BIG PICTURE!

KNEES

- JOINT ABOVE AND BELOW (ANKLES & HIPS)
- CORE STABILITY AND AREAS THAT TEND TO LOSE STABILITY (FEET, KNEES)
- SURROUNDING MUSCLES FUNCTION (ECCENTRIC, CONCENTRIC)
- ADDRESS THE STABILITY/MOBILITY PROBLEMS OF THAT AREA (HOW EVERYONE TALKS)
EX. ANKLES LOSE ROM,

ELBOWS

- JOINT ABOVE AND BELOW (SHOULDER SOCKET,, WRIST)
- CORE STABILITY AND AREAS THAT TEND TO LOSE STABILITY (HANDS, ELBOWS, SHOULDER BLADE)
- SURROUNDING MUSCLES FUNCTION (ECCENTRIC, CONCENTRIC)
- ADDRESS THE STABILITY/MOBILITY PROBLEMS OF THAT AREA (HOW EVERYONE TALKS)
EX. WRISTS LOSE ROM,

KNEES

- **ABOVE:** HIPS – CHECK RANGE OF MOTION, INTERACTION OF PELVIS (STABILITY)
- **BELOW:** ANKLES – CHECK RANGE OF MOTION, INTERACTION WITH FEET (STABILITY)

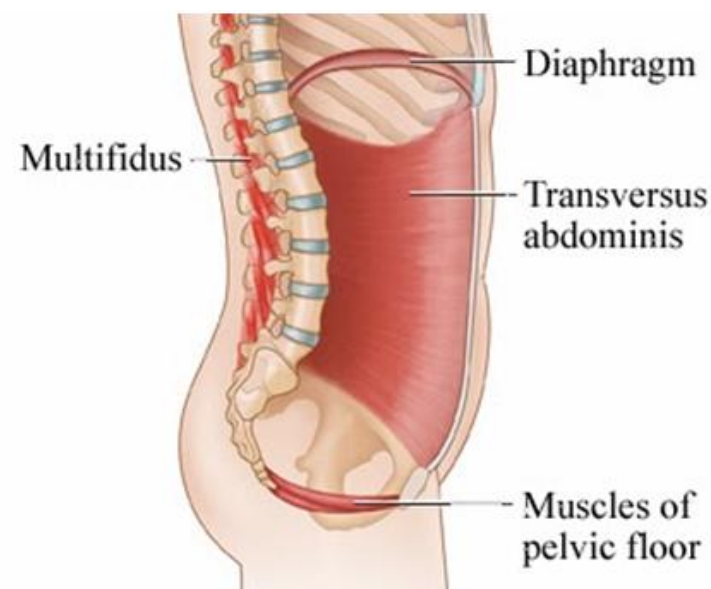
ELBOWS

- **ABOVE:** SHOULDER SOCKET – CHECK RANGE OF MOTION, INTERACTION WITH SHOULDER BLADE (STABILITY)
- **BELOW:** WRIST – CHECK RANGE OF MOTION, INTERACTION WITH HAND (STABILITY)

WHERE DOES MOVEMENT START?

MOVEMENT EMANATES FROM THE CORE...

SO IF YOU DON'T HAVE AWARENESS AND BREATH,
YOU WON'T HAVE STABILITY IN THE SPINE, PELVIS
OR ITS LIMBS – YOU WILL HAVE STRESS!



