**For Immediate Release:**

**New Research Sheds Light on Functional Movement Restoration for all Ages**

Newton, MA – Dec. 4, 2017 – Lenny Levin, the founder of [Wellness and Beyond](http://fitnessandbeyond.net/), is now offering his new scientific findings and practice results related to the principles of human functional movement. His discoveries can improve performance results and extend active longevity in most sports and physical activities which require efficient human movement.

**The Overview**

The training plateau and loss of performance of recreational, amateur and professional training in all sports and fitness-related physical activities are commonly attributed to aging.

Fitness enthusiasts and athletes reach performance ceiling in the first 5 to 10 years of training. Subsequent attempts to increase the training intensity and volume do not improve performance and often leads to injuries or inability to participate in that sport or physical activity.

The medical literature suggests that the physical and mental prime for a human body is considered to be around 30 years of age. However, in professional sports, a typical 30-year-old athlete is unable to compete successfully with younger opponents and by this age was affected with various injuries.

Is the aging factor irreversible and injuries are inevitable? Is it possible to prevent physical and mental deterioration with age? Could it be that some principles of human anatomy have been overlooked and they directly affect fitness and health in the short and long term?

If the existing healthcare practices and fitness training are inconsistent with the principles of functional anatomy of the human body, the body is forced to move in unnatural and dysfunctional ways leading to deterioration, loss of performance and injuries.

**Current Exercise Methods and Human Movement System (HMS)**

Human movement is carried out by three systems of the human body, the nervous, skeletal and muscular systems. Movement actions take place only as a result of a series of neuromuscular commands from the brain to a muscle group to activate the individual muscles responsible for moving specific joints. For example, your leg is comprised of interconnected segments such as pelvis, hip and ankle joints that work together to perform movement.

Kinesiology, the science of human movement, defines that HMS is supposed to form a functional kinetic chain and to produce an integrated effort of body segments or independent links (muscles and joints).

Body segments and their movements must function in a coordinated fashion to provide efficient joint and muscle actions when moving from one segment to the next. If any link of the functional chain is not working properly, it will lead to a loss of performance and dysfunction.

However, existing training methods focus on training isolated areas of the human body such as “hips,” “back” or “legs”. It is not widely understood how the human body is organized that the brain is connected via nerves to individual muscles only and it is not connected to the body parts, segments or areas.

This means that the brain is not programmed to process commands properly such as “raise the arm” or “use your hips” and it is unable to engage the proper muscles in a correct sequence for these commands.

The prevailing notion that for keeping the body healthy or treating injuries the muscles need to become “stronger” is misconstrued and leaves out two major components of HMS nervous and skeletal systems and makes functional chain movement incomplete leading to faulty performance and injuries

For instance, postural assessments and recommendations are incomplete and inaccurate if they are based on evaluating body regions of the body such as knee, shoulder, head and cervical spine. Functional chain checkpoints should include a complete assessment of functional chains and corresponding links responsible for specific movements.

**Lumbo-Pelvic-Hip Joint Complex (LPHC)**

Literature refers to LPHC is a region of the body consisting of the lumbar spine, pelvis and hipjoints. LPHC has an immense influence on the upper and lower body and it is responsible for the overall neuromuscular control of the entire human body.

Human movement can be described as changing positions with a proper weight shift. It should be emphasized that the shift refers to the center of body weight as opposed to shifting the full body weight. When the weight is not properly shifted, the result is undue stress on the soft tissues, cartilage, and surrounding joints and muscles.

The human body relies on LPHC to perform the center of body weight shift. Levin’s research found that the LPHC is anatomically designed to perform shifts of the center of body weight which is supposed to take place during any human movement regardless of the type of sport or physical activity.

This revelation of the body is structured to shift the center of body weight means that the major focus should be on learning all the proper links of functional chains and their coordinated effort for specific movements as opposed to a high volume of unconscious practicing of desired movements.

 **Functional Chain Movement**

Current training methodology to develop physical fitness is said to have skill-related, health-related and physiologic components. Skill-related components refer to speed, power, balance and coordination. Health-related components determine strength, endurance and flexibility. Physiologic components include blood pressure measurements, body fat composition, bone density, cholesterol and blood glucose levels.

It is not widely recognized that health and skill-related components cannot be built properly if the basic functional movement skills are not fully developed. Basic movements such as bending, reaching, extending, flexing, and rotating are the foundation to develop skill movement and health components. Furthermore, any skill-related and health-related components cannot be fully developed if a proper understanding of the LPHC, functional chains and a complete set of neuromuscular commands is learned for each specific movement.

At this point, Levin’s research identified main elements of proper functional chain movement as follows: multi-planar movements, skeletal alignment, interconnected joint and muscle movement. the center of body weight, range of motion, the base of support, muscular control, bilateral and unilateral movement. It should be noted that the functional movement research is ongoing and new elements might be discovered.

To date, Levin’s research and development efforts produced functional or kinetic chains for basic and more advanced movements such as bending, reaching, extending, flexing, squatting, lunging and rotating. Also, he was able to establish a better understanding of the functional chains for various sports and physical activities such as running, walking, swimming, cycling, weight lifting and dancing.

**Functional Movement Restoration**

Levin’s research of the science-based functional chain movement shed a different light on aging and indicates that blaming age exclusively is a misconception. The research and clients results demonstrate that functional movements of the human body can be restored and physical and mental deterioration can be significantly minimized for individuals of all ages including those in their 70’s, and 80’s.

The restoration of functional movement should include a proper understanding of LPHC functioning and functional movement chains LPHC is designed to engage.

A better understanding of functional chains for specific movements and how LPHC should activate them will allow avoiding performance plateau and injuries. Functional chain assessment is a very effective way to identify the root cause of an injury, remove pain, restore functional movement and bring the injured area to a normal function.

For those who want to treat and prevent injuries successfully and to improve their fitness or athletic performance, they need to evaluate their body functional chain movements. It is likely they would need to restore their functional movement before working on their fitness and athletic performance.

 **Contact**: Wellness and Beyond, 106 Deborah Rd., Newton, Ma, 02459, [www.wellnessandbeyond.net](http://www.wellnessandbeyond.net).

This means that a simple action of lifting a leg is neuromuscular activity and it involves a series of neuromuscular commands. However, most training programs

Functional movement is the foundation of the natural movemnet