The ultimate user’s guide to the body

An introduction to Spiraldynamik®
Spiraldynamik® is a movement and therapy concept based on functional anatomy. It is well established in Europe, with 5000 trained professionals sharing over 30 years experience.

Spiraldynamik® is the ultimate user’s guide to the body. Once grasped, it works in every aspect of your life. Both personal and professional - as well as in therapy.

The spiral is the fundamental building block of nature. It is found everywhere - in galaxies, the DNA and in the human body. Spirals are flexible, stable and space saving. A complex 3D movement can be explained according to the ‘Spiral Principle’ and easily understood.

“Like a sculptor, we shape our bodies throughout our entire life. But instead of using a hammer and chisel, we do so through movement”

Dr. Christian Larsen, Co-founder of Spiraldynamik®
Led by Armin Harrasser: Master in sport science, specialized in sport injury prevention and rehabilitation, movement therapist, sling exercise training, certified member in FMS and SFMA. The workshop is aimed to all podiatrists, physical therapists, movement therapists, athletic coaches and movement teachers.

WORKSHOP TOPICS

- The ABC of anatomically intelligent movement, the blueprint of human locomotion
- Practical application of the Spiraldynamik® principles, present in the entire body, in everyday life and in sportspecific movement patterns.
- Special topic of this introduction course: The interrelation between the foot, ankle, knee and hip in terms of force absorption and leg alignment during walking and running.
For more information & registration please write to: ptworks94024@yahoo.com

Kristin Shadduck PT
PT Works
794 Altos Oaks Dr
Los Altos, CA 94024
ptworks94024@yahoo.com
650-947-9646

www.spiraldynamik.us