

NeuroMovement ® for brain injury; concussion case study

Lorrie Jollimore

Certified Anat Baniel Method NeuroMovement Practitioner

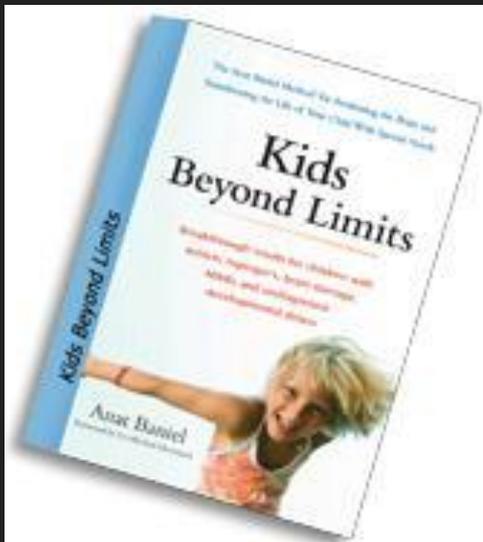
Certified ABM for Children Practitioner

Certified ABM for Vitality and Anti-Aging Practitioner

Certified ABM for High Performers Practitioner

The Anat Baniel Method (ABM)

Anat Baniel studied under Moshe Feldenkrais for many years, and was a teacher of the Feldenkrais method for almost a decade. With his blessing, she combined her own techniques and understanding of the brain with his teachings, evolving it to the **Anat Baniel Method NeuroMovement**.



Her best-selling book, “Kids Beyond Limits” is a guide for parents on how the Nine Essentials can be used to enact tremendous growth in their child’s brain and development.

The brain responds to its experience and changes continuously

There's never a moment that when we interact with another human being that what we do does not impact the brain.

Perception of a difference Spontaneous Integration

What's often limited when a brain isn't functioning optimally is the ability to perceive a difference.

Movement is the language of the brain

Differentiation - making the smallest possible sensory distinctions between movements - builds brain maps.

Feldenkrais found repeatedly, that when a body part is injured, its representation in the mental map becomes smaller or disappears.

The approach is non linear. A paradigm shift from “fixing” to “connecting”

Humans aren't mechanical systems that can be “fixed”. Humans are more like *information systems* moderated by a brain with nearly infinite possibilities.

**What is the job of the
brain?**

**To put order in the
disorder and make sense
out of the nonsense.**

**Your brain can change in a
“positive” or “negative”
direction.**

Current approach to Stroke rehabilitation; start walking.

**Why does improvement plateau after 4-5
weeks? ...and completely stop after about
6 months?**

“Attempts to leap frog development are a huge error because no one ever learned to walk by walking.”

- Moshe Feldenkrais

Case Study

Concussion Rehabilitation

Client X suffered whiplash in a car accident 15 years ago, she has also suffered from multiple concussions.

Before doing ABM she presented with headaches, vision problems, earaches, balance issues, chronic pain, chronic fatigue, dizziness, neck, back and shoulder pain as well as joint stiffness, with numbness and pins and needles in her hands and feet.

Previous Treatments that didn't improve her condition

Regular treatments of Physiotherapy

Sports massage

Acupuncture for neck/back pain

Shiatsu

Pharmaceutical drugs for pain at times

Previous Treatments that improved condition

Dr. J. Murray Rusk, Optometrist

Lynn MacDonald RMT, for BioFlex Laser Therapy

Improvements: headaches and sensitivity to
artificial light

Conditions & Challenges

Wore sunglasses (and a hat if necessary) to cope with sensitivity.
Limited/avoided taxing social engagements.
Supermarkets were hell and to be avoided if at all possible.

“Every thing had a big cost. Almost no one knew the price i paid for any of it.
I hurt all day every day. “

NeuroMovement Applications

3 months at regular 1x week intervals for a total of 11 functional movement lessons.

“When I came to you the first session resulted in a massive and profound shift.”

Outcomes of NeuroMovement

Headaches - less often and less intense

Vision - less sensitivity to light

Dizziness - no longer experiencing

Chronic pain - no persistent pain now

Chronic fatigue - no longer experiencing

Neck, back and shoulder pain - huge improvement

Joint stiffness - less overall

Numbness / pins and needles - improved overall

Balance - no longer “stumbly on feet”, walking easier

Mood - Enthusiastic and motivated to get back to her passions

Where is ABM beneficial?

- Cerebral palsy
- Brain injury, including stroke, concussion
- Birth traumas such as brachial plexus injury and torticollis
- Scoliosis
- Hypertonia
- Congenital disorders such as arthrogryposis and spina bifida
- Genetic disorders such as spinal muscular atrophy, Down's syndrome, and fragile X syndrome
- ADD/ADHD
- Undiagnosed developmental delays
- Neurological issues such as MS, stroke, and Parkinson's disease
- Autism spectrum disorders, including Asperger's syndrome and sensory integration dysfunction
- Chronic anxiety
- Chronic back, neck, and shoulder pain
- Balance and coordination issues
- Limited movement and stiffness
- Poor posture
- Recovery from trauma, injury, and surgery
- Occupational stress or repetitive strain

Want to Learn More?



<http://movementandvitality.com>

Private ABM Lessons

Contact Movement and Vitality

lessons@movementandvitality.com