

Moving toward INtegration: Mind Body Practices in OT



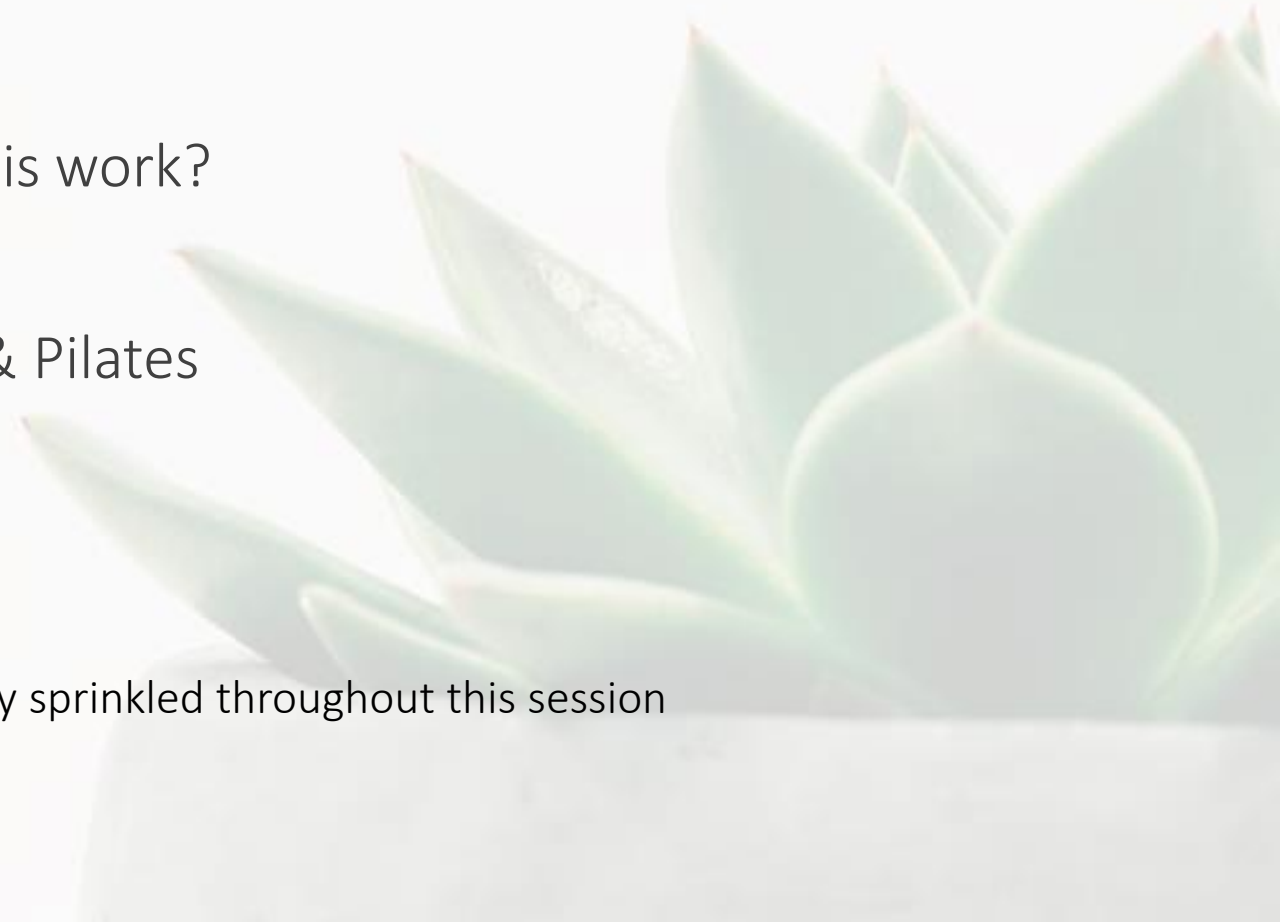
*JOYFULLY Presented by:
Kelly Hale MS, OTR/L, IMT,c, PMA-CPT*



Overview

1. INtroduction
2. Self-Care*
3. What INfluenced the creation of this work?
4. Populations Served
5. Developmental Patterns, Reflexes & Pilates
6. Application, A-ha's and Q &A

*Self-care opportunities (*Work IN's) will be generously sprinkled throughout this session



My Journey



OT: “Living life to the fullest”

How many OT professionals are
Living Life to the fullest???





