

Kinesiology based on Spiraldynamik®

Introduction to Spiraldynamik®

Spiraldynamik® is a concept of human movement coordination which is based on anatomy. It was developed by Yolande Deswarte (physiotherapist, Paris) and Christian Larsen (medical doctor, Bern) as the result of many years of research.

Spiraldynamik® is founded on the universal laws of the structure of spirals in three-dimensional space.

The spiral is one of the simplest and therefore most common structures in the universe. The spiral has two excellent features. In the first place, it is space-saving; we build spiral staircases when there is little space. Secondly, the spiral is a structure which has a stability in itself. Whether we use screws, corkscrews or bedsprings we daily make use of the load capacity of spiral structures concerning compression or tension.

Its space-saving quality and its inherent stability make the screw spiral a preferred basic element of natural structures. These structures occur in galactic spiral nebula, tornados or whirlpools, in plants and snail shells as well as in the DNA, which carries our genetic information.

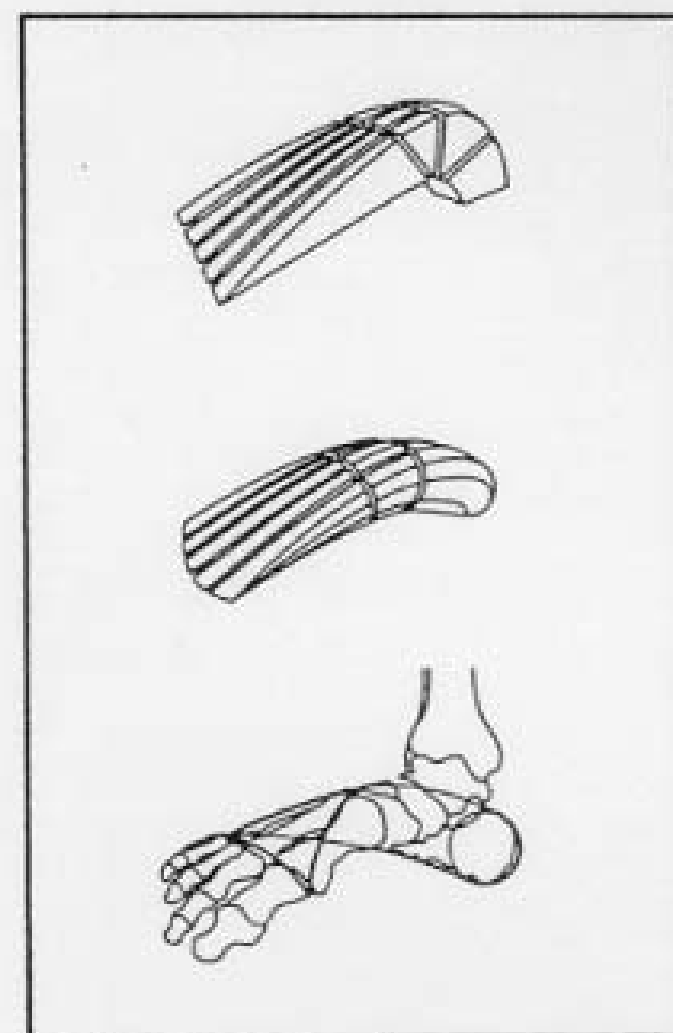
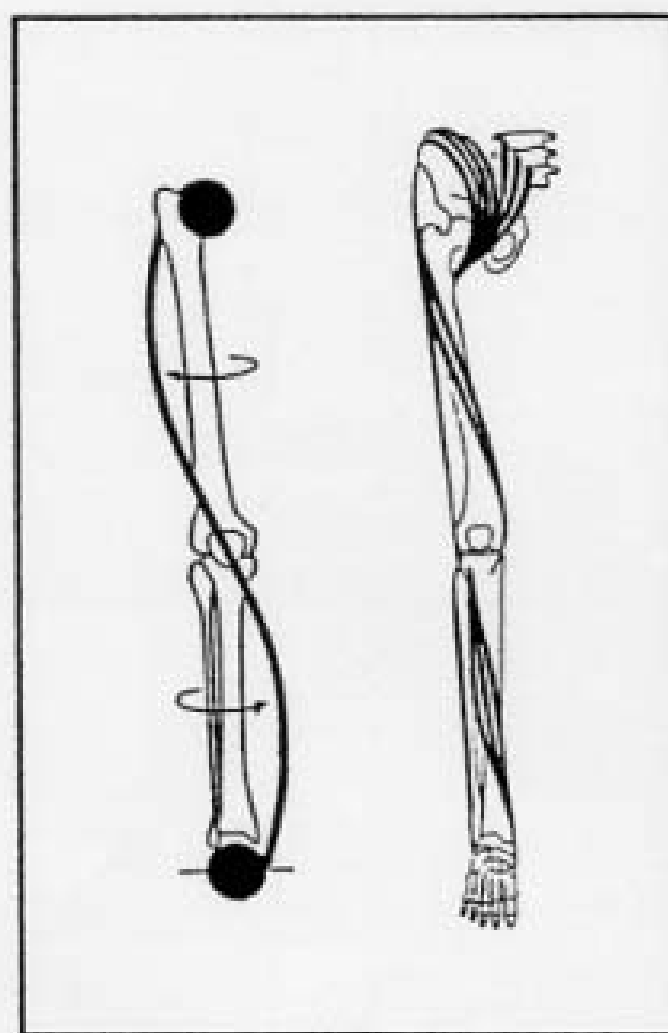
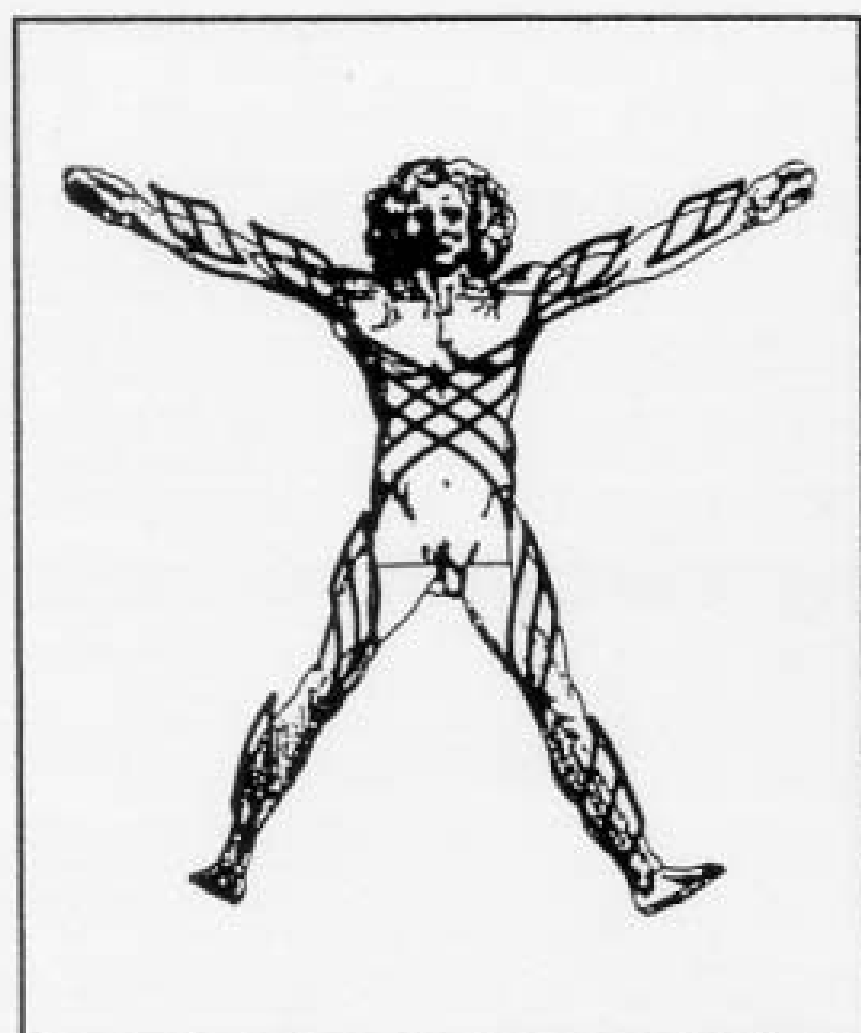
The spiral principle is also found as a basic anatomical element in the human body, e.g. in the three-dimensional movability of the spine as we use it when walking or running, or in the three-dimensional vault structure of our feet. The knee joint, too, is based on the principle of spiral screw connection: hinge function plus minute turning motions, cruciate ligaments, muscles arranged diagonally or in the shape of a spiral.

From these basic structural elements a movement concept can be derived that is deeply rooted in every human being because of its universal principles.

