

Intelligent Movement©

by Paula Oleska

We all know that muscles can switch off because of blockages in the systems of lymph, circulation or meridians. Muscles can also switch off because of insufficient movement stimulation.

It is a well known fact that functioning of the brain depends to a large degree on receiving information from muscles and the sensory systems. Inactive muscles limit functioning of the brain and intelligence suffers, especially adaptability and new learning. By restoring mobility and expressiveness through flowing movements, we can enhance intelligence, communication and creativity. When mobility and expressiveness are present, we look more attractive and feel more alive.

Intelligent Movement©, an original system created by Paula Oleska, M.A. as a result of twenty years of research, restores mobility of muscles and joints through patterns of figure 8's, spirals and cross crawl. These patterns are combined with exercising the range of motion of many of the Touch for Health muscles as an additional way to switch them on.

These exercises have reduced pain and significantly improved energy in participants. A practitioner may find them useful as a new way of balancing, while a non-practitioner may enjoy them as a new way to exercise and improve their vitality.

Exercises

All the exercises to be performed in an easy, swinging, pendulum-like way. All movement activates almost all the body muscles. The muscles listed seem to be the ones most active for the specific exercises.

1. Foot Rolls

- a. Stand, both feet pointing forward, shoulder width apart. Roll both feet outward (arches up). Then roll both feet inward (outer edge up). Repeat a few times.

Muscles: This exercise alternately shortens and lengthens the Posterior Tibia and Peroneus.

- b. Stand, both feet forward, shoulder width apart. Roll to outside edge of right foot and inside edge of left foot shifting weight slightly to right foot. Reverse. Repeat a few times.

Muscles: As above.

- c. Expand range of motion from "b". As you shift weight, twist hip and bend opposite knee. Repeat a few times.

Muscles: As above plus Psoas and Gracilis.

- d. Expand range of motion for "c". As you shift weight and twist hips, gently twist torso. Arms will follow. As arms gently wrap the body, lead arm will rotate out (from body) and follow-up arm will rotate in (toward body). Repeat a few times.

Muscles: As above plus Subscapularis, and Teres Minor.

2. Foot Figure 8's

Stand, both feet pointing forward, shoulder width apart. Shift weight to left foot. Letting right leg hang from the hip socket, draw a sideways Figure 8 on the floor using full surface of the foot. Begin first loop by pointing the toes in. Rotate foot and hip out to begin the second loop. Repeat a few times. Change feet.

Muscles: Plantar foot muscles and hip rotators: Psoas, Iliacus, Piriformis, Gracilis, Sartorius, Fascia Lata, Adductors.

3. Knee 8's

Stand, both feet pointing forward, shoulder width apart. Shift weight to left foot. Letting right leg hang from the socket, bend at the knee and lift to Quadriceps position. Begin first loop by pointing right knee toward the left leg. Rotate knee and hip out to begin the

second loop. Repeat a few times. Change legs.

Muscles: Hip rotators plus Quadriceps, Hamstrings, Gluteus Maximus, Gluteus Medius, Adductors.

4. Arm Sway

Stand, both feet pointing forward, shoulder width apart. Stretch arms out to sides shoulder height. Swing arms to the right, let torso follow. Reverse. (Make sure follow-up arm doesn't break at the elbow.) Repeat a few times.

Muscles: Middle Trapezius.

5. Commanding the Winds

Stand, both feet pointing forward, shoulder width apart. Raise arms straight up overhead. Make gentle circles with arms. Movement originates from the shoulder. The rest of the arm follows lazily. Repeat a few times. Reverse direction of circle.

Muscles: Lower Trapezius, Upper Trapezius, Deltoids, Latissimus Dorsi.

6. Hug

Gently swing both arms out to sides of body, palms facing forward (arms creating either side of an "upside-down V"). Swing them forward to cross arms over chest, placing hands (palm down) on opposite shoulders. Repeat several times alternating arm that crosses in front.