**ADL's
Activities of
Daily
LOVING**



Work IN ONE:
Setting the P.A.C.E.

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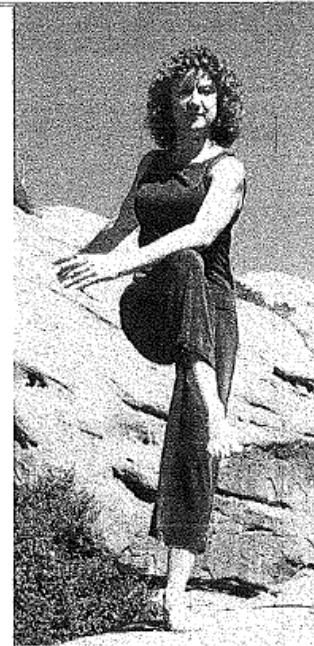
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Setting the Intention

Positive Active Clear and Energized

PACE

What's behind PACE?

Energetic = Water

~ Electrical conductor for the brain

Clear = Brain Buttons

~ Stimulate neurotransmitters; relieve visual stress; activate/prepare brain for function

Active = Cross Crawl

~ Develops frontal lobe of brain; brings you to the present here and now; activates L and R hemisphere

Positive = Hookups

~ Diffuses Stress; deeply relaxing

PACE: Positive, Active, Clear and Energized

Wellness Industry

+

Occupational Therapy=

???????



Synergy of Many Modalities

- Chi Gong, Tai Chi, Visceral work,
- Neurolymphatic reflex points
- Brain Gym, Cranial Sacral,
- Reflex Integration,
- Developmental Patterns,
- ISOMETRICS



THE WISDOM OF PILATES

*“A body free from nervous tension and fatigue is the ideal shelter provided by nature for housing a well-balanced MIND, fully capable of successfully meeting all the complex problems of **modern living**”.*

- Joseph Pilates



Innate Connections

- INNATE: existing in, belonging to, or determined by factors present in an individual from birth : **INBORN**
- Connection: a relation of personal intimacy
(Merriam-Webster)



Innate Connections

*Why work out when you can
work IN? ®*

*Working out transforms bodies,
working IN transforms lives! ®*





Work IN TWO:
ZEN BIRD DOG



ZEN Bird Dog



Populations Served

- Anxiety/Depression
- ADD/ADHD
- Concussions
- Elders
- Today's "Human" Condition



Concussions



A new Perspective on the Aging Process?



Structural? Or Unintegrated Reflex?????

Other Populations

- Parkinson's
- MS
- Whiplash, trauma



Today's Human Condition

“Suffering from a severe case of modern life”

~ Edward M. Hallowell, MD



Occupational Performance Model-Australia

OCCUPATIONAL PERFORMANCE AREAS: are categories of routines, tasks and sub-tasks performed by people to fulfil the requirements of occupational performance roles. These categories include self-maintenance occupations, productivity/school occupations, leisure/play occupations and rest occupations.

Rest Occupations: refer to the purposeful pursuit of non-activity. This can include time devoted to sleep (Meyer, 1922), as well as routines, tasks, sub-tasks and rituals undertaken in order to relax.

Ranka, J., & Chapparo, C. (1997). Definition of terms. In C. Chapparo and J. Ranka (Eds.). Occupational Performance Model (Australia): Monograph 1 (pp. 58-60). Occupational Performance Network: Sydney retrieved (Aug, 2019) from www.occupationalperformance.com/definitions



Work IN Three:
“Stop chasing your Tail”
Peaceful Pause:
ATNR

Standing ATNR



ATNR Movement Options

ATNR Supine with Grounded Foot



ATNR Supine with Grounded Foot

Supine ATNR w/ Core Flavoring



ATNR Movement Options

“Every difficulty in life presents us with an opportunity to turn Inward and to invoke our own submerged Inner Resources. The trials we endure can and should introduce us to our strengths.”

~ Epictetus, *“The Art of Living”*



Environmental Considerations

- Lighting
- Sound
- Scents
- Temperature
- Safe space: emotional release
- Distractions

Developmental Patterns

“If you can’t fly then run,
if you can’t run then walk,
if you can’t walk then CRAWL
but whatever you do
you have to keep moving forward.”

