

Musings & Movement

March 2023 Notes

Elbows & Knees, If You Please

Writers and painters and plumbers can suffer with tennis elbow, a condition common among those who play racquet-related sports. Lateral epicondylitis is a repetitive strain injury. The muscles and tendons on the back of your arm and the outside of the elbow responsible for lifting the wrist and fingers can become inflamed, irritated, or exhausted due to overuse.

If you've suffered with symptoms associated with tennis elbow, you've probably noticed some pain and burning that occur on the outside of the elbow along with weakened grip strength.



The Movement Table Presses

To do this exercise:

1. Sit straight up with your hands under the table, palm-side up.
2. Lift your hands straight upward as if trying to lift the table.
3. Hold this position for six seconds.
4. Repeat this exercise 10 times.

And...

Supination with a Dumbbell or Book



This exercise works the supinator muscle — the large muscle in your forearm attached to the elbow, which helps turn your palm upward:

- Sit in a chair with your elbow resting on your knee.
- Hold a two-pound dumbbell down vertically.
- Rotate your arm so that your palm turns upward.
- Return to the starting position.
- Try to keep the movement isolated to your lower arm while keeping your elbow and upper arm motionless.
- Repeat 20 times on each side.

Here's a video by Cambria's PT Learning Corner:

<https://www.youtube.com/watch?v=5r1QH1naFQM>

The Musings

Writing Prompt: Where in your daily routine might you be over-flexing, over-using, over-stretching yourself? What are your symptoms? Is there a burning, a pain, a loss of feeling, a lack of grip? Write about any or all of these.



We would be of great disservice if we didn't include the *Sesame Street* song, "Elbows and Knees."

So.....

<https://www.youtube.com/watch?v=eyPcAkA-u8M>

(you're welcome)

The Movement Wash Cloth Wringing



Washcloth wringing – push and pull in one direction – then the other.

Here's a video demonstrating the Elbow Towel Twist from NHS Ayrshire & Arran: <https://www.youtube.com/watch?v=8N-fMQk90ao>

The Musings

Writing Prompt: Writing is like wringing things out of ourselves. Wring as many metaphors as possible out of an object. Choose an object that is meaningful for you. Come up as many metaphors as you can for this object. Riff on this.



The Movement Vastus Medialis



The Vastus Medialis is one of four Quad muscles on the front of the thigh. It's the inner most muscle and helps stabilize the kneecap. If you have wider hips (or a wider stance), your IT band can be tight, pulling the knee out of alignment. This is true also if you participate in some sports, such as skiing, biking, running. It's important to stabilize and strengthen the muscles around the knee to help keep the kneecap in alignment.

To Strengthen the Vastus Medialis:

Put your right hand on your right thigh just above the knee and a bit to the left. As you flex the quadriceps, you should feel the vastus medialis muscle contracting. As you get stronger, you'll be able to lift your leg up off the floor.



Here's a great site with 12 VMO exercises for knee strength from Mark, a Physiotherapist who specializes in posture.

<https://www.posturedirect.com/vmo-exercises/>

The Musing

Writing Prompt: Imagine moving from your bed to your coffee (or tea) pot – or whatever direction you first move – what initially feels unstable in your first three steps? Now, imagine pausing – sitting for three breaths. Standing for three breaths. Re-stabilizing before your first movement. What would change, in your day – in your body – in your life – if you began more centered and stabilized in your body? Write about this.

The Movement



Bees Knees

Yes! Do the Charleston!

Here's the Charlston Dance Bees Knees Tutorial by Cool Cats R Us:
<https://www.youtube.com/watch?v=f-yaM4k6jRE>

The Musing

Writing Prompt: write about a movement you found joyful as a child – can you capture the joy in the language. Or breaking down the words of the joyful movement – or find the etymology of the movement or idiom.

Next Class: April 6th at 11 am MDT.

Register Here: <https://www.eventbrite.com/e/musings-movements-tickets-385223492837?aff=erelexpmlt>