

KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: THE LIMBS 2017
Taught by Irene Dowd

This course has been created to provide participants with functional and kinesthetic comprehension of our musculoskeletal system of the extremities, i.e. the legs and arms. We will study the bones, joint biomechanics and muscles of the limbs. We will also focus on how these joints move and the patterns of muscle coordination that move them in the activities of daily life, such as walking, lifting, carrying and manipulating objects. The schedule of topics is as follows (subject to slight changes):

January 19 – structure and range of motion of hip joint
January 26 – muscles crossing the back and outsides of the hip joint and what they do
February 2 – muscles crossing the front and insides of the hip joint and what they do
February 9 – structure and motion of knee joint
February 16 – muscles and tissues crossing knee joint, their functions in motion
February 23 – strategies for enhancing knee joint function
March 2 – structure, motion, muscles of leg and ankle joint
March 9 – architecture and motion of foot
March 16 – muscles of the foot
March 23 – structure, motion, muscles of shoulder girdle
March 30 – structure and motion of shoulder joint, and rotator cuff function
April 6 – all muscles of shoulder joint, coordination of shoulder girdle with shoulder joint
April 13 – elbow joint and joints of the forearm, muscles and actions
April 20 – wrist joint and muscles; bones, structure and motion of hand
April 27 – muscles, movements and activities of hand

DATES: January 19 – April 27, 2017 (15 weeks with "rain-date" on May 4, 2017)

TIME: Thursdays 2:00 – 4:00 p.m.

FEE: \$875, no refunds after January 18, pre-registration is essential

LOCATION: NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012 (at north-west corner of Broadway and Houston Streets)

REGISTRATION AND PAYMENT TO: Stephen Williams, director NOHO Pilates (mail payment to: Stephen Williams 611 Broadway, Suite 608, NYC 10012)

FOR MORE INFORMATION: call Irene Dowd at 212-420-8782 (8am -8pm) or

e-mail Stephen Williams at nohostudio@yahoo.com

Biographical note: Irene Dowd is on the dance faculty of the Juilliard School, Movement Research, and Hollins University/ADF MFA program in dance. She has been a regular guest to NYU Tisch School of the Arts and Canada's National Ballet School for many years. Author of [Taking Root to Fly](#), she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for more than 45 years in NYC, while continuing to be a guest teacher in academic and dance institutions throughout the US, Canada and Europe. Irene is recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, and the 2015 Juilliard John Erskine Faculty Prize.