~ Martin Luther King, Jr.



Developmental Patterns

CRAWLING is a reflex (Bauer Crawling Reflex)

Look beyond structure and instead look at
PATTERNS of movement—LAYERING

- ~ More support needed for a strategy??
- ~ Was a step skipped????

Developmental Movement Exploration

“Cross lateral movements, like a baby’s crawling...activate both hemispheres in a balanced way...Cognitive Function is heightened and ease of learning increases.”

~ *Carla Hannaford*

Homolateral vs. Contralateral Movement

We are designed to be bilaterally integrated (2 sided) or homolaterally specialized (1-sided).

2 sided for most movement skills (vision, hearing, eye-hand and whole-body movement)



Work IN FOUR: “Meet me IN the middle” MIDLINE CONNECTION.

Hip Hinge

Hip Hinge + Midline Connection



Hip Hinge with Mid-line Connection

The Wisdom of Reflexes

UNINTEGRATED or VARIANT PATTERNS:

- Incomplete or weak connections = unintegrated, active, up or retained
- Example with athletes & reoccurring injury

Reasons that reflexes fail to emerge or integrate:

- Heredity, disease, difficult or premature birth, toxicity, physical or psychological trauma, sensory motor deprivation

**Matured, Integrated Reflexes is the Goal

ATNR & Modern Living

PAUSE REFLEX

When ATNR is working it brings you into an alpha wave pattern brings you into the HERE and NOW



“Bow and Arrow/Peter Pan” at Springboard and Reformer with addition of Arms



ATNR Movement Options

Unintegrated MORO

UNINTEGRATED:

- Chronic Fatigue Syndrome
- Excitatory to the Nervous system
- Tied to STRESS: May be reactivated at times of great physical and emotional stress
- Often have a lower stress threshold
- Anxiety
- Breathing challenges
- Easily angered, outbursts (hmmmm... road rage?)
- Difficulty transitioning out of routine
- May have low self esteem
- Oversensitive to sounds, lights, scents
- Emotional or moody ~~ ties into LIMBIC system



Work IN Five: “On Solid Ground”

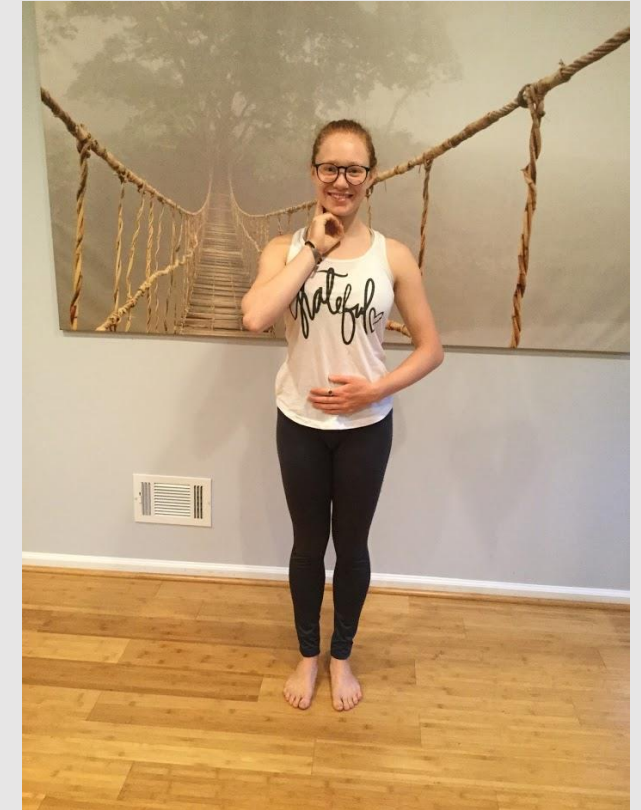
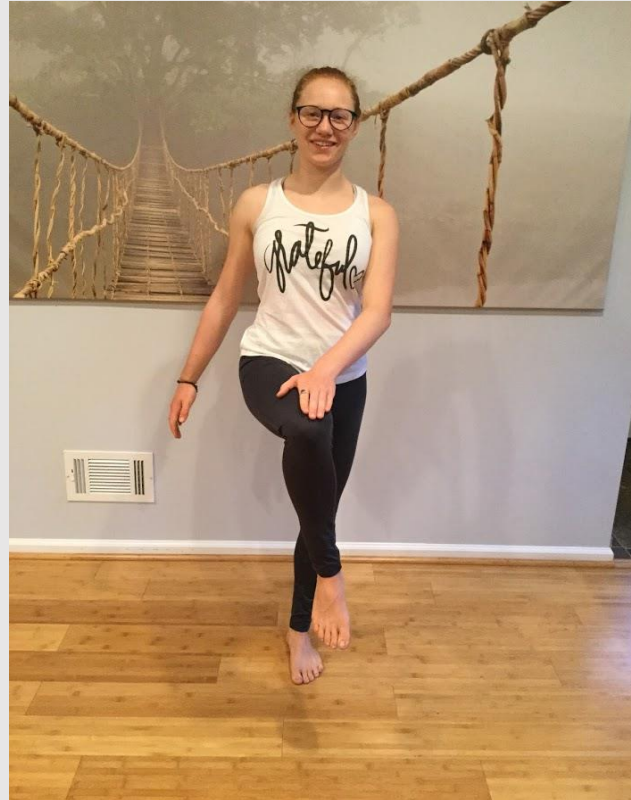
Balanced Laterality

