

Dynamic Movement control

FIXED LEG STEPPING

- Place the left foot on the ground longitudinally, this is your fixed point, have the right foot forward with left hand forward. Keep the shoulders free.
- Begin to step back by shifting the weight back through the left foot, when your right foot is back so is your left hand. This is happening through the long axis of the body.
- Follow this movement with the focus of making it smooth, as your right leg is stepping forward and backward.
- Pay attention to 3 points of support, spiral out your left hip, keep the pelvis and the level of the ears horizontal.
- After 10 reps. Change feet, so that the right leg is the fixed leg.

Benefits

- Improves dynamic awareness of posture.
- Frees the spine to contribute to walking gait, through the long axis of the body.
- Informs the brain and nervous system about the importance of weight shifts that are present in walking gait.
- Informs the brain and nervous system about the sense of up and down that is present in walking gait.
- Allows you to attend to this information when walking from a quality of motion perspective.

Beginners Advice

- Pay attention to up - long spine and crown of head going to ceiling.

Challenge

- Eyes closed.

Adjustments / What to look for

- Stand in step-out gait position, feel your feet, feel the sense of spiraling at the hip, breathe wide and go up - change legs.
- Have a partner observe you stepping, and then holding your head at the base of the skull, with a gentle up pressure, can help you notice when you are using a lateral lean strategy.