



ASSESSMENTS AND MOVEMENT REPATTERNING PROGRAMS

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Movement is a fundamental part of life, our bodies and how we move are a reflection of our life experiences. Lifestyle, work, injury, surgery, pain, poor movement habits, dysfunctional joint, soft tissue relationships and neurological conditions interrupt and change movement patterns, and how we move.

Movement patterns are programs that instruct us how to produce basic to complex movements. The process involves constant communication and feedback between our brain, nervous system and neuropathways, muscles and our proprioceptive system. Changes occur when part of the original pattern is no longer being used, this switching off process can have different consequences.

If you don't USE it you LOSE it. For example a lack of activation of the correct muscle groups, poor left-right co-ordination, slower reaction time, lack of speed, poor stability, lack of muscle tone and a stiffness in other areas i.e. upper hips, back, neck and shoulders.

Initial assessments provide a baseline for existing movement patterns, healthy movement patterns can then be restored with a unique 5 phase method of rehabilitation and neuromuscular movement re-education using functional movement. MELT Method can be used to enhance programs.

An initial course is 6 sessions, individually tailored, starting with analysing what is happening and then creating a realistic program to achieve your movement goals.

There are 3 different programs available, all include a functional movement and rehabilitation analysis, Walking assessment and Postural Assessment plus a walking re-education program. To maximise success in reaching goals practice in between sessions and following movement recommendations given are required.

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Assessments

The functional movement analysis is a practical assessment that uses a series of nine standing functional movements to identify compensations or dysfunction in movement, muscle activation, and firing sequences of the neuromuscular system. The functional movements look at how the body works from the feet to the head, left side and right side, forwards and backwards as well as your reaction time for movements. Once compensations and dysfunctions have been identified this gives a base score, starting point.

The Walking Biomechanical Assessment / Gait Analysis is a practical walking assessment to identify the fluidity, balance, rhythm, biomechanics compensations and restrictions in movement pattern of the torso, arms, hands, legs and feet. Gait refers to the way we move our whole body from one point to another, an analysis can be done for running too. Your walking assessment is videoed from behind and the side to identify and record how you are moving. Information gathered will be used as a starting point to help create a program.

The Postural Assessment / Body Reading is a practical standing assessment to identify the successful and unsuccessful relationships within structures of body. Good relationships are when the alignment, tension and compression between the soft tissues and bones work harmoniously to redistribute stress and strain placed on our bodies when moving and at rest. Identifying existing relationships highlights the patterns that exist and determine opportunities for change.



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Specialist Movement Programs

Rehabilitation & Movement Repatterning Program is a unique 5 phase methodology that stimulates the neuropathways to change, restore and enhance healthy movement patterns and develop the synchronisation and speed of the motor units. Motor units control the skeletal muscles and are the driving force behind every movement, voluntary and involuntary. The program is 6 sessions, individually tailored, with professional guidance to monitor and guide, plus your own recommended personal practice required between sessions, maximise the achievement of your goal in a realistic time frame. The action plan is built around the information gathered from the initial movement and postural assessments. This includes a walking re-education program which improves your walking technique and supports the repatterning program.

Movement & Falls Prevention Program is specifically developed improve balance, stability, mobility, brain function and movement patterns that maintain and develop overall fitness and prevent falls. The 6 session course teaches you how to move and regain full movement patterns throughout your body system. Moving pain free is an important part of the course as a key component is helping you to re-establishing movement patterns in the neuromuscular system. This includes a walking re-education program which improves your walking technique, promotes neuromuscular re-education, cross lateral movement co-ordination and supports the falls prevention program.

Dynamic Movement Skills Program is a unique training and rehabilitation methodology that stimulates the central nervous system and the peripheral nervous system, refines and develops neuromuscular efficiency, changes motor patterns to make movements more efficient and faster

The 6 session program improves gross motor skills, balance, rhythm, co-ordination, speed, agility, neuromuscular efficiency, neuroplasticity, increases movement competence and confidence in functional movements in life, work, sport or rehabilitation from injury, surgery or neurological issues ie stroke, Parkinson's, multiple sclerosis, Alzheimer's etc). Neuroplasticity allows the proprioceptive system to rebuild the motor engram (movement maps). The program is built around the information gathered from the initial movement and postural assessments.

