Essentials of Revolution in Motion Explained
By Dr. Edythe Heus

1. Mind Your Feet

a. Abundant sensory input by way of your feet is carried by your nervous system to your brain. Cutaneous nerves in the skin and proprioceptive cells in the muscles and joints alert us to changes in temperature, the surface, and where we are in space, affecting our posture, gait, and balance. All body parts above the feet are affected by the health of the feet. A larger than average part of the brain associated with sensation is dedicated to the feet along with the hands, lips, and tongue.

b. Meridians begin and end in our feet, where they influence the flow of energy in the body. Additionally, organs and tissues are reflected on our feet as foot reflexology.

c. The feet play a substantial role in shock absorption for all the joints in the body.

2. Hollow Your Abs

a. Along with the pelvic floor, the lower abdominal muscles initiate movement. The pelvic floor also contains vast sensory and proprioceptive cells connecting the nervous system and brain to that area of the body.

b. This hollowing anchors and controls the pelvis with precision and allows conscious initiation of movement.

c. Spinal lengthening results from abdominal hollowing and vice versa. These two mechanisms are the primary basis for core stability in RevInMo. It is theorized that the two mechanisms are connected via the pelvic floor.

d. Injury prevention is incomplete without precise abdominal hollowing.

e. Athleticism, sports performance, and performance arts require abdominal hollowing that is precise.

3. Lift Your Torso

a. Enables the upper body to carry its own weight and prevents that weight from resting on the low back and hip. In turn, there is less likelihood of injury to those areas, and increases in running speed and athleticism prevail.

b. Energy flows up the spine to the head and encourages and allows the head to float. This flow of energy also improves circulation, brain, and nervous system function. Overall improvements in energy, breathing, visceral function, sense of wellbeing arise from spinal lengthening. Also, autonomic nervous system function improves.

c. The discs are the cushions between the bones of the spine that also assist movement. Spinal lengthening restores and maintains the health of the discs and the connective tissue that supports them.

d. Without spinal lengthening, flexibility and movement are compromised. All planes of motion are enhanced by spinal lengthening.

e. Spinal lengthening along with abdominal hollowing is the foundation of RevInMo core stability and strength. RevInMo sees core stability as the ability to move quickly to avoid impact, as well as the ability to sustain an impact without injury.

4. Float Your Head

a. This will release tension in the neck, and the spine can lengthen more when the head is free. This also results in an improved range of motion of the neck.

b. The horizon remains level ensuring good balance and posture when the head is free. This is accomplished partly by visual and auditory reflexes and the brain responding to accurate information from the eyes and ears.

c. The vagus nerve runs through the front of the neck and may be affected by neck tension. Symptoms of vagal nerve problems include pain, irregular heart rhythm, urinary difficulties, gastroparesis, difficulty swallowing, peptic ulcer, voice problems, and fainting.

5. Relax your back

a. Dropping the tailbone as though a small weight was attached to it is an integral part of relaxing your back.

b. Optimal spinal lengthening requires relaxation of the back and dropping the tailbone.

c. The lower abdominal muscles' ability to initiate and control movement is compromised when the low back does not relax.

d. Hip-flexors will remain in a contracted state when the back does not relax. Kidneys are the "fear" organs and are associated with the hip flexors through the meridians. Exploring a state of fear may be necessary if the hip flexors and low back do not relax.

e. Posture and balance restoration requires a relaxed and responsive low back.

f. The tailbone is a physical and energetic anchor, and mastery of its position is essential for stability. Additionally, the pelvic floor attaches to the tailbone for conducting movement between the body's front and back. Also, the tailbone has an emotional component associated with fear, threat, and uncertainty. This is exemplified best by a dog that tucks its tail between its legs when it feels threatened. When the tailbone is tucked under, energy flow is blocked; it won't flow into the body or move up the spine. A tailbone that loses its ability to move forward or backward limits spinal lengthening, spinal stability, compromises cerebrospinal fluid movement, and the nervous system and brain's health.

g. There is a neurological plexus in front of the tailbone with bundles of nerves. Injury to the tailbone as well as densifications and repetitive stress on the tailbone compromise these nerves resulting in alterations in posture and balance, the function of the pelvic viscera, and numerous neurological conditions.

6. Your Shoulders Fall into Place

a. Relaxed shoulders, proper shoulder blade alignment on the rib cage, an open chest result from the precision of essentials 1-5 as well as augment these essentials.

b. When the shoulder blades sit correctly on the rib cage and arm movement is initiated from the muscles that attach the scapula to the rib cage, proper shoulder mechanics occur.

c. Correct posture and gait require proper shoulder position. Arm swing is a significant contributor to gait and propulsion. An uneven arm swing will result in abnormal gait patterns, generally in a rotational plane.

d. Energetically healthy shoulder position and movement results in an open chest and flow into the head, affecting thought patterns of openness, love, and joy.

e. Spinal elongation is intensified by shoulder position and movement.

f. Breathing is made easier when the shoulder position and movement are optimized.