Applying Anatomy for Movement Educators
Live Webinar with Heather Seagraves
June 25th 2020

In this workshop we will review the basic anatomical principles of how our bodies move and function. We will discuss the major joints in the body, how these might be considered when teaching movement, and the cues / teaching language that may be most effective in our offerings. This workshop will focus heavily on understanding the structural and functional variations of the body, why biomechanics matters, and how to look for and integrate these things into your teaching with practice.

ESSENTIAL ANATOMY

● Some types of Connective Tissue

● These tissues serve to offer: protection, structure, connection / binding, storage nutrients, transportation, immune function
  ○ Bones - structure, good blood supply
  ○ Muscles - movement
  ○ Cartilage - protection, glide, some has poor blood supply
  ○ Tendons / ligaments - stability, connection, poor blood supply
  ○ Fascia - binding, connective, glide and slide

● 3 Planes of movement / actions that happen there
  ○ Sagittal
  ○ Coronal / Frontal
  ○ Transverse

● 3 types of joints / actions that happen there
● There are 6 total types of joints in the body - saddle, condyloid, pivot, plane
  ○ Hinge - moves in 1 plane (elbow / ankle)
  ○ Modified Hinge - moves in 2 planes (knee)
  ○ Ball and Socket - moves in all the planes (hip sockets / shoulder sockets)
Outline for talking points covered in the lecture:

- Anatomy and Movement of the foot / ankle
  - Ways to engage the peroneals and activate the feet
  - Common movement cues that may be more effective when offered in other ways based on understanding this anatomy
  - Press into the outer edge of the foot vs press into the outer heel and big toe

- Anatomy and Movement of the knee
  - Hyperextension, Valgus X, Varum / Varus O
  - Common movement cues that may be more effective when offered in other ways based on understanding this anatomy
  - Bring your legs / feet together vs offering other ways to say this
  - Knee stacked over ankle / second and third toe vs knee movement variations

Stay tuned to yourya.org for continuing resources on teaching online!

Upcoming events are posted and announced on Fridays in your member bulletin.