

Event Details

Sunday 5 September 2010

Assessing biomechanical tune using the archetypal postures of repose and introducing the Erectorcise concept.

Presented by: Phillip Beach, DO,DAC

The Erectorcise exercises are derived from that most important of movement sequences i.e. the erection from the floor to standing. We are a bipedal ape that can trace our ancestry back to homo erectus.

Erecting from the floor is mastered by all human children from all cultures, and has been for at least six million years. The floor to standing sequence is central to the biomechanical construction of every muscle, bone and joint we have. It is a movement sequence that the great majority of people now rarely exercise. I suggest much of the endemic back pain and limb dysfunction we end up treating is derived in large part from loss of ease in the floor postures, and loss of the complex strength needed to arise from the floor easily and gracefully.

The workshop will cover the embryology and evolutionary biology of the lower limbs. Archetypal floor postures will be practised and refined. Erecting from the floor with good style will be practised. Phillip will also spend some time exploring osteopathic technique via the Contractile Field model. These exercises are core curriculum to all movement. They are applicable to all people. You need to comprehend this concept.

Location

Queenstown

The exact venue will be selected dependent on number of course registrants and you will be informed closer to the time.