



CONFERENCE ABSTRACT

Stances & Steps concept against aging

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Abstract

Vertical positions the dynamic stability and the functional unit of head trunk and pelvis. Development of dynamic stabilization of the head-trunk-pelvis functional unit during verticalization in the first year of the human ontogenesis. Head control as the first reference point in spatial orientation. Further verticalization control of the pelvis which is the second reference point of movement and position. The pelvis - a basic precondition of sitting standing and walking. Trimesters evaluation: observation of the first head movement around Vertical axis then Sagittal and finally around Frontal axis. In the same way first pelvis movement - Vertical axis (turning). Pelvis development around all of the three axes. Pelvis rotations by Crawling reflex and Stepping - walking reflex. Changes of ipsilateral extension and flexion of upper and lower quadrant to contralateral pattern. Crawling the most primitive walking pattern. Moro or Startle reflex - the knee extension for stand up and walk. Balance development changes of wide triangle base to narrow square base. Creeping position - more advanced walking pattern. Development of walking by crawling and creeping. Side way walking - shifting of the pelvis in one plane only (around Sagittal axis) safe for equilibrium control. In forward walking pelvis moves around three axes in three planes. Limitation in the pelvis movement or misalignment of pelvis in space creates and develop several skeletal and muscular system impairments what leads also to injure easier in daily life activity or in sports. And millions of people daily injure not because of nature circumstances or traffic accidents. They injure at home office etc. because of wrong biomechanical principles what they developed in early age of postural verticalization. To improve our posture and gesture we need walking review standing to correct sitting because we spend in sitting position most of the time of day.