

KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: THE LIMBS 2020
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 16 – structure and range of motion of hip joint
January 23 – muscles crossing the back and outsides of the hip joint and what they do
January 30 – muscles crossing the front and insides of the hip joint and what they do
February 6 – structure and motion of knee joint
February 13 – muscles and tissues crossing knee joint, their functions in motion
February 20 – strategies for enhancing knee joint function
February 27 – structure, motion, muscles of leg and ankle joint
March 5 – architecture and motion of foot
March 12 – muscles of the foot
March 19 – structure, motion, muscles of shoulder girdle
March 26 – structure and motion of shoulder joint, and rotator cuff function
April 2 – all muscles of shoulder joint, coordination shoulder girdle with shoulder joint
April 9 – elbow joint and joints of the forearm, muscles and actions
April 16 – wrist joint and muscles; bones, structure and motion of hand
April 23 – muscles, movements and activities of hand

DATES: January 16 – April 23, 2020 (15 weeks, make-up day on April 30, 2020)

TIME: Thursdays 2:00 – 4:00 p.m.

**FEE: \$900, no refunds after January 15, pre-registration is essential;
check or cash ONLY**

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 50 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, the 2015 Juilliard John Erskine Faculty Prize, 2016 Dance Science & Somatics Educators Lifetime Service Award, 2018 Honorary Fellowship from Trinity Laban Conservatoire of Music and Dance