

# *Movement Intelligence*

**Solutions for optimal mobility  
Self-care strategies for targeted  
functional limitations**

## **The Solution Program**

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**Based on Feldenkrais approach to somatic Learning**

# Neck

**The bottle neck of posture  
The built in gyroscopic agent  
for vertical alignment,  
While also responsible for posting  
the periscope of senses**

## **Functional Background:**

**The neck is the "bottleneck" of posture**

**The multi-purpose neck functions:**

**Aligning head's mass on top of body's axis**

**The periscope's role as the submarine's pole  
for maneuvering the sensory mechanism of  
getting the information of the outside world**

**The primary compensator for every deviation  
in the body disposition for adjusting balance**

**The neck is accumulating stress in imbalanced  
local activity which fails to involve the rest of**

**the body, putting excessive load on its delicate vertebrae, which are not built for it**

**Integrative approach — as in a “Family Therapy” for releasing the neck’s distress, by directing the change to the non-suffering partners**

**A definition for bio-mechanic neck role in optimal posture: top of head projecting on tailbone**

**The jaw factor in the neck’s movement  
The multi-dimensional possibilities in neck's use**

**Strategies for restoring neck’s alignment, with forces varying from using full body weight to a feather-like touch of hand**

**All learning maneuvers in the neck are only validated if they are also applied in the reality of vertical activity, like standing, walking, bouncing on the heels or running in place**

**Movement re-enforces structure; energy re-establishes the context in which it was working**