

The Parallelogram Pattern Gait Balancer

If there is even the slightest lurching to one side when walking (Trendelenburg Gait).



Contraction

Address roots of sciatic pain, and shoulder dysfunction.

Assessment: Notice any tension or imbalance between your two sides—especially focusing on the hip, knee, or ankle of the supporting leg. This movement is designed to highlight subtle differences between how each side of your body is working to press the leg/foot toward the floor to support you.

Consider the body as a parallelogram:

Imagine four points: two at the shoulders and two at the hips. This shape allows you to think about your body in terms of symmetry and how the load shifts across these points. In cases of imbalance, one side of your body might be overloaded, leading to discomfort or asymmetry.

Position: Stand on one stair, with the leg that is better at pressing downward, fully supporting your body weight, holding onto the handrail or wall for balance. Keep your body upright, ensuring that you're not leaning to the side. The unsupported leg should be free to move and dangle slightly off the step.

Movement:

Begin to lift one hip up (the unsupported side) while allowing the other hip (the supported side) to shift downward. At the same time, raise the shoulder on the same side as the lifted hip and allow the opposite shoulder to gently lower.

Contraction:

The movement should feel like a parallelogram shifting, where one side of the body rises and the other lowers. Avoid bending your spine, or leaning to one side. The movement comes primarily from the shifting of one side of the torso in relation to the other. Focus on coordinating the four points.

The shoulder and hip on the unsupported side lift upward. The shoulder and hip on the supporting side press downward. Clarify the line of effort.

Controlled Relax:

Teach the nervous system that this line can lengthen. Maintain control as you very slowly allow the line of contraction to relax, letting the raised side slowly shift downward.

Repeat multiple cycles. Contraction, followed by controlled relax. Teach the contracted inner lines, that shift the parallelogram, to learn to relax and lengthen.



Controlled Relax

YouTube:
Eric Cooper Somatics
Parallelogram Pattern
Gait Balancer

