



NATURAL MOVEMENT... USE IT... DON'T LOSE IT



GUEST CORNER

LIZE LUBBE

Our bodies are made to move in natural patterns. As infants we develop our gross motor movements first. Learning to roll over, crawl, run, and jump. Then, as we become more confident in our flexibility, agility and strength, we challenge ourselves with more complex gross motor activities: to ride a bike, swim and play sports. Gross motor skills are important to help kids control and coordinate their bodies to perform daily activities. Fine motor skills develop around the age of 9 to 12 months and is the connection between our brain, nervous system and smaller muscle groups:

- In our tongue: to eat and speak;
- in our hands and fingers: to write, pick up/release objects; and
- in our feet: to wiggle our toes.

Our ancestors used to be hunters and gatherers, constantly on the move on different terrains, bending and twisting their bodies in a natural way to get through their day. As children, we could easily roll around on the grass and jump up from the floor. Our movement was easy and did not require a conscious mind-body awareness. As we age, however, we lose the ability to move with ease, whether it is due to stiffness, an injury, or obesity.

THE EVIL OF MODERN TECHNOLOGY

Modern conveniences make it easy and comfortable to accomplish our regular tasks with minimum physical movement. For example, we get up from a seat using arm rests, use a lever to push our recliner up from lounging in front of the TV, and use arm-reachers to pick objects up from the floor. These modern conveniences make life easier, but have put our bodies at risk to become stiffer, weaker and unbalanced.

HOW OUR BODIES COMPENSATE

Over time, most of us develop poor movement habits to cope and adjust to body parts not moving well. We frequently continue moving with a dysfunctional body part and use another body part to compensate, and we become aware of our nonaligned body only when pain sets in. The area of pain is not always the cause of the pain. It may be the body part

that started compensating.

Even a small injury such as stubbing your toe can change your body's normal alignment and set of a wrong kinetic chain when we start limping. More so if a serious problem such as a neurological (stroke or Parkinson's disease) or and orthopedic (joint replacement) issue arise.

MUSCLE MEMORY RESET

A neuropathway (muscle memory) is a habit-good or habit-bad that we do repetitively over time. If it is reinforced the wrong way, it needs to be reset. To form a new neuropathway takes repetition to organize correctly in our subconscious level to become a new muscle memory or habit. Luckily, we can hit the "reset" button in our bodies to tap back into the previously correct movement patterns of our muscle memories, by doing repetitive big muscle group exercises.

DON'T BECOME A FALL STATISTIC.

MAKE CHANGES NOW

According to the CDC, more than one in four adults over the age of 65 fall per year. Once we fall, our body becomes hesitant to move in fear of further falls, and frequently results in us becoming less active, weaker and with balance challenges, which increases our risk of falling again. For those of us who are "baby boomers" (born between 1946-1964), we should start using our big muscle groups again in our day-to-day life to become more physical active, balanced and reduce our fall-risk. Here are a few basic movement exercises to improve our safe mobility:

- Sit to stand without pushing up from the arm rests: move forward onto your chair, keep your ribcage up, hinge from your hips with arms stretched out forward-exhale and stand up using your core, buttock and thigh muscles.

- Take a brisk walk outside: start on a level surface, take long strides making heel contact first, tighten your core, buttock and thigh muscles when you step on your leg then push off through the ball of your feet. Swing arms naturally and coordinate breathing in and out as you walk. Feel you are walking tall, elongate your spine up to the sky.

- Retrain your body to be able to bend down to the floor: open your legs wide in a forward lunge stance (hold onto a solid surface if you need to) and kneel down to one knee to touch the ground and stand up again using your core, buttock and thigh muscles.



- Retrain your feet to clear the floor to prevent tripping: tape a thin rope in a doorway (from one doorframe to the other at about shin height), lift one foot with toes flexed back and move it over the rope and touching the ground with your heel. Repeat the movement back. Repeat the exercise x10 with each leg. Start by holding onto the doorframe with your hands for safety and prog-

ress to no hands and/or raising the rope slightly higher.

Recapture your natural movement again. Get in a good habit of using your big muscle groups to a path of a healthier, stronger, fit and safer body.

If you have any difficulty moving with ease or experience pain, please contact your physician or physical therapist for help.

Lize Lubbe is the owner of Lize Lubbe Physical Therapy with its main practice located at 892 Route 35 in Cross River and a PT Studio in the premises of Apex Fitness (where her team focus on the rehabilitation of sports-related injuries). Learn more by calling 914-875-9430, emailing contact@lizelubbept.com or visiting www.lizelubbept.com.



We are hands on PTs!

The professional services of the team at

Lize Lubbe Physical Therapy

include:

- Pre & Post Surgery Rehabilitation
- Sports Injury Rehabilitation
- Neurological Rehabilitation
- Treatment of Musculoskeletal & Orthopedic Conditions
- Postural, Balance & Gait Training
- Pain & Headache Management
- Body Rebalancing through Diaphragm, Breathing & Pelvic Stability

Lize Lubbe
LPT
Physical Therapy



892 NY-35, Cross River, NY 10518
(blue office building)



914.875.9430



www.lizelubbept.com



contact@lizelubbept.com

