

SENSOMOTORICS BY BEATE HAGEN®

Re-education of chronically tight muscles and their re-integration into the original/initial movement cycle. Slow, gentle and easy moves and exercises bring back conscious perception and reestablish lost movement patterns for improved mobility and body awareness.

In the early 1970's, American *Thomas Hanna*, then Chairman of Philosophy at the University of Florida, was introduced to the work of *Moshe Feldenkrais*, an Israeli physicist and body educator. Meeting Feldenkrais and watching him work had a great impact on Hanna as the Feldenkrais Method was compatible with Hanna's somatic philosophy. In 1975 Hanna arranged the first Feldenkrais training program in the United States.

During the time that he worked somatically with thousands of clients he evolved the work in some highly effective ways, in part, by adding his understanding of the rules of biofeedback. Hanna observed characteristic postural difficulties in people of all ages and in all walks of life. He also noticed that certain procedures were extremely effective in helping clients regain control of muscles that were holding them in these postures and restricting their movements. These processes became known as *Hanna Somatic Education*®.

When in the 1990ies Hanna offered his first training program in *Hanna Somatic Education*®; German *Beate Hagen* was one of his first students. She has further developed this technique and, later founded ***Sensomotorics by Beate Hagen***®. Since then she has trained many students herself.

Sensomotorics® is entirely based on the principles of conventional neuroscience. It can be thought of as a modality of first recourse for neuromuscular pains and stiffness. In addition to improving neuromuscular performance, i.e. muscular differentiation and range of movement, and improving proprioceptive function, i.e. balance and coordination, *Sensomotorics*® has shown itself clinically effective in relieving both chronic and acute pain.

Our muscles are not only service providers, but also indicators for our inner state. During our entire life our sensory motor system responds reflexively and with specific muscle contractions to stress such as accidents, injuries, surgeries, repetitive tasks and on-going emotional stress.

These muscle reflexes cause habitual muscular tension. After a certain period of time, the muscle contractions become entirely involuntary and unconscious, so that we do not know anymore how to relax our muscles arbitrarily and move freely.

This state of chronically tight muscles and insufficient memory of the brain caused by habituation and adaptation is called *Sensory Motor Amnesia*.

It describes a loss of memory how certain muscle groups feel and how they can be controlled. The resulting patterns are such common conditions as chronic back pain, neck, shoulder and hip pain, limited mobility, joint pain, poor posture, shallow breathing, and uneven leg length.

However, since the *Sensory Motor Amnesia* is an acquired and adaptive reaction of the nervous system, it can also be unlearned again. We are not conscious about it, but it affects us in our innermost being.

Not all muscle tightness is maladaptive or permanent. But a muscle that is habitually tight needs to be addressed at the level of the brain and sensory motor system. The most effective and expeditious way to reverse the effects of habituated muscle tightness is to actively reset muscular tonus and length via the central nervous system.

Sensomotorics[®] utilizes a specialized technique, called pandiculation, to reset muscle length and improve coordination. It works with the whole postural pattern and, particularly helps relieve pain and disability associated with common health complaints such as: headaches, stiff or painful joints and muscles, fatigue, poor posture, breathing problems, impaired movement, accident trauma and whiplash effects, back pain, repetitive use/stress injuries.

The exercises are effective at eliminating pain, and increasing movement and flexibility. The movements reprogram the brain through sensory motor awareness of habitual tensions and re-establish feedback in a variety of slow, gentle and easy moves. These movements compliment any workout routine, yoga practice or athletic activity, reminding your muscles that they can move freely and easily. They increase flexibility without harmful stretching, and prevent injury through improved sensory motor function.

It works for kids, it works for aging bodies, it works for everyone...

Interesting links:

www.hannasomatics.com (English)

www.sensomotorics.de (German)