

PSYCHOLOGICAL MUSCLE FUNCTION

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based on Bodydynamic Analysis

Area of body - muscle groups	Movement	Direction of movement	Psychological functions
Back of the body - including back of arms and legs	Extension Stretching	Backwards	Carrying yourself, forward drive, support, taking space, pushing
Front of the body - including front of arms and legs	Flexion Bending	Forwards Inwards	Gathering, centering, sound and expressing, facing, holding, grasping, pulling
Outer side of the body	Abduction	Outwards, Sideways	Taking space, filling out, boundaries, balance, step aside
Inner side of arms and legs	Adduction	Inwards	Gathering, centering, Alignment/carrying yourself on front of spine Containment of sensuality and sexuality
Rotators - small muscles placed close to the joints	Rotation	Rotation	Flexibility, Fine tuning of movements adjusting balance, orienting

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1. Anatomical muscle function

What movements are done by this muscle group?

2. Psychomotor muscle function

What psychosocial skills are these movements part of?

3. Individual dosing

Which of these movements - in which dosage - gives you access to something you experience as a resource ?

These 3 questions can be used as a startingpoint for exploring both single muscles and muscle groups.