

Dynamic Movement control

QUADRUPED

- Come onto hands and knees to create a 'box' position with hands under shoulders and knees under hips.
- Keep the head neutral with a gentle chin tuck.
- Slowly and gently lift a hand from the ground by bending the elbow and at the same time slowly point the thumb upwards - extend the arm fully forward before returning it to start position and softly placing it back on the ground.
- Reset posture and try other hand.
- Hold at the end range of the movement for 3-5 seconds.
- Legs - Slowly push the heel towards the back wall ensuring the slow movement of the leg occurs from the hip and begins by running along the ground.
- After extending the leg back fully return to start position with a gentle landing.
- Reset posture and try other leg.
- Hold at the end range of the movement for 3-5 seconds.
- After practising the hand movement and the hip movement, perform opposite hand and foot simultaneously to simulate a diagonal pattern.

Benefits

- Dynamic inputs to effect improvements in motor control efficiency.
- Stability, balance and alignment.

Beginners Advice

- It is most important to concentrate on the quality of movement.
- Getting it right from the start will ensure the correct pattern is learnt.

Challenge

- Try and balance a cone / ball on your back during the movement.

Adjustments / What to look for

- Stability in the hips and shoulder girdle.
- Slow, even movement of the arms/legs as they move.
- Neutral, long spine and head as movement is occurring.
- Stability / stillness especially at the end range of the activity.
- Care when lifting / placing down the hands / feet.

