Spiraldynamik - intelligent movement

Jens Wippert

Spiraldynamik ® is an anatomically based movement and therapy concept. It was founded by the physiotherapist Yolanda Deswarte, and Dr. med. Christian Larsen. During the time that he was professionally active as a pediatrician, Christian Larsen repeatedly wondered: “is the universal principle of organization, the spiral, also embodied in man?” Observing the babies and toddlers that he worked with inspired him to research further into movement sequences. International interdisciplinary research communities in medicine, physiotherapy, pedagogy, yoga, fitness, sports and dance have been working together researching this question since 1981. Their main preoccupations have been the connections between anatomy, the three-dimensional system and the laws of nature (i.e. gravity), using the spiral as a basic building block. Spatially, the spiral structure dominates as a place saving and stable structure. The temporal dimension of motion is defined by wave movement and rhythm. Time and space are united in the spiral and in dynamism. Coordinated movements are three-dimensional, using the anatomically given corporal structures. Only the three-dimensional joining of the spiral structures throughout our body makes harmonious movement possible. The form of the body’s joints and bones and the arrangement of the ligaments and muscles, indicate the body’s preferred movement and rotation directions. Since a spiral has basically two directions of rotation, it is a matter of turning in the direction set forth by the given structure of the body. This anatomical understanding trains precise three-dimensional movement coordination and permits an unexpected variety of movement to emerge.
Dr. Jens Wippert
Munich, 1st Winter Symposium

Spiraldynamik®

Biomechanics of the lower limb
Helix: Universal structure

- Plants
- Shells
- Horns
- Crystals

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Helix: Macro- and microcosmos

Spiral galaxy

Clouds

1, 2: Larsen, C.: 12° der Freiheit, Via Nova, 107
3: Q. n. e.
Helix: Macro- and microcosmos

- DNA
- Aktin
- Collagen
- Proteins

1, 2: Larsen, C.: 12° der Freiheit, Via Nova, 107
3: Q. n. e.
Helix: 3D-Dynamic

. Vortex
. 3D-Schema
. Upside down
. Spirobranchus

Larsen, C.: 12° der Freiheit, Via Nova, 109
Helix: easy flexible-stable

1 angle 1 plane
2 angles 2 plane
Tetrahedon
Helix

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Helix: Homo sapiens

- Inner ear
- Muscles
- Ligaments
- Heart muscle

1-3: Larsen, C.: 12° der Freiheit, Via Nova, 110-1, 225
4: Schwenk T: Das sensible Chaos. Freies Geistesleben
Helix: Concept of symmetry

- Rotation
- C-Bow
- S-Bow
- Helix

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Evolution in the move

- Wave
- Screw
- 3D-Torsion
- Combinations

Larsen, C.: 12° der Freiheit, Via Nova, 126-35
Evolution: Change through function

- Mass
- Volumen
- Weight
Evolution: Change through function

- Relation pelvis mother to head child
- Change of the skull
- Change of the foot
Anatomy: Limbs

- Enarthrosis
- 1–2–3–4–5
- Antetorsion and retrotorsion
- Rotating hinge joint

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Anatomy: Hip joint

- Antetorsion Femur
- 3D-Trabecula
- 3D- „Ligament-screw“
- Dominance of external rotators

1: Modif nach Benninghoff
2-4: © Primal Pictures
Anatomy: Knee joint

- Bones
- Crucial ligaments
- Leading muscles
- Direction of rotation
Anatomy: Foot and arches

- Principle of wedge
- Principle of helix
Take Home Message

1. Global function e.g. Helix
2. Deformation reversible?!
3. Self-optimizing with intelligent movement
More information

www.spiraldynamik.com
www.elementhera.de
Articles / literature
Newsletter / News
Courses
Facebook

www.my-medibook.de
Books: Foot

Gesunde Füße für Ihr Kind

Gut zu Fuß ein Leben lang

Fuße in guten Händen

Spiraldynamik – programmierte Therapie für konkrete Resultate

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