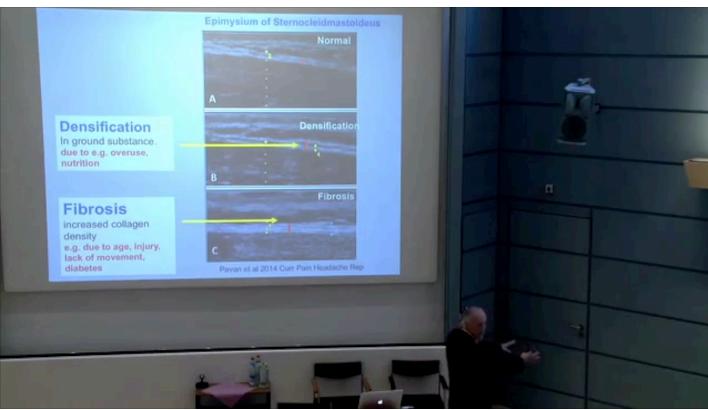


Rolfing

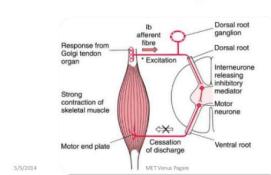
- Robert Schleip der fortæller om Findley og Steccos forskning ift. Hvad der sker i LUB ved Rolfing - glid/shear i muskelfiberens længde-retning



Reflekser

Post-isometric Relaxation

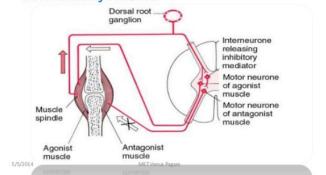
- After a muscle is contracted, it is automatically in a relaxed state for a brief, latent period



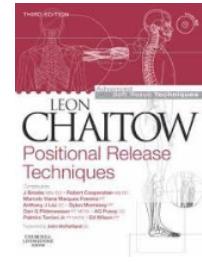
5/5/2014

Reciprocal Inhibition

- When one muscle is contracted, its antagonist is automatically inhibited.



5/5/2014



Hvad kan vi påvirke med hænderne?

Kipler og Rolfing
Gliddet mellem vævslag
Optimering af væske flow



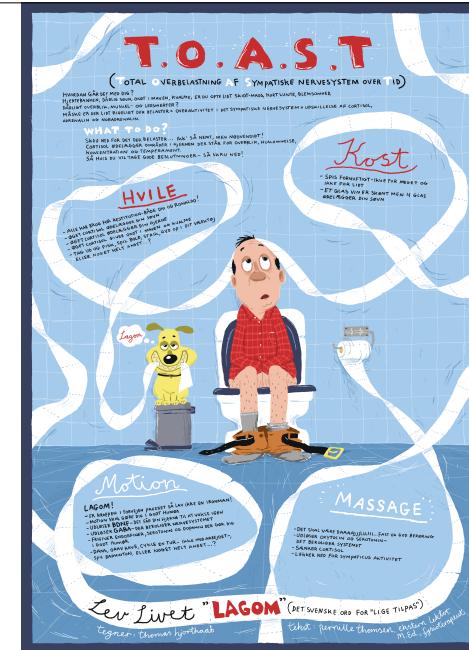
Refleks -
antimyotatisk refleks/MET teknikken (?)
Reciprok inhibering
Positional release



Rolige muskulære greb
Udskillelse af
Oxytocin
Serotonin
Reducering af cortisol

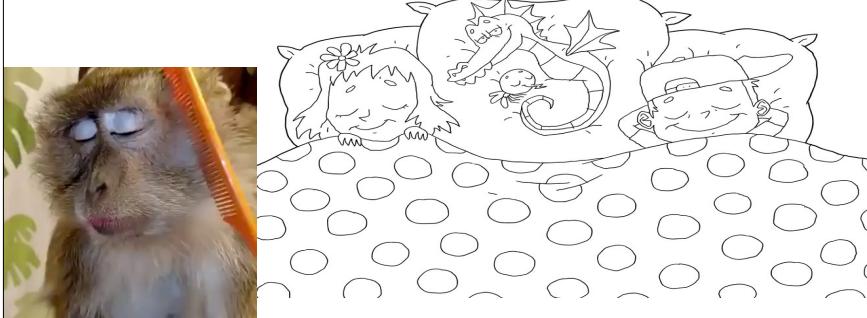


...Lad os gøre det på hinanden :-)



Tak for i dag - ogsov godt 😊

For at sove godt om natten, skal vi berolige amygdala, slukke for det der gør os urolige, arbejde med let og hyggelig motion, massage og alm. god kost.....



Tak for invitationen - læs mere om mit arbejde og find mig på pernillefys.dk
Og Pernillefys på Facebook

Pernille Thomsen, Ekstern lektor, Master i Sundhedspædagogik og fysioterapeut

The screenshot shows a dark blue header with the name "Pernille Thomsen" and her title. Below the header is a portrait of a woman with blonde hair. To the right of the portrait is a text block about her services for children. At the bottom of the page are three columns: one for "Behandling af børn i Lyngby" showing a photo of a child in a room, one for "Kurser og foredrag om stress" showing a diagram titled "STRESS", and one for "Massørudannelse BRNHLM" showing the acronym "BRNHLM". The footer contains contact information: "Pernille Thomsen | Frem 56, 2800 Lyngby | Tlf: 40503030 | pernillefys@gmail.com".

Hvad skal vi gøre med de stressede børn?

Slå dem - hård og længe



Få dem til at danse i underbukser



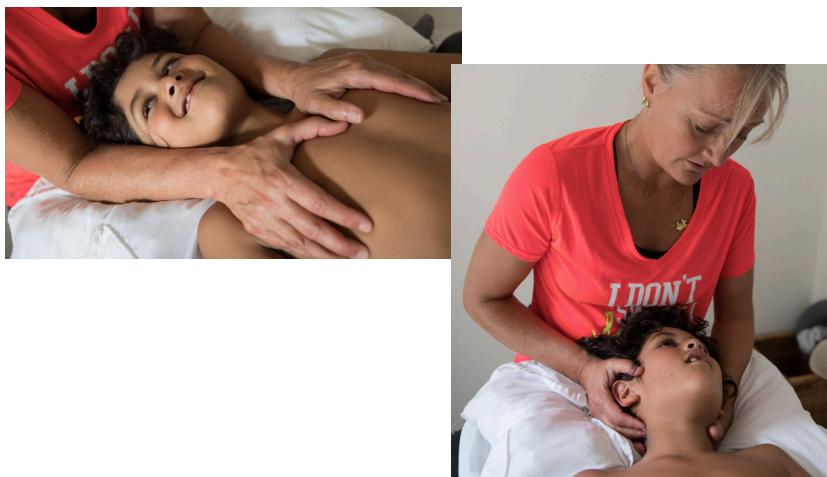
Slæbe tunge ting!



Pakke dem ind så de ikke kan slippe væk



Smøre dem ind i klisterolie



Eller hænge dem på en krog!



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