

*Memorandum*

In upright position the entire weight of the pelvis and all the parts above it rests or sits on the heads of the femora.

Gravity is met effectively when the upward thrust of the legs at the hips is centered.

The legs are the prime movers. They must get there slightly in advance of the weight they are to carry, that is the weight of the trunk and head. This is equally true in standing and in walking. Force and direction of movement must be initiated at the hip joint, in response

to change of head balance  
with a follow through in  
shoulders, spine, and  
pelvis. Thus a coordinated  
movement is attained.

Free easy movement of  
the hip joints and of the  
legs is maintained by  
keeping the muscles of  
the pelvis active.

ex. letting weight carry into  
thigh jt. - crane -

ex.

Upper spine sits heavily  
because lower spine does  
not take weight.

ex. sit in lumber and  
sacral spine and rise  
legs when sitting

ex. same - shuffling  
walking

muscle action in spinal  
pelvic and diaphragm m.

Sitting

ischia under thigh etc.  
feel them - form arch  
above it. - from under

legs should not pull <sup>pelvis</sup>  
let weight of legs slide back into

Pile weight down spine  
use head weight

let weight go thro shin legs  
not your legs

lift thighs easily

ill. knife & blades

✓ legs & ischia - hot bag  
ear jacks

Hissing -

1. speak letter H.

sound starts far back in throat

2. speak letter TH.

sound starts forward

1. low guttural growl. 2. hiss of alarm

expire thro partly closed teeth

Passing of weight pelvic to thigh

Gravity works  $\downarrow$  perpendicularly  
on the body

Vertical appendages must  
develop

Ex.

Center shoulder girdle  
weight beneath head

ex.

Center leg weight and  
support beneath this.

Mrs S-62 - arthritic

Mrs. G-63 - strain

ex. center of leg & thigh line  
narrow edge not broad

We should learn same as  
animal to that power & strength  
come from base of body,  
(that part nearest ground),

ex. lower sense of control  
from brain to feeling over

lower weights into pelvis

ex. free periphery

decrease circum. diaphragm

pull ~~arms~~ down

Crane - Devick

♫ spine secured & legs  
Legs " " spine

Head & neck light - balanced  
Shoulders light - balanced  
Knees & ankles " weight  
lowered gradually & then  
under pelvis & tight control

When centering muscle  
action weak  
movement should be slow  
and rhythmic that  
pulls off balance

Weak backs should  
make it a point to  
keep arms light and  
relaxed - shoulders  
easy and soft and  
to move low in the  
back. Legs should

be relaxed beginning  
with feet - toes  
back of ankles -  
lower legs and knees  
lower thighs. Feel  
strength in pelvis  
and upper thighs.

Compactness of body  
well insured by

Balanced support of on pelvic  
spine

Balanced support of  
pelvis " on legs

Weight delivered on a  
curve, thro 2 curved ones

onto rounded ball top of femur  
where it can rock back  
and forth and sideways

$\frac{1}{2}$   
in

Posture should be  
Balanced movement

Balanced support at thigh its  
weight carried down in back  
" suspended in front

The Human Skeleton <sup>2</sup>  
Herbert Lloyd Walter  
Assoc Prof. Biology  
Brown Univ. 8<sup>50</sup>

Practical Psychology of Babyhood  
Jessie Linton

Big Problems on Little  
Shoulders. (use).

Child Care & Training  
George & Anderson <sup>ex</sup>  
youngest of the family  
Joseph Garland

Road to Adolescence <sup>3?</sup>

Joseph Garland M.D.  
Instructor <sup>Harvard</sup> Medical School  
Chap 2-3-4

Care of the Baby <sup>2<sup>50</sup></sup>  
J. P. C. Griffith M.D.  
Univ. of Pennsylvania  
Chap 2-3-V-VII-VIII  
X

Infants and Children <sup>1<sup>50</sup></sup>  
Dr. Bartlett  
Bobbe Hoop. N.Y.C.  
a few chap.

Baby's first 2 yrs. Richard Smith  
Infant & young child - Marie Wynn  
Care & Feeding Holt



Baby at first  
coordinating parts of  
body  
squirms, wriggles -  
turns over, rolls, sips  
sits, walks

How soon give toys

Pleasurable moving

2  
Moves body around  
purposefully

3  
Master materials

Growth of body

Maturation nervous system  
Development mechanical function  
Is latter necessary?

awareness motor function  
development " "

necessity for development

General trend to think of  
maturation in terms of  
future use - sitting - writing -  
crossing street

in regard to mastery of materials  
rattle development of awareness

I think in light of  
relating of body parts  
it is very evident

So little really known by  
average person about this  
that think baby is idle  
Something put in hand

Should think  
over roll over easily  
Or be doing it himself  
Am I helping

Arrange environment so he  
can do it  
So he wants to do it.  
Let him do it.

Present day posture standards

Stand Tall better than sit up  
straighten up

give sense of better balance  
thro whole body rather than top  
When done

Head etc level

Front line straight

Shoulders bag early at sides

Legs are brought under  
body and towards front  
where give better support

Feet will be parallel.

How baby develops this.

Squirm - wiggle

using back muscles,

turning from back to side  
coordination feel of balance thro

Firm flat bed - blanket light  
loosely fastened - sleeping bag

More opportunity for exercise

Playpen at one month.

Flat dressing table.

Rolls pleasurable movement

Let follow own interests

as to toys - soft yielding  
one - Play with fingers toe  
coordination relating himself.

Do not prop up

needs to spend time in  
muscle development

Remember later <sup>you</sup> will be saying  
why don't you sit up?

why means not sufficiently  
developed - not roll enough

crawling - purposeive  
rolling needs more space  
gate at stairs.

Playpen when tired or  
stated periods.

When once begin to  
stand, hard to keep from  
overdoing it. If has  
enjoyed other activities  
will continue them.

Should not stand in crib -  
sit in carriage too long  
Baby needs opportunity  
to move to develop body  
crawl upstairs - onto chair

Harwell Build his back  
Save your back

Bed - scooter - walker - jumper

(Child) continue nap period  
as long as possible

When discontinued make  
nest conducive by accessible  
places. Have padded box  
in living part of house  
where will be used to sit  
on, and lie down on.  
Saves back from getting  
so tired and will work  
better in erect position.  
Should learn to use judgment  
in use of body.  
comfortable chair

Let sit on floor - lie on  
rug -  
squatting

1. Worked on arms and hands especially. Coaxys released. Hiccuping twice.
2. Snuggling to center and front line. Working around origins of dia.  
Response better than anticipated.
3. Base of head. Teeth & fore-eye, sternum narrowed & up - 2<sup>nd</sup> dorsal down plates & wolly story gave excellent results. Coaxys softened & lengthened. Leg action from center as got off table. (no braids)
4. Work on feet. Snuggling w. big toe. Almost asleep. Sutures tibia. Said not

done before in that area.  
(Rested quietly when awake)  
Long ride. Yawned with some pelvic action.

5. Worked from origin of diaphragm to center. Good lower spine work a little foot work.  
Remark Diaphragm tension considerably lessened. Awoke more in night and coaxed ones little more contracted. Advised to use braids occasionally. Colon better short ride before lunch. Worked up tunic very well following.