**YES MOVEMENT EMANATES FROM THE CORE... BUT
DON'T FORGET....**

- HOW YOUR LIMBS INTERACT WITH YOUR CORE**
- AS WELL AS SURFACES THEY COME IN CONTACT WITH**

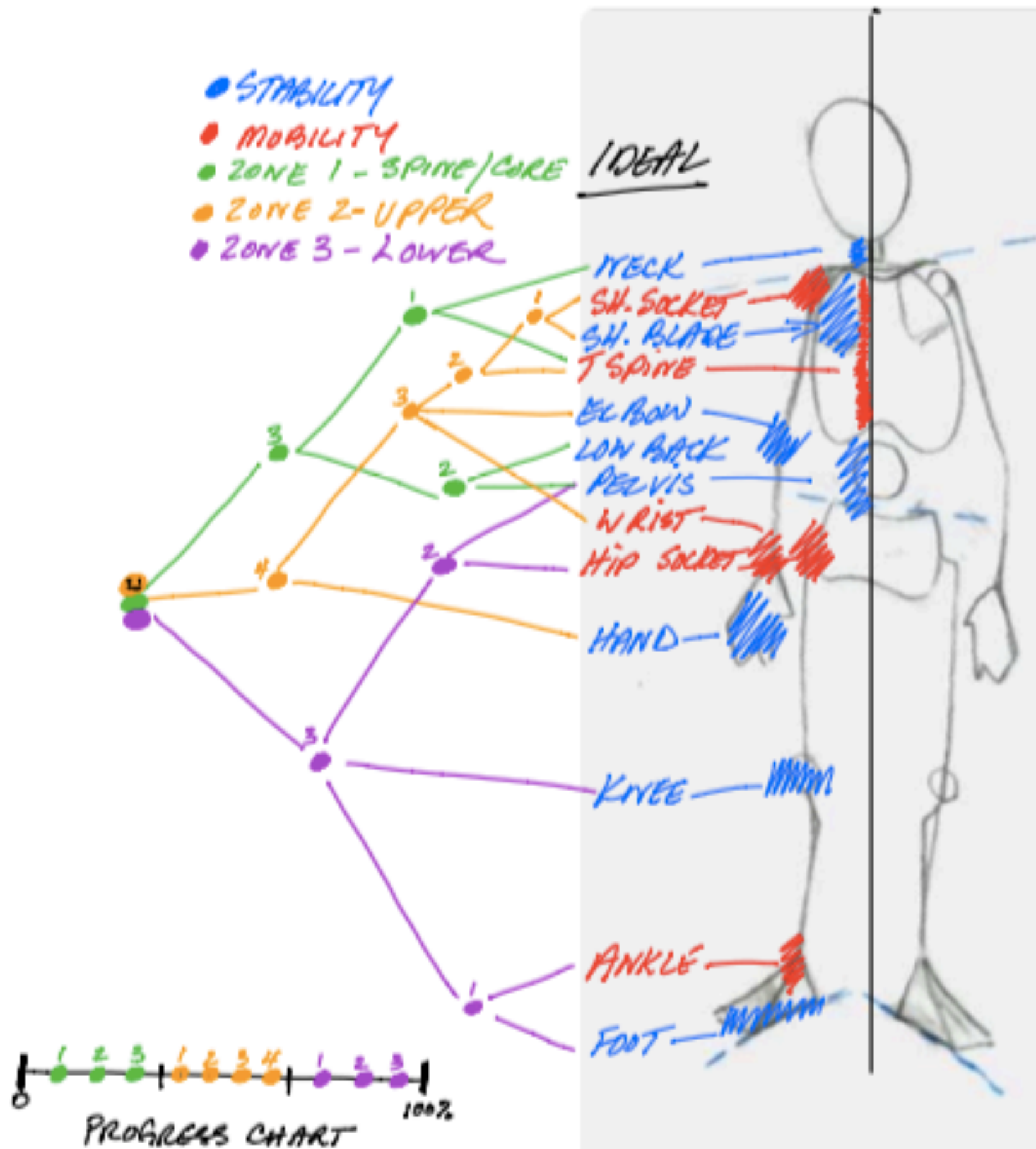
**IF YOU ONLY ADDRESS ONE THEN YOU WILL ALWAYS
STRUGGLE TO KEEP THE OTHER(S)**

WOW DOES THAT SEEM COMPLICATED????

DID THAT HURT ANYONE'S BRAIN???



THERE IS NO SUCH THING AS A QUICK FIX!



WHAT SHOULD HAND CONTACT LOOK LIKE?

– TEST AND ASSESSMENT OF STRUGGLE

POSSIBLE PROBLEMS:

UNABLE TO FLATTEN HAND

WRIST PAIN

**STRUGGLE TO GET ELBOW POSITION WITHOUT
LOCKING OUT**

UNABLE TO KEEP WHEN MOVEMENT IS ADDED

ASSESSMENT IN FULL WEIGHT BEARING, PARTIAL AND NON

- STANDING (WEIGHT SHIFTING) —> ONE FOOT
- SEATED
- SUPINE – KNEES BENT

POSSIBLE PROBLEMS:

**UN ABLE TO KEEP FULL CONTACT WITHOUT LOSING
POSITIONING SOME WHERE ELSE**

**CAN KEEP CONTACT IN SOME POSITIONS BUT NOT
OTHERS**

TOES WORKING HARD

RIDING TO THE OUTSIDE OR INSIDE OF FOOT

**STRUGGLING WITH FRONT OF BACK CONTACT OF YOUR
FOOT**

WHAT BODY PARTS ARE STATIONARY AND WHAT ARE MOVING?

MUSCLES WORK DIFFERENTLY DEPENDING ON THE PART THEY ARE MOVING AROUND – SITUATIONAL TRAINING

EX. HIP WORKS DIFFERENTLY DEPENDING ON HOW YOUR HIP AND KNEE IS BENT, SO YOUR BREAKDOWN IN THE SYSTEM CAN CHANGE AREAS DEPENDING ON WHAT YOU ARE DOING

**IF YOU STRUGGLE WITH ANY OF THIS
IN A STATIONARY POSITION WHAT
WILL YOUR MOVEMENT LOOK LIKE?**

Something to think about?

CRAWLING

ROLLING

**JUMPING – DOUBLE/SINGLE, FORWARD
MOMENTUM, ROTATION, ROTATION WITH FORWARD
MOVEMENT**

'IF YOU BUILD IT ...IT WILL COME....

**YOU CAN'T BUILD A HOUSE WITHOUT FIRST
BUILDING ITS FOUNDATION'**

**SMALL CHANGES...BIG
IMPACT!
ITS IN THE DETAILS..**

Jamie Bessant

Learn more about your details:

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ONLINE COURSE:

BODY-PREP: DANCE FOUNDATIONS