

Basic Tenets of Movement Vulnerability

1. All posture and movement create mechanical stress in our bodies.
2. Some mechanical movement stress is necessary, therapeutic.
3. Some mechanical movement stress is inflammatory, injurious.
4. Over time, injurious movement can strain, inflame soft tissue, degenerate disks and joints.
5. Repeated faulty posture and movement cause a vulnerability or a sensitization to particular mechanical stress.
6. Repeated faulty posture and movement lowers the threshold to mechanical stress that soft and bony tissue can tolerate.
7. The body can lose the "catch-up" game. It can process just so much inflammation.
8. Faulty posture and movements are unskillful and unconscious.
9. The body can heal itself, if given the chance, with enough relieving posture/ movement, not too much abnormal mechanical strain, gradual development of motor skill.
10. Skillful movement is healing.
11. Movement can be relieving or provocative.
12. Relieving movement reduces residual muscle tone, opens joint space, relieves disk pressure, supports strained ligaments, tendons, puts the body at rest.
13. Provocative movement, done poorly, will create more soft tissue inflammation and joint degeneration.
14. Provocative movement, done skillfully, will create stability, mobility, function, and manage movement vulnerabilities.
15. Hatha Yoga is skillful, conscious movement
16. Someone with movement vulnerabilities can manage themselves with Hatha Yoga