Isometric Cross Crawl

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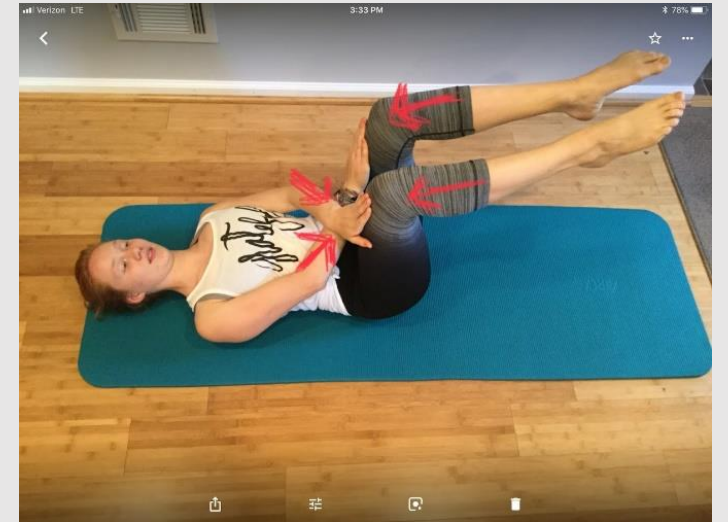
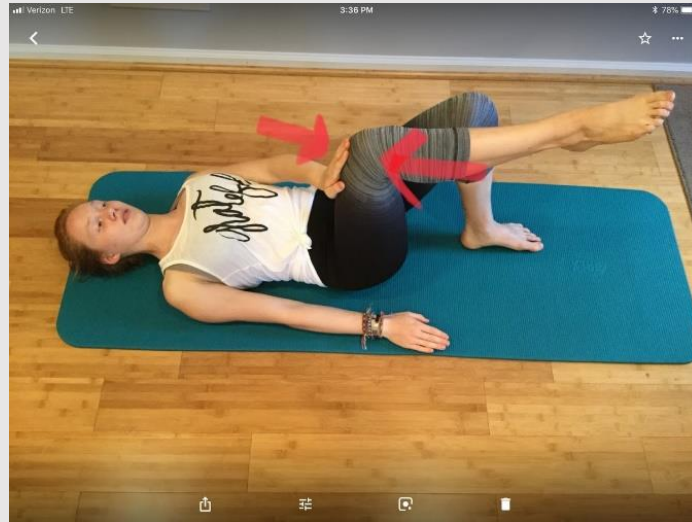
Balance Buttons

Balanced Laterality



Standing Cross Crawl with Isometric and Balance Buttons

X marks the spot ISOMETRIC



MORO Movement Options

Double Leg Stretch w/ addition of X arms ISOMETRIC in the center



MORO Movement Options

Spinal Galant Purpose

- Helps prep for Corkscrew Birthing action
- Important in: Spinal motion, flexibility and postural control, stability
- Postural control needed for auditory and visual convergence, focusing, concentration
- Needed for Connection and coordination of legs and core of body
- Important for Proprioception
- Standing and walking skills
- Bladder and bowel control (IBS)



