



Advanced Movement Chains

When we injure ourselves, we learn to move in such a way to avoid the pain associated with the injury. If the injury is long standing, those compensatory patterns become burned into our nervous system. Although the injury is all but healed and gone, the resulting patterns can persist in part, or in full.

In order to reset our nervous system, we must re-learn primal movements to break compensatory patterns that can be the underlying cause to our current problems. The following exercises should be performed for 3 repetitions on both the left and right sides. The sequence in which the exercises are performed is important. Exercises should be performed for 30 days in a row.

2. Contralateral Flip Flops



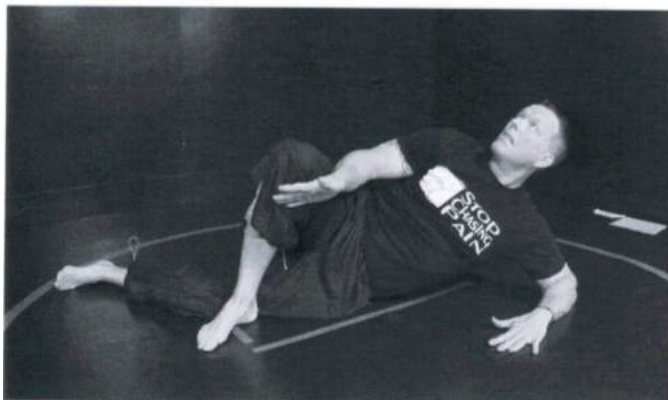
1. Rolling and Head Rotation



