

EI #2a Centering / Gaits

Synchronised movement of arms and legs should be energising, de-stressing and integrating, and should have a centring influence on the body.

Being off centre can cause a disturbance on normal coordination in walking and movement.

Perception of world around us can cause adrenal stress, causing you to be 'knocked off centre' and therefore gaits to be 'out' of balance.

Metaphysics

What knocks you off centre?

A grounded/centred sense of self

Stepping out in the world

Taking a step towards something you want, or away from something you don't want.

Fearing change

Not moving ahead in life

Standing up for yourself and/or what you believe in.

Evaluation:

1. Have the client walk up and down the room.
2. Notice how are they moving. What their gait is like.
3. How does it feel to walk?
4. Get client on the table
5. Blanket test the foot, if IM unlocks then..
6. CL each gait point one at a time and note all IM unlocks on each foot.
7. Find emotion and dynamic

Balance:

1. Massage all unlocking points, one at a time, with a firm pressure. They may be tender. Rub for 20-30 seconds and/or until tenderness releases.
2. Whilst massaging gait points, discuss about goal, emotion and metaphors

Check changes:

1. Circuit locate the previously unlocking points and test. IM now locks
2. Check emotion

Foot Gait Points

