Proprioceptive training based on classical dance.

Introduction.

- “Five senses form the basis of the world….There are other sensory mechanisms, the sixth secret senses, one of them is the proper-muscular ... (proprioceptive sensitivity).
- Oliver Sachs (English neurologist, writer)

Proprioceptive training based on classical dance —

- - it is a system of physical exercises based on the methods and principles of Classical Dance;
- -proprioceptive training used for diagnosis, treatment and recovery;
- - type of non-force kinesitherapy;
- - afferent correction system;
- -the method of psychotherapy (sense-training).

Feedback systems:

- --control of muscle length (Re in muscle spindles of gamma 1 fiber --- gamma1 neurons of the SM — afferents in the central nervous system, pyramidal pathways — motor cortex);
- - control of muscle tone (Re in tendons, Golgi complex – gamma 2 neurons of the SM - afferents in the central nervous system);
- --- Re the vestibular system.

Operating principles.

- - "reverse afferentation is the main factor in the restructuring of motor programs" (according to Anokhin);
- - control system of neurons of the sensorimotor cortex (influence on "burst" action potentials);
- - help in processing heteromodal information ("Sharington funnel").

Proprioception functions.

- regulation of temporal parameters of motor acts (speed);
- - motor differentiation (clarity);
- - the complexity of the coordination staff (interrelation);
- - the degree of automation (without mind control).

Types of PCT

- - stabilometric platforms (Libra, etc.);
- -dynamic proprioceptive correction "Gravistat", etc.);
- -proprioceptive support (bodybuilders, weightlifters);
- -proprioceptive training programs for football players, gymnasts, etc.).

Differences in CT-based PCT

- systematic;
- tactile accompaniment (additional sensory modality);
- active influence on the motor stereotype;
- maximum aftereffect.

Classical dance

- - This is a system of amazing freedom of movement based on non-freedom (additional muscle tension);
- - this is special. positions for arms and legs, several dozen poses, positions, movements and an unlimited number of combinations.

Muscle modes

- isotonic (constant tension, changes in length) - not found in its pure form;
- isometric (constant length, tension changes) - static;
- auxotonic (length and tension vary) —special movements, exercises.

Evidence base

- 1. Objective methods: ENMG in standard leads; stabilometry.
- 2. Empirical data. Experience of use in general neurology (trauma, strokes, cerebral palsy, Parkinson's disease, autonomic disorders, psychoemotional disorders, sensory deficit, MDM, etc.); in sports neurology, gerontology, orthopedics.

«There are different ballet barres ... "

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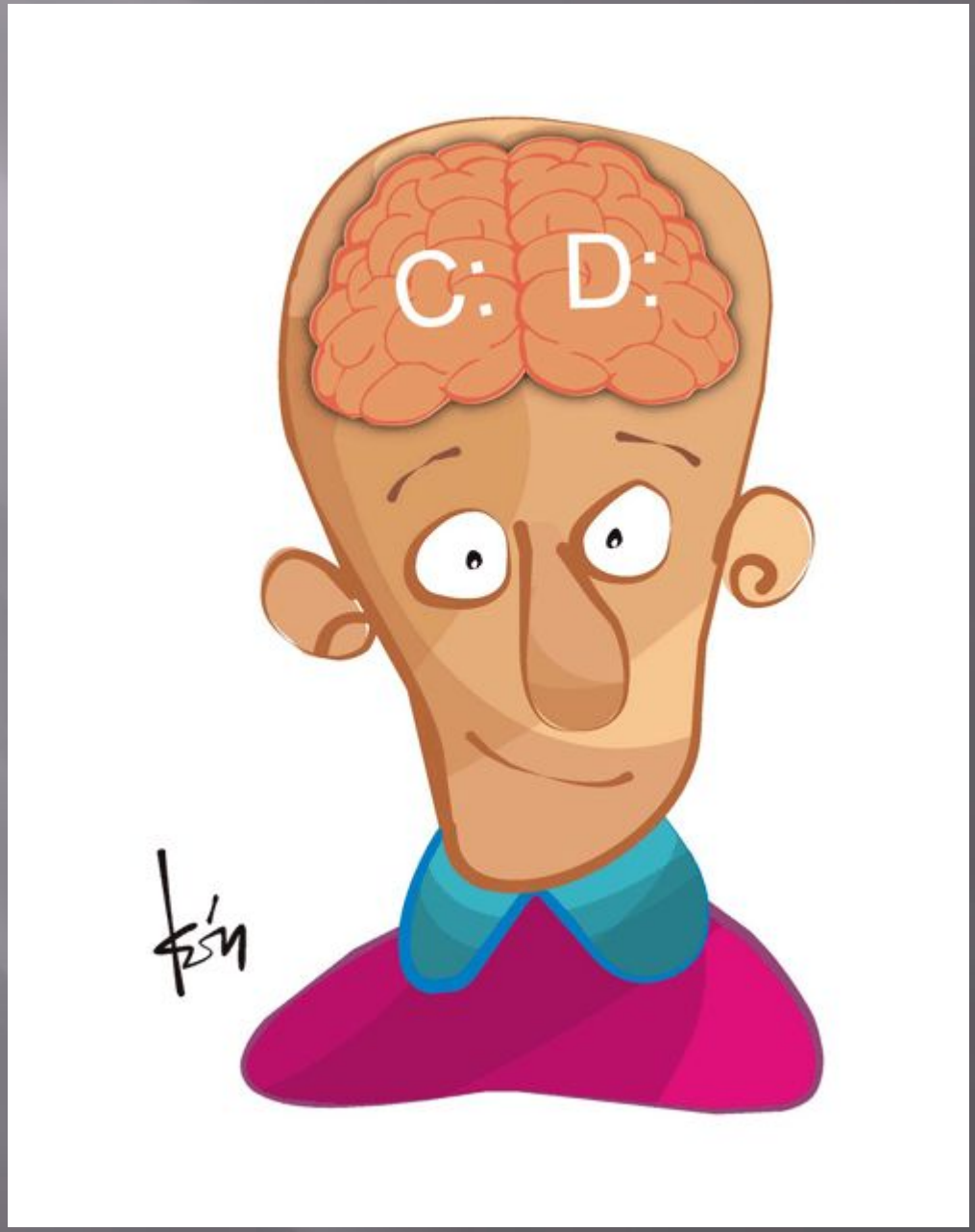
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