

Rebalancing und die menschliche Flexibilität

Kraftfluss, Integration & Grazie

Sports enthusiasts often report that rebalancing has improved their coordination and agility. Whether it's the professional athlete, the skiing student, the tennis-playing merchant or the belly-dancing doctor, a greater structural balance and flowing, harmonious muscle activity often lead to more effortless, effective and graceful movements.

Many top athletes have benefited from rebalancing. Among them:

- ** Figure skater Michelle Kwan (Olympic gold, World champion 1996, 1998 and 2000)
- ** Figure skater Brian Orser (Olympic silver medal 1984 and 1988, World champion 1987) Long jumper Joe Greene (Olympic bronze medal 1996)
- ** former tennis world number one Ivan Lendl.

Sport-relevant studies on the effectiveness of rebalancing Method of Structural Integration

Rebalanced individuals had the following characteristics compared to a control group:

- ** Shorter and more force-efficient muscle contractions during movements. Flowing energy downturn during muscle relaxation, especially during movements with sustained and rhythmic contraction.
- ** More sparingly dosed muscle activity, less energy consumption in body areas that are not directly involved in the movement, especially in the anti-gravitational muscles and the respective antagonists.
- ** Movements are more fluid, less forced and more spacious.

a) J.Silverman et al., USA (from: Confinia Psychiatrica 1973): EEG, biochemical tests and personality tests

Rebalanced individuals had the following characteristics compared to a control group:

- ** More spontaneous, more open rhythmic reactions to the environment and their own kinesthetic and proprioceptive sensations.
- ** Stress responses were more appropriate and flexible.

b) Jose Augusto Menegatti , the former coach of the Brazilian national volleyball team (1989 third in the world rankings), who now works as a "bodyworker" himself, spoke in an interview about rebalancing.

Asked how rebalancing can improve a volleyball player's game, he said:

„The players usually spend their time developing parts of their bodies - stronger arms, better legs, etc. Rebalancing brings the player the more comprehensive perception of an integrated body. This awareness allows athletes to use their strength in a balanced way, with greater freedom of movement and effectiveness.

Rebalancing also enables an athlete to breathe better. This reduces fatigue and allows shorter recovery times. Another factor is that breathing patterns change according to the

degree of tension an athlete feels. Players who have become rebalanced are more aware of their breath and are therefore better able to relax and control their level of stress.

The main thing is that Rebalancing opens spaces in the body so that players can move in an integrated way. And I mean integrated not only in the physical sense. I mean the whole person. This higher level of integration in each member of the team promotes a situation in which the respect between each other becomes greater. The players feel that the advantage of cooperative behaviour is extremely important. And so nobody tries to be a star, what the team can cost points.

Examples of unfavourable movement patterns among athletes:

- The body as a whole and certain regions shorten rather than lengthen as a result of movement.
- Movement is initiated by external muscles (instead of internal muscles).
Consequences: lack of coordination, premature fatigue, low strength efficiency.
- "Parasitic" muscle work (examples: cramped jaw musculature, held shoulders during a race).
Consequences: Waste of energy, increased risk of injury, joint wear.

Tense masticatory muscles and shoulders in runners 1, 3 and 5 (from left to right), while the corresponding muscles in runners 2 and 4 are relaxed.

- the horizontal diaphragms (pelvic floor, diaphragm, oral floor) are often overtoned.
Result: Lack of flexibility in the cervical, lumbar and knee joints.
- Pelvis/hip joints and/or BWS are too immobile.
Result: Risk of injury to knees, sacroiliac joints and lumbar spine.

Consequences of sports injuries for body structure and movement:

- ** Constantly repeated motion sequences lead to structural changes that often go unnoticed and therefore lead to symptoms. Example tennis elbow.
- ** Muscle injuries lead to adhesions of neighbouring myofascial structures, which restrict local mobility and metabolism and lead to "parasitic" involvement of neighbouring muscle groups.
- ** Too little attention is paid in rehabilitation to the fact that injuries and operations via the myofascial network have far-reaching structural and proprioceptive effects in other body regions.
- ** Unfavourable movement patterns are often not recognised and lead to an increased risk of injury and joint wear. Example: Pain in runners: Almost always the fibula is not flexible enough.

Karlis Ullis, Team Doctor of the US-American Olympic Team Summer 1992 on the benefits of rebalancing for athletes:

"Rebalancing is valuable for top athletes because it counteracts scarring and shifts in myofascial tissue caused by training, competition and injury.

Gerold Schwarz, orthopaedist and team physician for the HSV Bundesliga team (2004):

"Rebalancing is an excellent prevention and treatment of chronic symptoms. We doctors can repair the damage to the structure, the inflammation, the acute herniated disc. But if you have suffered for more than a year from a pinched sciatic nerve, then it has become a chronic pain syndrome. I can't fight it with syringes, which requires the persistent body work of a rebalancer."

Concluding remarks about strength training

Strength training has rather negative consequences:

** The existing person-specific deficits of the body structure are intensified because the type of exercise movement follows existing fixed myofascial and neural patterns.

** Strength training usually refers to the external musculature. The inner musculature remains "incompetent".

** The neural aspect of movement quality is not sufficiently addressed; proprioception and exteroception are neglected or rather blunted.

** Asymmetric muscle pulls at joints are intensified.

** Overdeveloped muscles lead to painful overstretching of the muscle fascia.

** The difference in the nutrition of the tissue in different body or muscle regions is increased.

** Joint play is restricted by structural myofascial shortening.

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