

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

**Taught by Irene Dowd**

**WEDNESDAYS, February 7 – April 10, 2024**

**CONTENT AND GOALS OF THE COURSE:**

In this course, we will be studying our lower limbs: pelvis, thigh bones, hip joints, lower leg, knee joints, ankle joint and foot.

We will be focusing on how each bone moves on the adjacent bones in detail. We will precisely locate each of these lower limb joints 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 lower 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 hip joints, knees, ankles and feet. All the choreographies together can provide a warm-up, conditioning, and training program for our lower 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.

Our feet are often our interface with the ground and so they are engaged in walking, running, jumping, and all other locomotor activities. How our feet contact the ground (and therefore, how the ground contacts our feet) involves our entire lower 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 feet/legs.

**TENTATIVE SCHEDULE:** subject to change

Week #1 - basic elements of joints and of hip joint in particular

Week #2 – movement of the hip joint and choreographies for the muscles of the hip joint

Week #3 – coordination of hip joint, pelvis and lower spine

Week #4 – structure and movement of knee joint

Week #5 – choreographies for the muscles crossing the knee joint

Week #6 – choreographies to stabilize knee joint in action

Week #7 – structure and movement of the ankle joint and the joints between the tibia and fibula

Week #8 – choreographies for the muscles crossing the ankle joint

Week #9 - structure and movement within the foot

Week # 10 - choreographies for the muscles of the foot

**Dates: February 7 – April 10, 2024 (10 weeks)**

**Time: 2:30 - 4:00 p.m. every WEDNESDAY - note that this is one hour and a half each week**

**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: \$500** - 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.**