

KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: THE LIMBS 2016
Taught by Irene Dowd

This course has been created to provide participants with functional and kinesthetic comprehension of our musculoskeletal system of the extremities, i.e. the legs and arms. It has been newly re-configured into two parts. Each part can be taken separately from the other. We will study the bones, joint biomechanics and muscles of the limbs in these two parts. We will focus on how these joints move and the patterns of muscle coordination that move them in the activities of daily life, such as walking, lifting, carrying and manipulating objects.

Part One: The Lower Limb (hip joint, knee, ankle, foot)

January 16 – structure and range of motion of hip joint

January 23 - muscles of hip joint and what they do

January 30 - structure and motion of knee joint

February 6 – muscles and tissues crossing knee joint, their functions in motion

February 13 – structure, motion, muscles of leg and ankle joint

February 20 – structure, motion, muscles of foot

DATES: **January 16 - February 20, 2016**

("rain-date" Sunday, February 21, 2016)

TIME: **Saturdays 2 - 5 pm** (6 classes)

FEE: **\$525**, no refunds after January 15 (24 hours before beginning of course),
pre-registration is essential

Part Two: The Upper Limb (shoulder girdle and joint, elbow, wrist, hand)

March 5 – structure, motion, muscles of shoulder girdle

March 12 – structure and motion of shoulder joint, and rotator cuff function

March 19 – all muscles of shoulder joint, and coordination of shoulder girdle with shoulder joint

March 26 – elbow and radio-ulnar joints, muscles and actions

April 2 – wrist joint and muscles; bones, structure and motion of hand

April 9 - muscles, movements and activities of hand

DATES: **March 5 - April 9, 2016**

("rain-date" Sunday, April 10, 2016)

TIME: **Saturdays 2 - 5 pm** (6 classes)

FEE: **\$525**, no refunds after March 4 (24 hours before beginning of course),
pre-registration is essential

LOCATION: **NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012** (at north-west corner of Broadway and Houston Streets)

REGISTRATION AND PAYMENT MUST BE MADE TO: **Stephen Williams**

FOR MORE INFORMATION: call Irene Dowd at 212-420-8782 (8am -8pm) or

e-mail Stephen Williams at nohostudio@yahoo.com

NOTE: THE SPINE AND TRUNK will be taught again in fall of 2016

Biographical note: Irene Dowd is on the dance faculty of the Juilliard School, Movement Research, and Hollins University/ADF MFA program in dance. She has been a regular guest to NYU Tisch School of the Arts and Canada's National Ballet School for many years. Author of [Taking Root to Fly](#), she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for more than 45 years in NYC, while continuing to be a guest teacher in academic and dance institutions throughout the US, Canada and Europe. Irene is recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, and the 2015 Juilliard John Erskine Faculty Prize.