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## **THE NEUROMUSCULAR APPROACH TO HUMAN MOVEMENT®**

**“Supporting health through (efficient) movement”**

### **About the NMAHM®**

The Neuromuscular Approach to Human Movement (NMAHM®) is focused upon the relationship between movement and health.

It presents an underlying model of tissue health/ tissue injury which was first expressed in the 1930s, and appears to be increasingly upheld by more recent developments in the life-science knowledge base and research.

The origins of the Approach are rooted in human movement, allowing potential for its universal application wherever movement occurs, and a seamless method of supporting health simultaneously across the spectrum of prevention (primary, secondary & tertiary), therapy, rehabilitation, care and management.

This spectrum is recognised by the Approach to landmark serial keypoints, and health and well-being requirements which run concurrently within the majority of people at any time.

Although the NMAHM® may be used in professional clinical practice where movement education and re-education is associated, the Approach is probably better known for its application in manual handling where it directly generates safety as an immediate consequence of its person-focused nature.

Personal movement style is fundamental to the degree of safety in practice for the person moving, and for others involved in the movement process.

Personal movement style also initially directs local musculo-skeletal health and well-being; the NMAHM® takes the view that if local musculo-skeletal health is not appropriately supported, compromises on a more general, potentially body-wide scale will ultimately occur.

Movement is regarded by as being the hallmark of life, and although essentially required for survival, it directly influences people's quality of life, and degrees of engagement with living. Movement appears to be a gift with abilities generally taken for granted until they are no longer available, or no longer available to the degree preferred or desired by the individual.

The Approach recognizes that the way in which people move has an influence (localised and generalised, beneficial or negative) upon health, safety and well-being, and that changes in health and well-being in turn influence the way in which people are able to move, and how their body tissues are able to respond to movement.

### **MovES~Movement Education Services Ltd**

MovES Ltd are the current primary co-developers of the Approach.

Amongst the primary aims of MovES Ltd is enabling people to explore and choose whether and how to optimise their movement potential from a prevention/ protection, health maintenance, or health improvement perspective.

Whether on a one-to-one basis, or within a course an integrated package of personal exploration and development offers the possibility of optimising movement potential, and as

necessary, assisting in creating strategies for dealing with prevention, care and management of pain and dysfunction in both working and everyday life.

MovES~Movement Education Services was established in 1992 and represented an amalgamation of the professional pathways of two healthcare professionals who had been working and dialoguing together for some time regarding causation, prevention and management of musculoskeletal disorder and injuries.

The intended purposes of establishing MovES included promotion of the Neuromuscular Approach to Human Movement® (NMAHM®); provision of courses for healthcare professionals, care services and within all areas of industry; and developing related evidence and research.

### **MovES LTD Personnel**

Although arriving from different understandings and experiences both Lesley Crozier and Sheila Cozens had already become aware of the power of movement in generating and supporting health & well-being.

They hold in high regard the gift of human movement - those abilities generally taken for granted until they are no longer available, or no longer available to the degree preferred or desired by the individual.

Lesley and Sheila have chosen to devote their professional life to enabling people to explore and choose whether to optimise their movement potential.

### **MovES LTD Courses and Services**

The ongoing development of understanding of the intimate relationship between movement and function has led to the evolution of a series of individual high quality educational courses by MovES Ltd.

Overall these form an integrated package of personal exploration and development, offering optimisation of movement potential, and assistance in creating strategies for dealing with prevention, care and management of musculoskeletal pain and dysfunction in both working and everyday life.

Customised courses can also be offered according to individual, group or organisational need. Assistance can be offered to those people/ organisations not yet sure of:

- what their requirements may be
- the defined role, scope and limitation of movement education or movement-related training eg manual handling
- the potential benefits of training
- the effects or effectiveness of previous training
- how to maximise return on training investment

Course processes are informed by ongoing professional development activities followed by MovES Ltd personnel including course attendance, regular searching and review of contemporary research from many disciplines and critical analysis of research findings and the potential for clinical application.

Courses are taught primarily by Lesley and Sheila, or either of them accompanied by a MovES Ltd approved NMAHM practitioner.

MovES Ltd can also offer consultancy, mentoring and support services as required whether for NMAHM-based services, or in relation to review of other professional movement, exercise and manual handling practices.