

KINESTHETIC ANATOMY OF UPPER EXTREMITY: FOCUSING ON JOINT MOTION (KINEMATICS) AND FULL RANGE OF MOTION

Taught by Irene Dowd

Wednesdays, October 11 – December 6, 2023

CONTENT AND GOALS OF THE COURSE:

I'm resuming my kinesthetic anatomy course after the hiatus caused by covid shut down, just as I was getting ready to teach the upper extremity. Instead of continuing with the old plan, this will be a different approach to upper extremity, based on the work and thinking I have been doing between then and now.

We will be focusing on how each bone moves on the adjacent bones in detail. We will precisely locate each joint on our own bodies. Then we will visualize all the motion that can potentially take place at that joint. This serves to clarify our understanding of how our upper extremity moves. We will also learn choreographies that engage each of the muscles that move these joints from its most elongated to its most shortened length – providing a strong kinesthetic experience of our muscles that move our shoulders, arms, and hands. All the choreographies together can provide a warm-up, conditioning, and training program for our upper extremity. The choreographies can also be tailored toward different goals such as: enhancing active range of motion, strengthening muscles, both protecting and mobilizing our joints, addressing joint motion imbalances, etc. Using our hand in even the simplest actions, involves our entire upper extremity and coordination with the rest of our body - and many of the choreographies reflect that coordination of our whole body in every little or big action of our hands.

TENTATIVE SCHEDULE:

Week #1 - shoulder girdle

Week #2 – shoulder joint

Week #3 – shoulder girdle and shoulder joint coordination

Week #4 – elbow joint and forearm joints

Week #5 – wrist joint

Week #6 – hand

Week #7 – hand/wrist/forearm/elbow/shoulder coordination

Week #8 – review of sequences

Dates: October 11 – December 6, 2023 (8 weeks long course – NO class day before

Thanksgiving November 23; December 13 is make-up or "rain-date" in case of debilitating weather or other unpredictable circumstances)

Time: 2:00 – 4:00 p.m. every Wednesday

Location: Noho Pilates, 611 Broadway, Suite 608, NYC 10012 (northwest corner of Broadway and Houston Streets)

If you sign up for this course, you will receive a **ZOOM link** at beginning of seminar that is usable for the entire course (Zoom recording can be viewed for 7 days after the class meeting)

NOTE: **hybrid course** - you can attend in person physically or on Zoom or view the Zoom later - just let us know what you choose.

Fee: \$550 - Pay to Stephen Williams with **PayPal or Venmo**. Contact Stephen Williams at nohostudio@yahoo.com and make your payment to him. If you want to pay by check, write your check to Stephen Williams and mail to: **Noho Pilates, 611 Broadway, Suite 608, NYC 10012. Please make sure that you get your payment to him before the course begins so that he can send you the Zoom link, and the handouts in advance.**