Spinal Galant Movement Options

Side Lying Footwork on Reformer with Ball or Barrel



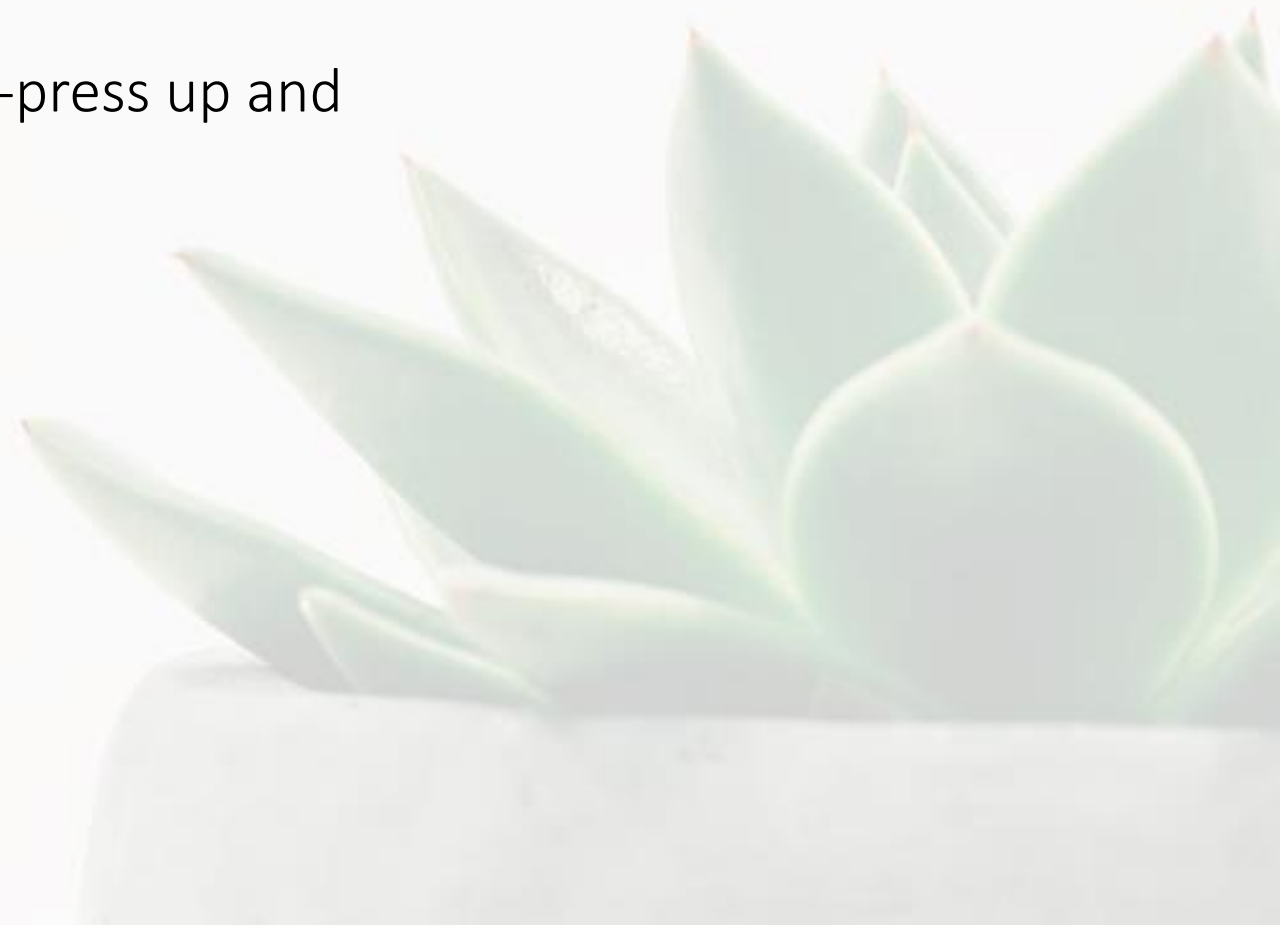
Spinal Galant Movement Options

Unintegrated Trunk Extension

- Tendency to bend forward or backward
- Toe walking
- Over focus on details or non recognition of details
- Being in survival state, limited imagination
- AFTER MVA it can be tripped up. They could have been left in a certain direction of Force as a protection
- Mid back pain
- “Leaners” —have to lean on a wall or table
- **Connected 2 endurance & fatigue