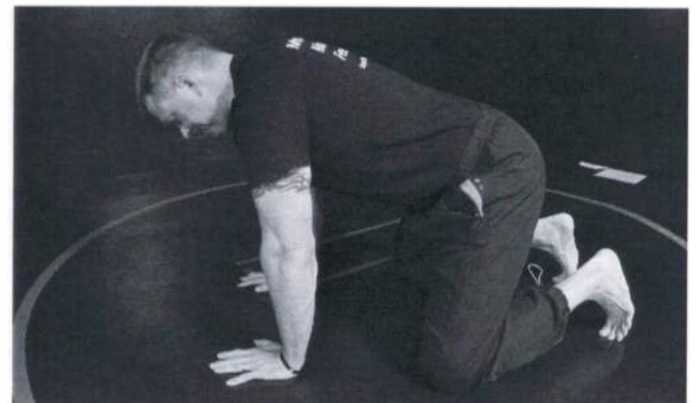
3. Reverse Salamander



4. Reverse Roll to Baby Get Up



5. Rocking Pattern



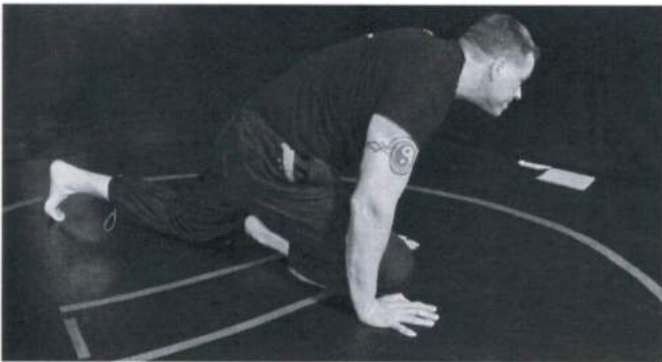
6. Unilateral Creeping



7. Cross Pattern Creeping



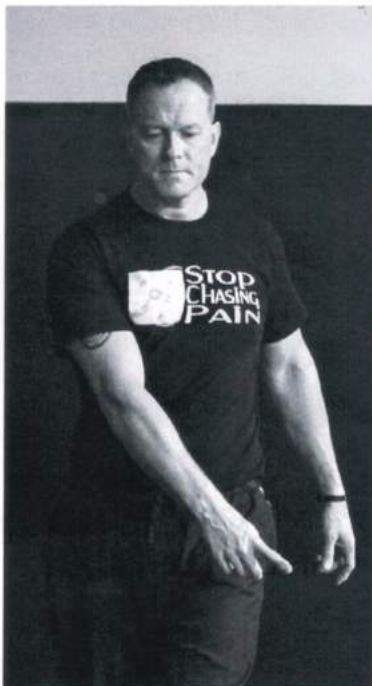
8. Hip Cross Creeping



9. Rear Cross Creeping

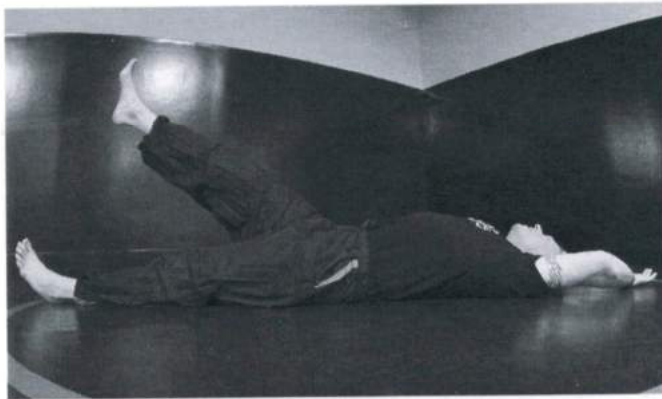
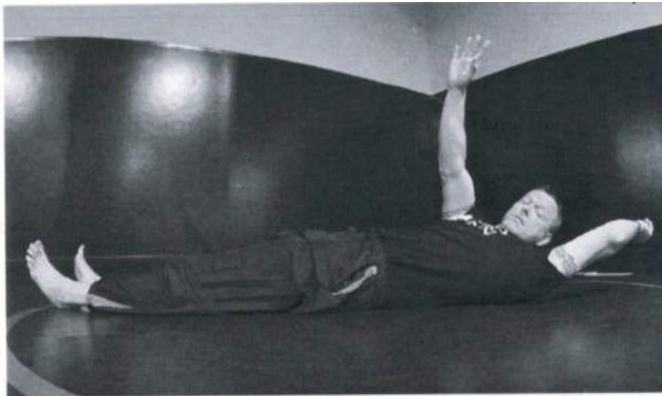


10. Cross Pattern Walking





Rolling and Head Rotation



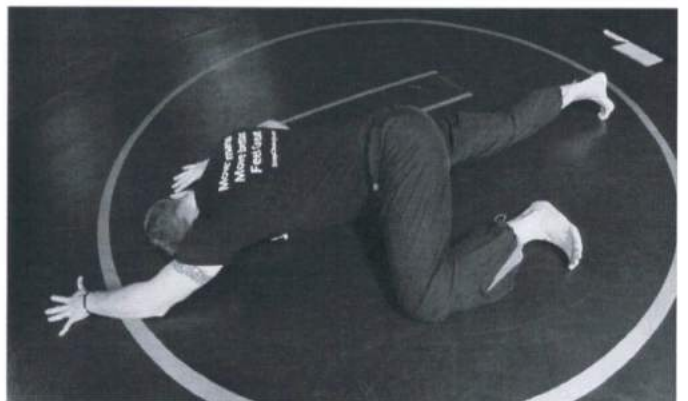
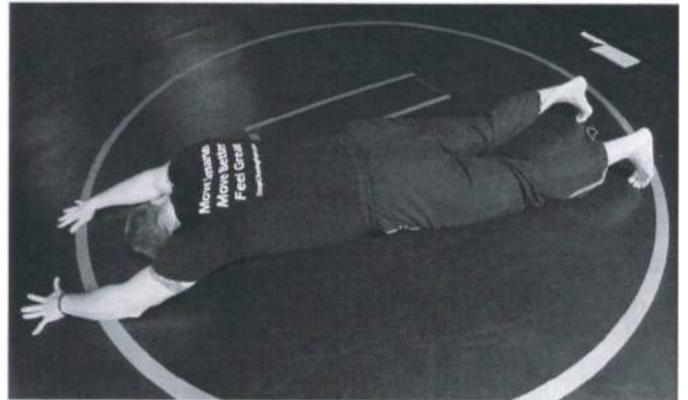
Movement:

1. Use eyes and neck to guide the motion
2. Lift using the upper body.
3. When rolling onto the stomach, the lower body should not move.
4. Use the leg to start the motion back to the starting position.
5. The upper body should not be used on the return to the starting position.
6. Remember to breathe.

