

# Embodiment case study - G. J.

## Introduction

At the beginning of my written case study, I would like to once again say a big „thank you“ to everyone who helped to bring the Embodiment training to Hungary and also to thank the support that helped me to participate! In my own life, I started developing a movement and massage therapy practice about 30 years ago, in which I did not pay enough attention to deepening the rotational movements, so I was very happy with the initiative of Berni and Réka (and others) and the arrival of Birte and Natalina to Hungary.

## Patient selection...

Since my environment knows about my body therapy activities, a close young lady - G.J. - applied at the beginning of autumn 2023 to ask for help with a balance health issue. In view of the urgency, I received her the same day and treated her with a Rhythmical massage therapy. She got much better already during the treatment, and was able to take a nap afterwards and her symptoms are completely gone. This "story" could have ended here... But I indicated her that I had experienced „changes“ in her body and posture that should be dealt with. She was open to my suggestion, and a healing process began, consisting mainly of physical exercises and massage. Since the Embodiment training had just started, and I wanted to gain experience in the exercises there as soon as possible, I included Embodiment in the therapy process from the very beginning. I first performed all examinations and tests on myself, which on the one hand helped me a lot in recognizing my own onesidedness, and I could say that this gave me enough attention to recognize her problems as well. At the same time, I was able to put myself much better into the physical and mental states recognized, and from this strength I was able to recommend therapeutic exercises, and this also led me to be able to better adapt the applied massage.

I chose G.J. as a case study because, on the one hand, I experienced the most regular practice with her, and on the other hand, I could meet her almost every day. These were the most highlighted points of view by Birte as selection aspects.

Before describing the series of exercises and results in more detail, I would like to describe the anamnesis:

## **Embodiment Anamnesis : G. J.**

**Pregnancy:** Everything was fine. In the most recent period, there was a minor disturbance, when the mother took part in a very bumpy trip (she did not know in advance that the quality of the trip would be like this), which accelerated the predicted date of birth by 4-5 days...

**Born:** 2000, October 28 - 5 days earlier than the announcement. In a hospital, without extra help. She immediately went to the mother's breast, the sucking reflex worked well. She had minor yellow color for a few days, but it didn't last long. She was a calm baby after birth and later.

**Age dates of basic movements** (sitting up, standing up, walking, etc.): The basic movements were fine, nothing was left out of movement development, everything progressed according to the normal curve. She crawled and climbed on time and well. She sat up at 6 months. She pulled herself up for the first time at ten months.

**The age of speech:** it comes almost with walking and the vocabulary grows very quickly. There are no speech errors.

**Chronic diseases:** None

**Disabilities:** None

**Chronic diseases in the family:** Not known

**Operations:** At the age of two, she cuts the tendon on the middle finger of one hand. A doctor manage to sew it together in time.

**Vaccinations:** Only the mandatory ones...

**General health:** Stays at home until the age of four. At this time, she is not sick and eats well. After that, she goes to kindergarten, where she develops a not very common, but still recurring earache. In kindergarten, she becomes very picky: she likes porridge, but usually not lunches. Even at school, her pickiness persists for many years, while she eats well at home. Then sometime after adolescence, her eating becomes more or less settled... Her sleep has always been good - she sleeps a lot and deeply. Ever since she was a child, she sometimes feels dizzy and does not feel well, but these have never lasted long. Her legs turn slightly inward and are not very strong. That's why she gets tired quickly if she have to stand or walk a lot.

**Digestion:** Basically good

**Headache:** She is currently in college when she (sometimes) gets headaches when she has to study a lot.

Anything else that may be health-related: According to her mother, she has difficulty with dynamic balance. For example, riding a bicycle was always very difficult for her.

## Tests and surveys:

1) I started with a GENERAL OVERVIEW OF HER PHYSICAL BODY CONDITION (for this, we will look at the four basic senses tests afterwards). The most prominent difficulties:

- POSTURE-MOVEMENT: Minor scoliosis/twisting of the spine is present. On closer inspection, the musculature supporting the trunk/back/spine is one-sided and somewhat weak. But in general view we can talk about a somewhat weak muscles too.

The realizations led me to initiate strengthening exercises and various lifestyle changes.

2) BASIC SENSE TESTS: none of the four tests showed clear major deficiencies/one-sidedness, but it helped to recognize a few minor one-sidedness.

a) Examination of the sense of touch showed that an ideal balance is slightly shifted in the direction of oversensitivity.

We recommended the continuation of the foot baths (she has done them willingly and often so far) and more frequent massages. So far, she only used the possibility of massage when she had some outstanding pain or difficulty, but it was not regular.

b) When examining the sense of life, we found that minor one-sidedness from sympathetic and parasympathetic overactivity appears mixed...

We suggested one or two changes in lifestyle rhythms, the addition of a few Werbeck vocal training exercises, social movement exercises, daily walks, as much sunlight as possible, and a lighter immersion in college theory subjects.

c) The examination of the sense of movement indicated a movement in a more flabby direction compared to the ideal middle.

We recommend: Regularly practising embodiment exercises and other movement exercises, changing different sitting habits, regularly doing minor household and garden work.

d) Examination of the sense of balance showed a tendency towards hypersensitivity.

