

Chapter 24. Treating Micromotion Hypomobility of the Atlantoaxial Joint in Patients with Whiplash Injury

Author: Jerry Hesch, MHS, PT, DPT, HSP

From the book: *Movement Integration - the Systemic Approach to Human Movement*

Authors: Martin Lundgren, Linus Johansson

Contributors: Gary Carter, Ása Áhman, Julian Baker, Cecilia Gustafsson, Lucas Henriksson, Lena Björnsdotter, Gary Ward, Jerry Hesch

About the Authors

Linus Johansson is a physiotherapist who specializes in holistic approaches to the human form through physical therapy and movement integration. He works with clients regularly to improve performance and address pain related problems and is also one of the creators behind the SOMA MOVE concept.

Martin Lundgren is a Board-Certified Structural Integrator and Movement Practitioner. With roots in Structural Integration and Anatomy in Motion, he has been developing new treatment systems and methods in recent years. Through his work with treatments and movement, he develops people's kinesthetic ability, performance, and well-being.

A paradigm-shifting, integrative approach to understanding body movement.

The ability to move with efficiency and agility has been an essential component to our evolution and survival as a species. It has enabled us to find food, fight threats, flee danger, and flourish both individually and collectively. Our body's intricate network of bones, muscles, tissues, and organs moves with great complexity. While traditional anatomy has relied on a reductionist frame for understanding these mechanisms in isolation, the contributors to *Movement Integration* take a more systemic, integrative approach. *Ensomatosis* is a new paradigm for comprehending movement from the perspective of the body's entirety. The body's many systems are understood as synchronized both internally and externally. Drawing on expertise in physiotherapy, somatics, sports science, Rolfing, myofascial therapy, craniosacral therapy, Pilates, and yoga, the authors assert that a more comprehensive understanding of movement is key to restoring the body's natural ability to move fluidly and painlessly. With over 150 images, the Color Illustration Model of Relative Movement provides a visual tool for understanding how joints interact with surrounding

structures (rather than in isolation). This is an ideal book for physiotherapists, massage therapists, structural integrators, coaches, as well as yoga and Pilates instructors. \$29.95 from Amazon.com

- Paperback: 272 pages
- Publisher: North Atlantic Books (February 18, 2020)
- Language: English
Publication date: 02/18/2020
- ISBN-10: 1623174651
- ISBN-13: 978-1623174651
- Product Dimensions: 8.4 x 0.4 x 10.8 inches
- Shipping Weight: 1.5 pounds

Table of Contents

Foreword 7

Acknowledgments 9

Part I

Chapter 1 The law of perspectives Linus Johansson 13

Chapter 2 The purpose of life and pain Linus Johansson 15

Chapter 3 One foot in front of the other Linus Johansson 20

Chapter 4 The principles of a new paradigm - Martin Lundgren 24

Chapter 5 Relationships Linus Johansson 32

Chapter 6 Oppositions Linus Johansson 49

Chapter 7 The Color Illustration Model: a new way to illustrate movement Martin Lundgren 53

Chapter 8 Gait made simple Martin Lundgren 57

Chapter 9 Ensomatosy Linus Johansson 84

Chapter 10 Ensomatosy visualized Linus Johansson 94

Chapter 11 To study ensomatosy Linus Johansson 101

Chapter 12 The positive intention Linus Johansson 105

Part II

Chapter 13 A more detailed look at posterior tilt of the ribcage Martin Lundgren 113

Chapter 14 My method Linus Johansson 118

Chapter 15 Soma Move® Linus Johansson 124

Chapter 16 A note on craniofacial development Martin Lundgren 132

Part III

Chapter 17 Variations in myofascial slings and continuities Gary Carter 139

Chapter 18	What is movement?	Åsa Åhman	155
Chapter 19	Fasciaism is on the rise!	Julian Baker	165
Chapter 20	What is movement?	Cecilia Gustafsson	174
Chapter 21	What is movement?	Lucas Henriksson	184
Chapter 22	What is movement?	Lena Björnsdotter	192
Chapter 23	What is the potential influence of the skeleton's movement on the fascial system?	Gary Ward	199
Chapter 24	Treating micromotion hypomobility of the atlantoaxial joint in patients with whiplash injury	Jerry Hesch	212
Index			223