Video: <https://www.youtube.com/watch?v=IBytcsTpoIU>



Contralateral Flip Flops





Reverse Salamander



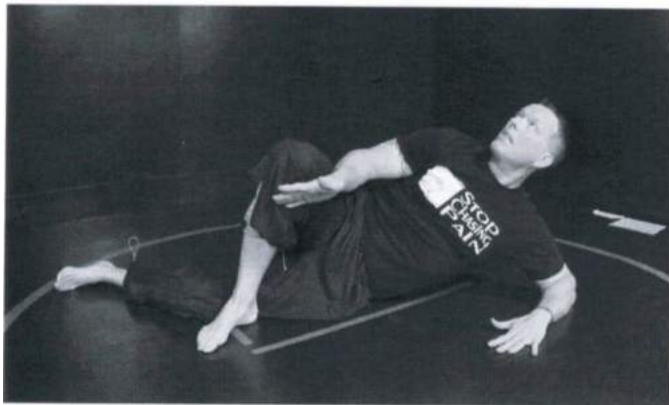
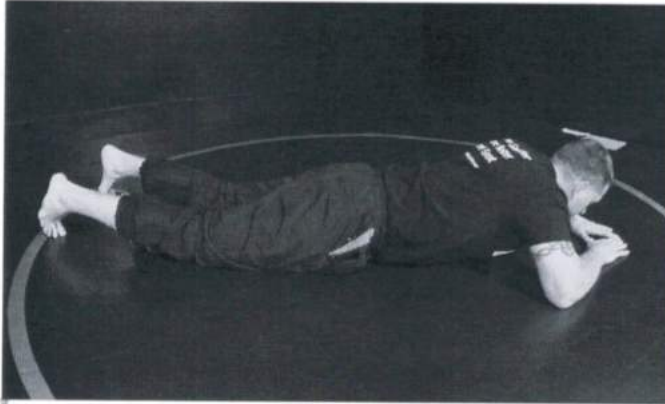
Movement:

1. Lift the leg straight out behind you.
2. Lower the hip to the ground while keeping your spine straight.
3. Try to have the knee and hip hit the ground before the foot.

Video: <https://www.youtube.com/watch?v=Pp67cubn2k4>

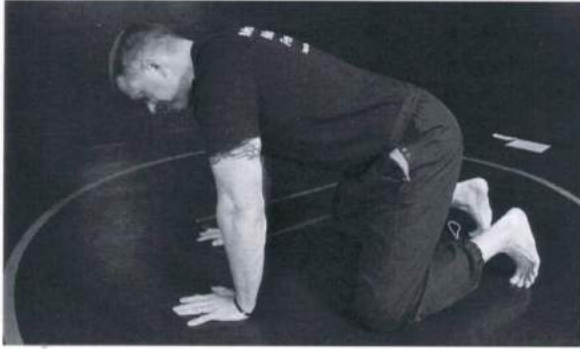


Reverse Roll to Baby Get Up





Rocking Pattern



Movement:

1. Rock backward into the heels.
2. Rock forward so that your shoulders are over your fingertips.
3. Keep your head straight.



Unilateral Creeping



Movement:

1. Move arm and same side leg forward at the same time while keeping your spine straight.
2. The key is to keep your balance while your center of gravity shifts.



Cross Pattern Creeping





Hip Cross Creeping

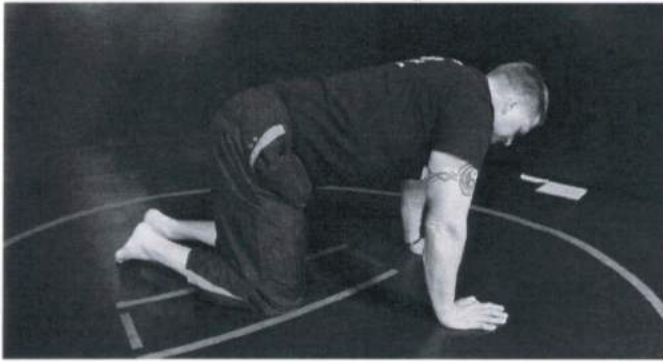


Movement:

1. While keeping contact with the ground, slide the knee and foot forward around the planted leg.
2. Push the sliding leg as far backward on the other side of the planted leg as you can.
3. Return to starting position reversing the movement.



Rear Cross Creeping



Movement:

1. While keeping contact with the ground, slide your foot and knee back and around your planted leg.
2. Move the sliding leg as far forward as possible.
3. Return to the starting position by reversing the movement.



Cross Pattern Walking

