

## BODY MAPPING

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Theory: You need an accurate idea of the location of the bits, in particular joints, that you use for any activity otherwise your coordination will be impaired.

Your 'body map' is your idea of where the various bits and pieces are, and how big they are and their relative angles.

A clear idea that is **wrong** is the worst possible scenario.

A clear idea that is **correct** is the best possible scenario.

Map the major joints, i.e. top of spine, hips, sterno-clavicular, shoulder, elbow and wrist, ankle and foot.

Map the lungs and bits that move in breathing. The rib articulations on the spine and the texture of the joints at the front of the cage? The internal viscera's movement

Map the eyes and brain.

Map the joints needed for playing your instrument.

Map your normal 'posture' in relation to gravity in sitting and standing.

The 'grain' of your bones changes in relation to gravity.

Map your hands, from the back then the front.

Map the turning over of your hands, (the bones in the lower arm).

Try moving where there is no joint.

Consider the 'primary control' in the context of your body map.

Consider 'lengthening and widening' in the context of your body map.

In an ideal world, each bone is as far away from its neighbour as possible for the activity, then there is as much freedom as possible.

What is the function of bone? What is the function of muscle? What is the function of tendon? What is the function of ligament?

Map the weight on your feet in standing.

Map the weight on your feet in walking, what happens to the shape of the foot?

The spine has a sleeve to moderate movement and strengthen the support.