

## **Jogging & Rebalancing**

Frequent problems or limitations that can be observed in running/jogging are mainly in the knee and ankle area, as well as difficulty breathing freely and deeply.

If the tension relationship between the inside and outside of the leg, front and back, calves to thighs, legs to trunk is not harmoniously balanced, the body structure compensates this with counter tension to tense areas, with rotation and displacement. Everyone does this in their own individual way. And not only in sports. If, for example, the inside of the leg is more tense/shorter than the outside, a phenomenon is observed that is also called O-legs. The force is carried vertically from the ground, in the case of O-legs not along the bones, but crosses the knee joint at a different angle, which is less favourable than in the case of straight legs. The worse load-bearing capacity of the knee joint could be compensated by stabilization in the hip. This, in turn, leads to a restriction of the natural movement sequence during jogging/running.

A strong lateral movement of the shoulder area is often observed in order to compensate for stiffness in the hip joints and the effort required to stabilize the knee in the landing phase. The arms can no longer swing freely (otherwise this would degenerate into wild rowing), so you hold them closer to the torso this effort impairs breathing.

Rebalancing can relieve shortened and tense areas through targeted work on the connective tissue.

In the case described above, the following would happen:

Due to the regained elasticity and mobility of the connective tissue, including the inside of the leg, the knee would again be in a meaningful line above the foot, the ankle joint would be relaxed, since the shin and calf bone do not protrude upwards at an oblique angle but corresponding to the joint. The hip area would not have to compensate, the hip joints could exhaust the full radius of movement, which would lead to a calm, relaxed contralateral movement of the trunk and free swinging arms. Deep and easier breathing would be possible and you would run, and run and run... and maybe you get more and more the feeling of using 20 - 40% less energy ..... this is probably illustrated very clearly by the 2 persons: before and after of a long series of sessions.

Udo Keuper sammelte im Verlauf der letzten 34 Jahre vielerlei Erfahrungen um alternative Methoden, die persönliches Wachstum und innere Transformation fördern.

Zunächst Studien an der UCC Cork und der FH Frankfurt; letztendlich um mir den Limitation der konventionellen Psychologie bewusst zu werden, um somit auch den Ansatz zu finden, das Wissenschaftliche mit dem Intuitiven zu vereinen.

Bewusstheit fängt mit dem Körper an, etwas was real ist, Jogging in Freiheit und mit Grazie, ist ein Weg näher zu sich Selbst. Ausbildungen in den letzten 19 Jahren, wie Rebalancing, Trager-Arbeit ( Gelenkmobilisation), Einzel-Akupunktur Ausbildung nach Dr. Tung ( Schwerpunkt Entgiftung als auch Psychologie & Akupunktur) in Taipeh, Cranio Sacrale Biodynamik, Spirituelles Coaching b. Dr. K.P. Horn, u.v.m.

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