Muscles:

7. Look & Listen 8's

Stand, both feet pointing forward, shoulder width apart. Turn head towards right. With nose facing forward, incline right ear "listening" to the right shoulder. Swivel the head to the right, nose facing side, "looking". From that position, incline left ear slightly "listening" and then "looking" over left shoulder. Repeat a few times.

Muscles: Anterior and Posterior Neck Muscles, Upper Trapezius.

8. Low Eagle 8's

Stand, both feet pointing forward, shoulder width apart. Rotate right arm in for the front loop and rotate it back and out to complete the figure 8. Repeat a few times. Change arms.

Muscles: Rotator cuff.

9. Eagle 8's

Expand "Low Eagle 8's" by enlarging the Figure 8. Rotate right arm in at shoulder height. Right arm draws large circle in front of body. Swing it back and out from shoulder height for the back loop. Repeat a few times. Change arms.

Muscles: As above plus Pectoralis Major Clavicular, Pectoralis Major Sternal, Latissimus Dorsi, Teres Major.

10. Cross Crawl 8's -- Small

Stand, both feet pointing forward, shoulder width apart. Combine "Foot Figure 8" with right foot with "Low Eagle 8" with left arm. Repeat a few times. Perform with right arm and left leg.

Muscles: Same as #2 & #8.

11. Cross Crawl 8's -- Large

Stand, both feet pointing forward, shoulder width apart. Combine "Knee 8's" with right leg with "Eagle 8's" with left arm. Repeat a few times. Perform with right arm and left leg.

Muscles: Same as #3 & #9.

12. Eagle Dips

Expanding on "Eagle 8's", stand, both feet pointing forward, shoulder width apart. Right arm swings down from PMC position, drawing the whole right side in; right leg swivels in on half toe and the knee bends in.

As arm rotates out for back loop of Figure 8, the leg swivels out on half toe, rotating the whole right side out. Repeat a few times. Change sides.

Muscles: Practically all long muscles, especially Pectoralis Major Clavicular, Pectoralis Major Sternal, Latissimus Dorsi, Teres Major.

13. Front Diagonal

With weight on left foot, raise right arm to shoulder height and turn it in, swinging it down and then up towards upper left corner. The body follows, extending the right leg until only the toes touch the floor. Look at the right hand. Shift weight to right leg, bend the right elbow and swing it back. The body follows into a twist, head looking back over the right shoulder. At the same time lift the left foot back toward the bent elbow to create cross crawl. Repeat a few times. Change sides.

Muscles: Pectoralis Major Clavicular, Pectoralis Major Sternal, Latissimus Dorsi.

14. Hip Ups

Stand, weight on left foot. Right leg crossed in front of left. Right knee is bent and right toe in dig position (heel raised, toes forward, ball in contact with floor). As you gently press ball of right foot into floor, push right hip up. Knees stay relaxed. Return to original position. Repeat a few times. Change legs.

Muscles: Quadratus Lumborum.

15. Rag Doll Side Bends

Begin in "Hip Up" position. Bend at torso, sideways, over left leg. Repeat a few times. Change sides and legs.

Muscles: Sacrospinalis.

16. Hip & Head 8's

Stand, both feet pointing forward, shoulder width apart, knees relaxed. Rest hands on your hips for concentration. Standing in the middle of a figure 8, ascribe it with your hips. (Isolate the pelvis in the hip joints, keeping the legs and the chest relatively still.) Repeat a few times.

Start a slow figure 8 with your head by inclining your left ear to the left shoulder. Roll the head back, come forward in the middle and roll to the right, inclining the right ear to the right shoulder. (Make sure to keep your neck loose, as the movement is done by the skeletal muscles, not the surface ones.) Repeat a few times.

Once you have both movements, put them together, in the same direction. When you master that, you can experiment with starting the pelvis to the left and the head to the right.

Muscles: Neck muscles, Upper Trapezius, Psoas, Quadratus Lumborum.