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## **HOW MOTUS AND MOVEMENT CAN HELP YOU:**

Your body is an intricate network of muscles, tendons, bones, ligaments, nerves, and so much more. All these things work together to allow you to move and do the things you enjoy. Because of life's repetitive activities, we often use certain parts of our body more than others. When some of these parts are used too much, and others not enough, this creates imbalance. Imbalance in the body can contribute to many types of muscle and joint pain. It can also hinder athletic performance. Things may become overworked, compressed, extra sensitive, painful, etc. because when one body muscle or body part isn't doing its job, another has to work harder to take over.

By learning proper movement, we are learning to re-create the balance of the body. Think of a machine that isn't stabilized properly or has a loose belt. Things start to rattle and shake and give you trouble. By adjusting the machine back into the way it was meant to work, that machine will become more efficient and productive. It's the same way with the body. Creating balance will allow muscles and joints to work efficiently and productively. We take stress off overworked areas and teach the "lazy" areas to do their part. It's a process that can take time, but it's a process that can also help your body be efficient and productive so you have the capability to live your life, move better, and perform better.

At MOTUS, we don't just give you a cookie cutter set of exercises and hope for the best. Every body is unique and different. We evaluate each person's individual movement. From there we find where the body needs balance, where it needs to be more mobile, and where it needs to be stronger. This individual approach is how we can best help you and your body be efficient and effective. We want to see you get better, faster, and stronger for the long term.

### **THE PROCESS:**

Here are the following steps we use to help you feel better, improve performance, and decrease pain. Each step leads to the next and can be adjusted based on where you fall in the continuum.



#### **STEP I: EDUCATION**

Knowledge is incredibly powerful. Growing in an understanding of how the body works, movement, and why we have pain are essential to moving forward toward whatever health or athletic goal you may have. When you understand why you are doing something, it allows specific focus to impact that area. It allows you to decipher when to push, when to pull back and can have a drastic impact on reaching your goals.

We want to help you understand that HOW you move will affect the balance of your body. Just going through a series of exercises without paying attention to form often results in overworking the same overworked muscles and not the ones that are needed to create a strong, pain-free, balanced body. By taking a step back and focusing on the things that need to work (but may have been slacking), we start to take pressure off the overworked area.

This will help line things up for more stronger, more efficient movement. For example, it is common to have pain in the back when lifting something from the floor. A common dysfunctional pattern we see is for someone to initiate the lifting movement with their low back. By teaching them how to initiate with their glutes and stabilize their spine, we can take stress off the back. This can not only result in decreased pain, but make them stronger because now they are using the big muscles they were meant to use, rather than relying on tiny overworked back muscles that don't have the capability to lift heavy weight.

Understanding pain is also important. Pain often leads to fear and fear to less movement. It can become a vicious cycle leading to loss of the capability to live your life. We help teach you what pain is ok and what is not, how to listen to your body, and when it's time to push or pull back. When you start to develop an understanding of pain and movement, have a plan, and know when to push and when to pull back, the world starts to open up. **This process can take time, and it takes consistent work, but it is a process that is meant to help you get healthy, and strong long term.** It is a process that can help you reach your goals.

## STEP 2: MOBILITY

Your body needs flexibility for muscles to work efficiently. When muscles are too short or long, they are not able to activate as well. Joints need to be moved to keep from becoming stiff. It is actually how a joint gets the nutrition it needs. Everyday postures often lead to certain muscles and joints becoming too tight and stiff. We evaluate to see where specific mobility is needed and where we can create movement. We then work to achieve this movement through things like exercise, stretching, manual techniques, cupping, IASTM, and myofascial techniques.

## STEP 3: ACTIVATION

Once mobility is started, we want to be able to "turn on" the muscles that aren't doing their job. We start to incorporate isolated muscle activity to reinforce and "lock in" the new movement you've found with the mobility activities. This may mean trying to contract one or two muscles in certain positions.

Activation is often the most challenging part. Patterns of movement are often rooted deeply and we are trying to change those patterns to create new ones. Be patient and focus on HOW you are doing the exercise. Like any skill, it takes practice. However, with practice and more practice, it will come. If you try to rush this and keep moving in the same way, then you will continue in the same patterns. By activating the right things, you are setting yourself up to create the balance your body needs.

## STEP 4: FUNCTIONAL MOVEMENT

This is when it all comes together. We start to incorporate the mobility and newly activated muscles into everyday movements. We integrate it into positions like squatting, reaching, lifting, pushing, pulling, running, cutting, etc and help tailor it to your specific goals.

## STEP 5: STRENGTH

Now that you've learned how to move your body more efficiently, we want to solidify those patterns by adding strength. Adding load to an efficient pattern will help your body naturally move to those patterns so it can be stronger, more efficient, and resilient.

**Remember, this process takes time, and it takes consistent work, but it is a process that is meant to help you get healthy, and strong long term. It is a process that can help you reach your goals.**