With the help of five principles the laws of the spiral can be shown in the human body within the so-called coordination units:

1. The spiral principle

This principle describes the fundamental spiral order of structures in coordination units, shown here in a general overview and with leg and foot:

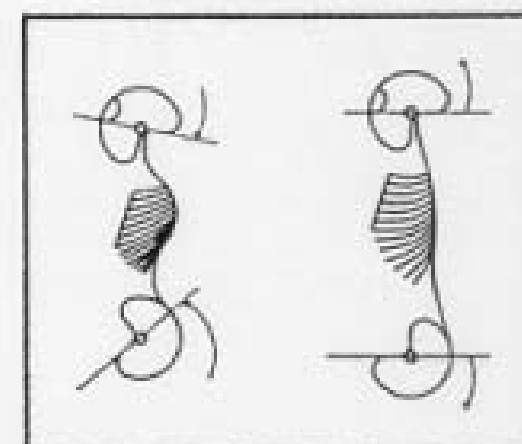


The most important coordination units and the sense of rotation of their spirals:

- **Trunk**; left or right (both directions possible)
- **Teg**; thigh outwards, lower leg inwards (not reversible)
- **Foot**; heel outwards, good earth contact of big toe (not reversible)
- **Arm flexion**; upper arm inwards, forearm outwards (reversed when arm stretched)

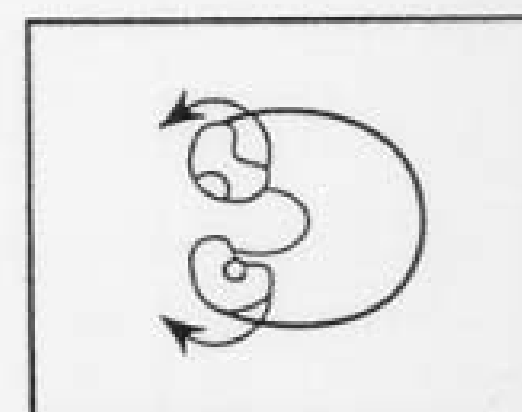
2. The principle of stretch tension

The force which stabilises the spiral lengthwise (tension and compression forces) is called stretch tension and can be seen e.g. when the pelvis is upright or the neck relaxed. Left without stretch tension, right with stretch tension.



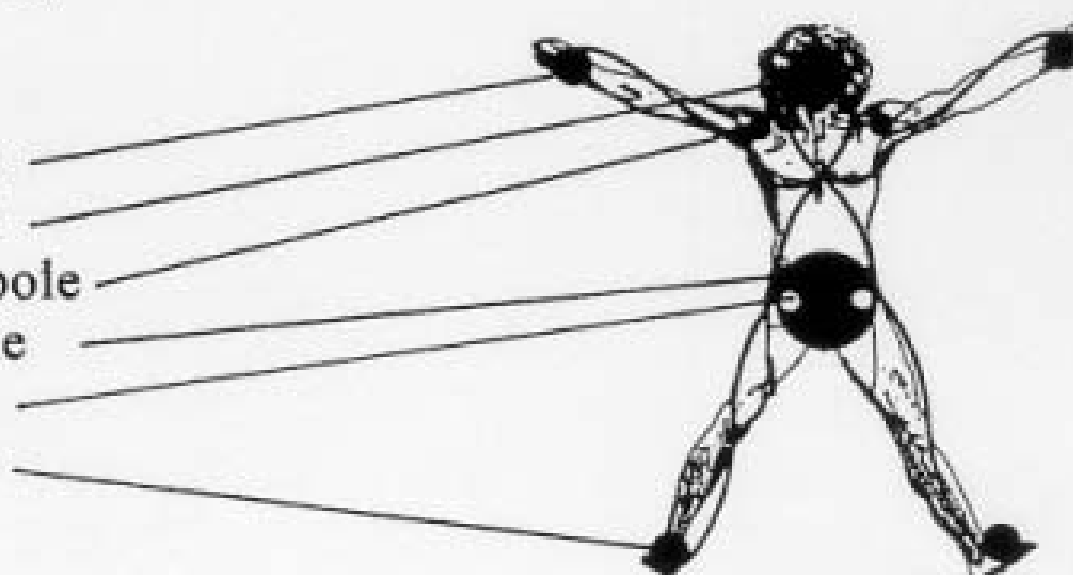
3. The principle of the motion-initiating function of the poles

The boundaries of each coordination unit are marked by poles, e.g. head and pelvis are the poles of the trunk. By their orientation in space the poles keep up the stretch tension. They start and end every coordinated motion, which on the picture is demonstrated at the example of the trunk: head and pelvis pole initiate the roll-in movement of the spine.



The most important poles are:

- hand pole
- head pole
- shoulder pole
- pelvis pole
- hip pole
- foot pole



4. The principle of impulse centres

The muscular impulse centres are most commonly inside the poles. Activity starts from the impulse centres and builds up stretch tension when the poles move in the way described in 2) and thereby make coordinated motions possible.

Example: The impulse centre of the pelvis pole is formed by the pelvic floor muscles.

5. The principle of figure-of-eight movements of the joints

All large joints can make figure-of-eight movements. This movement is caused by an alternating spiral screw connection, where the change to the opposite direction does not occur as a movement with a turning point and a short standstill but in a fluent transition of a turning loop.