We recommend: various balance, flexibility and security-enhancing exercises, dance exercises and exercises aimed at emphasizing gravity.

### 3) REFLEX TESTS:

We performed the reflex tests. Some of the tests did not show any results, while some tests cannot be evaluated clearly. G. J. 's attention was very „sharp“ and seemed as if she wanted to meet good expectations, so I formed the opinion regarding some tests that I encountered compensatory movements. So the suspicion remains with these tests, but for now I am carrying the question of how we could perform the suspicious tests with slightly clearer results.

## **Description of the general therapeutic process from October 2023 to the beginning of February 2024:**

- I already mentioned in the introduction that at the beginning of October 2023, the therapeutic process began with a massage treatment, the effect of which was to eliminate the current complaints.
- The second step was to perform the Embodiment exercises from the beginning of October 2023. In this first period, we still performed a full series of exercises every day. After that, I was faced with the fact that doing the entire series of exercises can be a lot at the same time, and from the end of October, the exercises were reconsidered.
- From the middle of November 2023, we have created a new practice schedule. This included a 20-minute daily strengthening/rhythmical exercise series and one massage exercise per week, as well as very few Embodiment exercises two or three times a week.
- Since the planned primary physical strengthening took place, but at the same time the various movement coordination difficulties became apparent, therefore, from the middle of December 2023, more emphasis was placed on the Embodiment exercises and we took a little step back from the strengthening exercises. Meanwhile, we continued the weekly Rhythmical Massage treatment. In the meantime, we also included smaller walks - especially on nice sunny days.

- During the Christmas holiday period, the exercises were done a little more relaxed, which also included the fact that G.J. was in the exam period at the university.
- From January 2024, we started another program. This is where we are right now. Here, Embodiment exercises and the rhythmical movement exercises performed between them were given more space. Rhythmical Massage remains one treatment per week. With the Embodiment exercises, we went back to the very beginning and started building the process from the very beginning with very slow steps. Before starting each Embodiment exercise, we perform forward, backward and two lateral steps rhythmically. After that, the descent into Embodiment Mermaid exercise, but in very slow steps and degrees. Then there is a very slow rotating sitting movement, after which we come to a back position. Here, we first relax our body by stroking it in different directions. Meanwhile, we also perform smaller stretching and relaxing movements. Then we gradually go into the Embodiment rotation movements performed on the back. Finally, we perform the stroking exercises again. Finally, we stand up with rotating movements and perform new rhythmical, multi-directional step exercises.

After the Embodiment exercises and step exercises, two more shoulder-circling movements accompanied by Werbeck voice exercises are included into the daily practice as a conclusion. Perhaps an important addition is the fact that I incorporate the insertion of pillows under the head and waist into the exercises during a long training period.

## **Effects so far:**

- after every practice of Embodiment, something happens with the balance. In 80-90% of cases - when we choose the right measure - we experience improvement. On the other hand, when we do not choose the right measure and do too many exercises, or there is not enough rhythmical movement or strokes in addition to the Embodiment exercises, the dizziness increases.
- in general, a much better state of dizziness can be noticed
- during almost every Embodiment practice, a calmer and slower physical state is created than it was before, and it can be said in general that G.I. finds more balanced movements than before.
- a clear improvement in body awareness can be experienced after each session and as a general effect. This affects the posture, which can be said to have clearly improved in the last months.

- When she arrives very tired or sleepy to exercise, then she will usually be much more awakened by the end of the meeting and the same is true vice versa. So, in the daytime state of consciousness, a balance takes place.
- the slow but sure effect of physical strengthening can also be seen as a result of our work so far. I think this is mainly due to the strengthening exercises and not the Embodiment exercises, but I think that the Embodiment exercises add a lot of positive elements to G.J.'s condition here as well.
- it can be observed almost every time and in general that confidence in physical exercises is increasing. The behavior of avoiding and rejecting physical exercises until now turned in the direction of loving and willingly doing them.

## **Vision, Future Plan, Future Perspective:**

A one-year, fairly specific therapy plan was born, consisting of various physical exercises and lifestyle changes. In addition to this, we have a "largely outlined" three-year therapy plan.

In the timeline of the future plan, the Embodiment exercises come forward. In addition, some of the lifestyle changes are given first priority. And of course, balancing rhythmical movement, sound and massage exercises also belong here.

In the second step - after 3-6 months - after we have established and built up the whole rotation exercises of Embodiment, we intend to return to exercises that strengthen the muscles supporting the trunk of the spine (mainly next to the spine), abdominal muscles and the muscles supporting the arches of the feet, and further lifestyle changes.

And in the third step - after 6-9 months - we would like to include limb strengthening exercises in addition to the Embodiment exercises.

Later, we would like to include therapeutic eurythmy exercises too.

I think it is very important to note that all the listed plans are of course still very variable. After all, I still have very little experience with Embodiment exercises. Since I am still at the very beginning of gaining experience - on myself and some "experimental patients" - I am only planning carefully... I could also say that the main plan is external and internal attention. I watch my "patient" and watch myself!

Dunakeszi, February 12, 2024.

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