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THE NEUROMUSCULAR APPROACH TO HUMAN MOVEMENT®

How likely is it that over 98% of people could be wrong?

That is the percentage of people who on the very **first** experience of the Neuromuscular Approach to Human Movement (NMAHM)® movement pattern with MovES Ltd say that not only does it feel **different** – but **it feels better** than their normal way of moving.

Typical comments are “more relaxed, more balanced, flowing, less tension overall, less high-spots of tension, nicer, softer, more gentle, feel I am ‘allowed’ to move, permission to move areas that I thought I shouldn’t”.

Similar positive ratings are reported from the practical application of the NMAHM® movement pattern to all forms of manual handling (including people-handling).

“easier, more pleasant, more respectful, more dignified, more caring, physically treats the person as a person rather than as an object, facilitatory, invitation to move rather than imposing a process, enabling, softer, more gentle, person (his/ her arm, leg etc) feels less heavy/ awkward, allows person to contribute to their own movement process, less threatening, enables just the right degree of assistance to be offered, level of assistance can be varied according to the person’s need, I can check what my movement ability is every single time I have to move (or handle), the client’s level of physical need/ requirement for assistance can be checked on each & every occasion”.

But the NMAHM® is not just about manual handling

It is about movement – in all the different areas of personal and professional life where movement is involved eg in achieving our day and daily living activities, our way of getting around, our way of working, the vast array of manual handling that all of us are required as part of our personal or working life, and even the ways we exercise.

In MovES Ltd personnel’s experience, most people do not appear to realise that **the absolute root of manual handling is movement**. And if a handler does not move well, neither does the load: either, or both may be at risk simply as a result of the movement method applied.

The NMAHM® also includes defined clinical skills for healthcare practitioners.

Together with the basic movement focus inherent within the NMAHM® these aspects provide a systematic and seamless approach to support people at any and all stages in the care and management of musculo-skeletal disorder/ injury – in prevention, movement education and re-education, therapy and rehabilitation - whether people are at work, off work or returning to work.

Why is movement so important?

Everything that we do in life is based upon movement - of ourselves, of other people, of other things. And movement ability directly associates with health and well-being – and vice versa.

Most people appear to take the ability to move in daily life for granted.

It is only when movement ability is much reduced, and as a result the quality of life deteriorates, they seem to realise just what they have lost.

The NMAHM® holds that much reduction in movement ability is a direct consequence of the person’s habitual movement pattern. And on that basis most people are unaware just how much they could do about slowing or stopping the deterioration, taking charge of their own health process, and beginning to reverse those losses/ changes – simply by looking at the way they move. **And deciding – is there a need for change?**

Do MovES Ltd courses tell people that they have to move in a particular way?

No – neither the course materials nor MovES Ltd dictate to people what they have to do.

Each course attendee is supported to assess his/ her habitual way of moving, and to make an informed decision as to whether it needs to be changed.

A variety of methods may then be employed to support the person in bringing about beneficial change.

The process of change begins with the person. As people begin to analyse and assess their own personal movement abilities, skills may be developed by acquiring and applying information, knowledge and experience in the care of themselves and others.

Why might you consider using MovES Ltd?

MovES ~ Movement Education Services Ltd holds the Registered Trademark for the NMAHM®, and continues to be the primary source of education and development of the NMAHM®.

You can be assured that if it is the NMAHM® you want, that is what you will get.

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Both MovES Ltd, and MANAS ~ MovES Academy of NMAHM® Studies, primarily focus on enabling people in:

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

If you are interested in maintaining or gaining health through generalised movement or through specialized aspects of movement practice (e.g. manual handling, exercise etc.) visit our web-site.

Or you may wish to consider and answer these questions:

1.) Are you interested in optimizing either:

- your own health & well-being?
- the health & well-being of your employees/ colleagues/ patients/ clients/ service-users?

**If the answer is ‘no’ to both, we probably can’t offer you any helpful service**

2.) Are you/ your organisation getting the best possible input and return on investment with regard to maintaining movement abilities, and any associated education?

**We can help you find out!**