Trunk Extension Movement Options

- Standing Press crown of head into hands “lift crown to ceiling”, “press feet into earth”
- Lie between 2 rollers and stretch arms up-press up and press down
- Double leg kick
- Swan

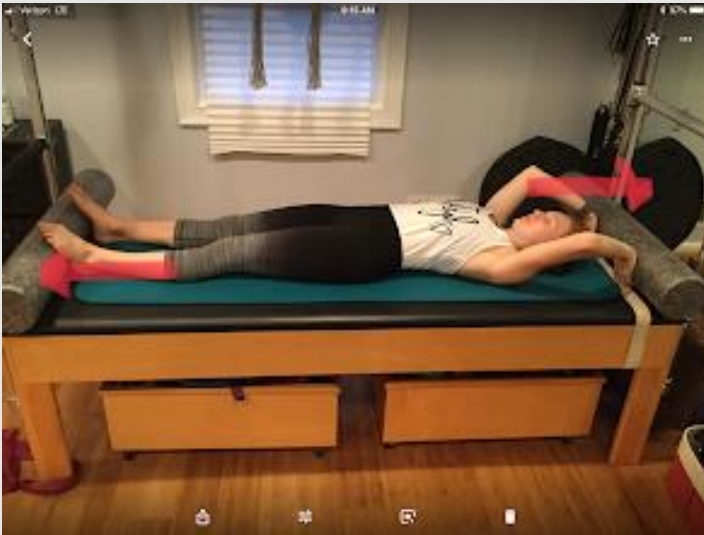


Press into Crown
Press into Earth



Trunk Extension Movement Options

Contralateral Isometric, Alternating & 4 point



Trunk Extension Movement Options

Crown Pressing
ISOMETRIC



Feet Pressing
ISOMETRIC



Crown + Feet
ISOMETRIC



Trunk Extension Movement Options



An Invitation to MOVE towards INTEGRATION

OT-an opportunity to INcrease INtegration

- Look at your clients with a New Perspective, Consider underlying compensations
- Occupational therapy treatments=GREAT Environment to Support Integration
 - Embellish Therapeutic exercise to invite in more Midline and Reflex Pattern Movements
 - Get CREATIVE!!!
 - Great opportunity to support clients in stress reduction/meditation
 - INvite Activities of Daily LOVING! Even Excellent OT sessions won't be as effective if the client comes in with a tripped up nervous system!!

“Goal is to engage the client in movement healing patterns so that they can return to automatic, easy fluid movement occurring from an INTEGRATED state”

Mon A.M. Application

- Sprinkle **INtegration Explorations** throughout your day—creating an easy personal self-care practice
- Sprinkle **INtegration Explorations** throughout your sessions with clients as “Warm-ups”, Transitions, Closing of sessions, Home Play
- Start YOUR day with PACE, repeat after lunch and before leaving work or transitioning
- Start each session with PACE

“A master practitioner is one who practices by intuition and justifies by science at the same time.” ~ Alan Lee

Mon A.M.
Application
(cont.)

- Cross Crawl down the hallway at home or work
- Have client explore cross crawl while setting up treatment
- Have client take a pause with the Bow and Arrow while transitioning treatment modalities
- End each session with PACE (to reinforce for HEP or "home play")
- End each session with a hookup
- End each day with a hookup to help promote sleep

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Mon A.M.
Application
(cont.)

- Crown & Earth Press at Start & Finish of Session
- Incorporate crawling into sessions
- Balance Buttons between exercises/modalities or before & after Balance Training

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Moving toward INTEGRATION

Whatever the art you may wish to learn...acrobatics or violin playing, mental prayer or golf, acting, singing, dancing... there is one thing that every good teacher will always say: Learn to combine relaxation with activity, learn to do what you have to do without straining; work hard but never under tension”

~ Aldous Huxley



Video Resources

- **Work IN Wed**-short, INtegration exercises shared on FB & IG weekly

YouTube (Kelly Hale OT):

- 28 days of PACE (28 versions of PACE w/embellishments)
- Digestion Meditation
- Back to School Meditation for Parents & Educators
- Back to School Meditation: A 9 yr. old's perspective
- Zen Heart Opener
- Connecting to the Midline-2018 Integration
- Zen Birddog
- The ATNR-Pause Reflex
- Energy Support for Times of Transition
- New Years Meditation
- Energy Boosting Tips

“Kelly Kale”

Thank you!

