



Dr. Kenneth Kao: The Chain of Injuries - Where They Come From, How They Progress, And What You Can Do About Them



Dr. Kenneth Kao is a chiropractor with an emphasis in biomechanics and movement intelligence, an internationally touring pole dance instructor, and an award-winning photographer and author. Explore common movements and gain new insights into your habitual patterns so that you can become more empowered in your body.

TOP EMBODIMENT TIP: Play! Active exploration is so critical to health.

Our Habitual Movement Patterns: **What we avoid identifies our weaknesses**

- Our patterns determine our injuries; if we can identify our patterns, then we can prevent our injuries.

Learning Through Exploratory Movement: **Gaining Awareness of Habitual Patterns**

- Sitting exercise: walk around and then sit down (preferably on the floor). Get up and repeat several times. Pay attention to how you sit. Are there patterns to your movement? Do you favor one side to the other? Was the movement smooth? Where were the hiccups? How's your range of motion?
- Repeat the same exercise, but this time do the opposite (i.e. if you tend to favor one side, try the other side).
- Repeat both again, but go super slow. Goal: identify the moments you feel uncertain, afraid, or a little bit out of control. Are you avoiding certain parts of your body or maybe you accelerate because you suddenly lost strength?
- Now find a creative way to get to sitting. Even when we try something new, we still move in a way that feels safe. This can further expose our patterns and weaknesses. Did you discover something you weren't aware of before?

Movement for Life: **Taking Control of Our Future Health**

- Exercise should be built into our day with frequent movement. All activities of daily living should be considered a form of training. As we age, we lose the strength and integrity to bend our knees. Our body loses organization. By changing up our activities, we can prevent this. Consider moving in all the ways we have available to us.
- Whatever you do all the time, do the opposite. The chain of injury occurs when favoring one action leads to the injury of other areas.
- Common imbalances lead to future injuries. Compensation should not be habitual. It's only there to help you in the moment. If you keep compensating, you will damage that area as well.

Resources

- ❖ **Website:** [Kenneth Kao](#)
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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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