

## Its never too late to change....

Through years of research and study, it can be said that most adults move in an **INEFFICIENT** manner, which causes or contributes to many of the musculo-skeletal injuries they will endure, as well as affect general health and well-being.

The good news is that it is never too late to be aware of our movement and its consequences and make changes to a more **EFFICIENT** movement pattern.

The benefits of change are invaluable—whether you want a method of assessing risks, addressing past, current or future musculo-skeletal injuries, or want to make improvements to your general health and well-being.

What do WE need to do?

1. Recognise any current/past injuries
2. Assess our existing movement pattern
3. Be aware of our limits by listening to what our body is telling us
4. **MAKE THE CHANGES** towards a healthier lifestyle

**AWARENESS IS THE START OF  
CHANGE**

**RSI?**

**tensions?**

**muscle injury?**

**need effective manual  
handling training?**

**poor posture?**

**Need manual  
handling  
risk assessment?**

**aches and pains?**

**sore back?**

**Work with  
heavy loads?**

**repetitive tasks?**

**want to improve  
your general  
health  
and well-being?**

# MOVING towards HEALTH



**A change to your movement habit  
may save you years of ACHES and  
PAINS and improve your HEALTH  
and WELL-BEING.....**

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## Movement...

From the simplest one cell organisms to the multi-complex systems found in the human body there is one common element — MOVEMENT. Without it, there cannot be life, and with restrictions to it: health and well-being are compromised.

Many adults will have already experienced a musculo-skeletal injury and be only too aware of how debilitating it can be. For example, just think of the last time you had a sore back and the effects if had on your ability to carry out the usual tasks in your daily life and how it affected your mood.



Do we always give enough thought to our movement and its consequences, or do we wait until something changes (often injury)? Most adults move in a habitual way. Neuro-muscular memories allow such habitual movements to occur without much obvious thought—BUT, what if our habitual movement pattern is not the safest or most EFFICIENT way to move?

## Effective v's Efficient

Most adults habitual pattern of movement is EFFECTIVE rather than EFFICIENT —in other words, it 'gets the job done'. However, at what cost?

Efficient movement means using the **minimal** and **appropriate** effort, therefore minimising tensions throughout the body and reducing the likelihood of short and long-term injury.

This is extremely important because an adult will undertake thousands of movements each day, whether at work or leisure, and if these movements are not EFFICIENT, it means that



un-necessary tensions are being placed throughout the body. This will result in sustained tension, cumulative strain, and lead to the likelihood of tissue adaptation → INJURY.

Many current treatments, therapies and training methodologies are based on 'effective' outcomes. It should certainly be questioned as to whether this really gets to the root of the problem and offers an adequate solution.

## For Thought.....

The consequences of inefficient movement have been recognised and analysed in many research documents, yet many movement strategies 'fail' to address this evidence. It is also true that many strategies do not encompass the four scientific areas of human movement: human development, bio-mechanics, physiology and anatomy.

Let us examine one example: Many people will have heard that 'bend your knees and keep your back straight' is a safe way of lifting an object. This 'solution' is derived from a bio-mechanical view. However, if we look holistically at human development, physiology and anatomy, it is easy to see that this method is potentially very risky and places great strain throughout the body. In effect, more than seven times the person's body weight is going through each knee, and the back is acting as a lever, against its 'design'.

Think or watch how a young child would lift an object and you should notice that they would never adopt such a position—until **WE** have taught them differently !

**Most adults move in a manner that predisposes them to musculo-skeletal injury and contributes to reduced health and well-being**