I wish you a lifetime of INtegrated
HEALTH and
INspired Learning!!!

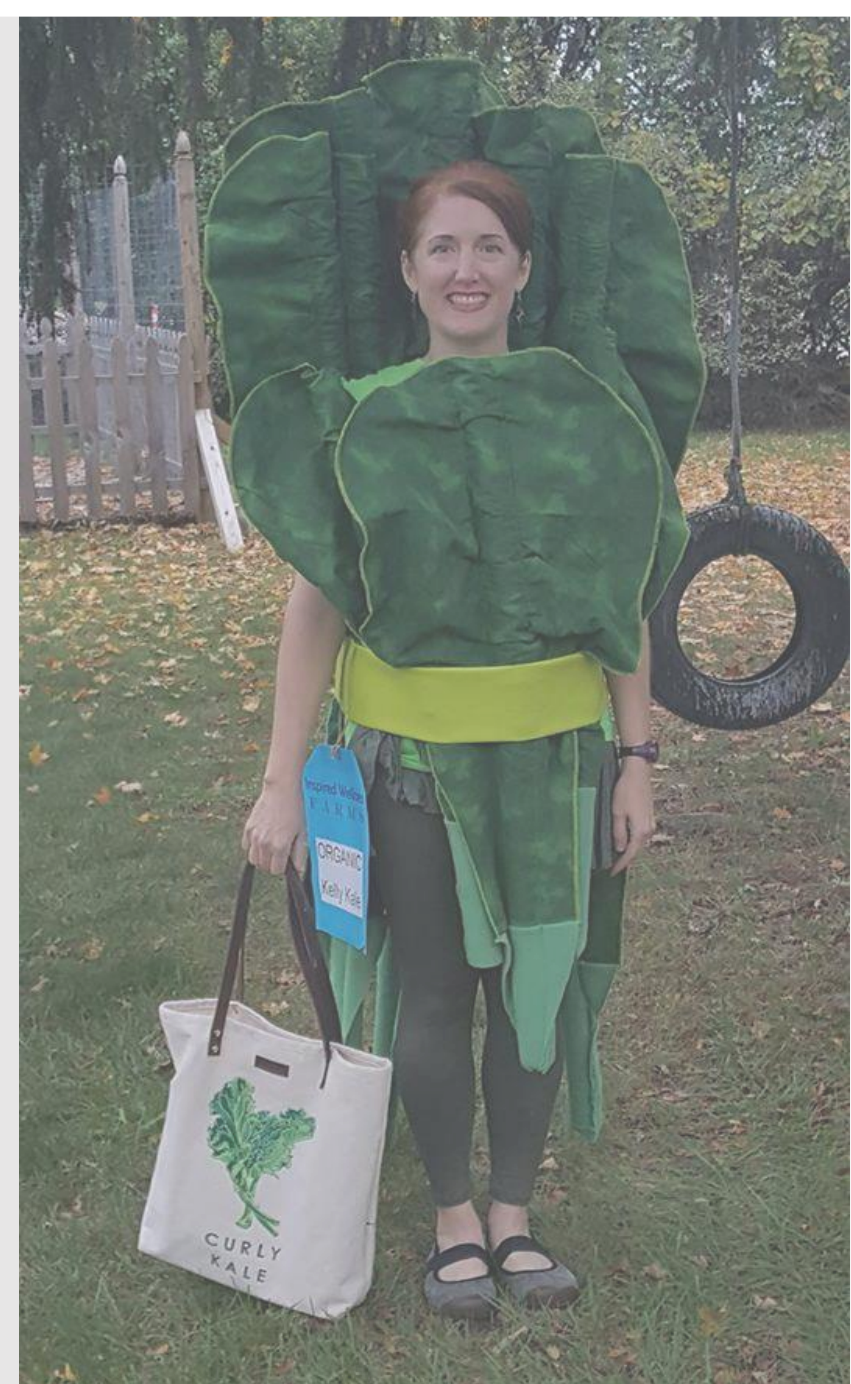
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[IG: Inspired2Wellness](#)

[YOUTUBE: Kelly Hale Inspired Wellness](#)



Resources

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