Example: A figure of eight occurs when the upper arm is moved to the front with inward rotation and moved back with outward rotation.

Spiraldynamik® conceives the body as a three-dimensional dynamic unity. From this perspective the concept of coordination appears in a totally new light. Pain and overstrain symptoms in the locomotor system can be assessed with more differentiation and can be released.

Application of the spiraldynamic concept in Kinesiology

An application in Kinesiology is based on the assumption that the knowledge of spiraldynamic phenomena is present in every human being because of the universality of these laws.

Therefore, we can use the muscle test to find out which spiraldynamic principle is out of balance energetically.

By irritating manually specific reflex points, so-called spiraldynamic activation points, energy blocks can be released, so that the corresponding spiraldynamic principle can reorganize itself. The activation points are looked for anew in every balance with the help of muscle tests.

It has turned out that this kind of balance can bring about very efficient changes. This is probably due to the profound, universal approach of Spiraldynamik®.

Balances do not only affect the level of coordination (locomotor system), but can be an alternative to existing methods in all fields of kinesiological work. Emotional or vegetative reactions / changes occur frequently.

Balance Procedure

- 1) Kinesiology based on Spiraldynamik® can be applied with or without a theme / goal.
 - a) with goal: work on goal sentence / theme and balance with the procedure starting with 2)
 - b) without goal: our procedure is seen to be part of the structural level (structural passive). Mode: tip of thumb to tip of index finger. If there is a priority for **structural work**, then proceed to 2).
 - 2) Find out with muscle testing if it is beneficial to balance with Kinesiology based on Spiraldynamik®. Sometimes **preparation** is necessary, e.g. colours, Tibetan figures of eight, stress release, Brain Gym exercises or something similar. We also check this with the muscle test.
 - 3) **Pre-tests**:- circuit location (CL) of stressful areas on the body
 - walking, particular movements, seven dimensions, senses, visualisation, activity etc., depending on individual situation
 - 4) Ask with muscle test which of the **five principles** should be strengthened, verbally or with one of the following finger modes:
 1. Spiral: Final joint of thumb across middle joint of index finger, other fingers stretched out => they form a spiral sequence
 2. Stretch Tension: tip of index and little finger together
 3. Pole: tip of index and little finger and tip of thumb together
 4. Impulse Centre: all five fingertips together
 5. Movements in a Figure of Eight: middle finger crossed over index finger
- The principle which shows weak is the one that needs strengthening (e.g. pole). Now we ask verbally or by using the finger modes where the principle is located. This is done by CL with the mode hand or by moving it across the area in question or point in the direction of this area and test. Where the muscle is weak, we have found the right spot (e.g. the pelvis pole).
5. Ask with muscle test where the **activation point** is located on the body (verbally or with CL). A weak test shows an activation point. If principle mode is held with CL at activation point, the muscle should test strong. Activation points have to be searched for anew every time because there are no fixed assignments. Most points are located at prominent bone features, on one or both sides or on the midline.

- 6) Having found one or more **activation points** (several points may be activated at the same time, ask with muscle test), we have the following possibilities for **strengthening**:

1. Pressure: balance of the structural - physical level
2. Massage: balance of the chemical - mental level
3. Holding: balance of the psychological - emotional level
4. Tapping: balance of the spiritual level

We find out the strengthening procedure with primary importance verbally or by holding the finger mode for structural (index finger), chemical (middle finger), emotional (ring finger) and spiritual (little finger) with CL. We strengthen according to the procedure indicated by the first finger which becomes strong with CL of activation point (e.g. activation point strong with ring finger we strengthen according to 3. by holding the point).

The time needed for activation differs. Depending on the situation half a minute up to several minutes can be necessary, to find out

- ask client, if it is enough strengthening.
- sense: if the point is not balanced yet a micro oedema which has a pulse along with the breathing rhythm may be sensed on the bottom side of the finger. As soon as this disappears there should have been enough

7) **Check activation points:**

- => activation point strong => check principle mode
- => principle mode strong => proceed to 4), search for new principle, when all principles strong => proceed to 8)
- => principle mode not strong proceed to 5), search for new point
- => activation point not strong => test next priority of strengthening procedures and strengthen

Usually one to three, sometimes more principles need to be strengthened in a balance.

- 8) Ask if **other methods** are needed (e.g. form TfH, Brain Gym etc.)
- => if no, test structural finger, should be strong proceed to 9)
 - => if yes, ask for methods, apply them and test structural finger again.
 - => Strong, proceed to 9)
 - => Not strong, proceed to 4)

- 9) Re-check goal, **re-tests**, body stress CL

- 10) Closing sentences, **homeplay**, follow-up balance

- 11) **Enjoy the new feeling**

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