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#AKACONFERENCE2019

BASIC MOVEMENT PATTERNS GAIT, GLANDS, MUSCLES AND FASCIAL CONNECTIONS

When we enter this world the first requirement is to get air in our lungs. In order for this to occur, the rib cage needs to move laterally. Thus, in the same way we are genetically programmed to move certain muscles to help us down the birth canal, we are apparently "wired" for the lower part of the anterior serratus to pull the rib cage laterally. This creates a vacuum in the lungs and atmospheric pressure does the rest; movement facilitates breathing. With the up and out movement of the rib cage, the muscles below them are also lifted towards the head. Each time a breath is taken there is a gentle rocking of the sacrum. This action pumps the cerebro spinal fluid up towards the head and gently rocks the sphenoid bone. The sphenoid bone cradles the pituitary gland. It is this rocking which "milks" the pituitary gland. Thus the anterior serratus is an important muscle.

The flexor hallucis longus (FHL) muscle supports the arch of the foot and under stress will weaken. The FHL is reflexed to the adrenal glands. Stress causes the reflexed muscles to become hypertonic. This hypertonicity sets in motion a chain reaction affecting the gastrocnemius, psoas and the muscles around the jaw. This interferes with the movement of the sphenoid bone as well. If the sphenoid bone does not move freely, the function of the pituitary gland is compromised.

The hyoid bone is like a gyroscope which keeps the body balanced. It is not attached to any other bone and kept in place by muscles attached to the occiput and the collar bones. There is also a muscle to the cartilage around the thyroid gland. These seem to be the main muscles that need to be checked as they affect speech, swallowing, and body balance.

The muscles that turn the eyes are reactive to the muscles that turn the shoulders, hips and ankles. If the shoulder girdle is weak, the arms cannot swing freely and the gait pattern will be disturbed. When testing for this problem, the eyes need to be in all positions and also tested in the dark. Most of our memories are stored in the fascia that encases the muscles that turn the eyes. These muscles are also reflexed to the adrenal glands. The supraspinatus is reflexed to the brain and should be challenged bilaterally.

Probably, the most important are the capitis group of muscles. Their functions are the basis of the Alexander Technique for body movement. The capitis lateralis balances the wings of the atlas. The capitis posterior holds the atlas from moving forward. The superior and inferior obliquus capitis muscles hold C1 to C2, and help to hold C1 to the occiput. The branch of the subclavian artery that carries blood to the brain passes very close to the obliquus capitis inferior, so any damage to this muscle can affect brain function due to lack of blood to the brain.

A demonstration linking connections of the above will be included.

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Bernard Carson has been practising Kinesiology for over thirty years. For most of that time he has utilised the Neural Organisation Technique (NOT) pioneered by the late Dr Carl Ferreri D.C. Recently, he has concentrated on combining Kinesiology with Embryology, inspired by Dr Erich Bleschmidt.

A course to explain these techniques to Kinesiologists has just been written and will hopefully be presented soon.

Bernard has three children and five grandchildren. He currently resides in Nowra NSW, where, with his cousin and his wife, they run a racing horse stable. This ensures that all three get plenty of practice in Equine Kinesiology.

Bernard works with two Naturopaths at Core Naturopathics at Corrimal, Wollongong.