

## Anatomy it is Good to Know

1. The atlanto-occipital joint (AO joint) is the joint at the bottom of your skull and the top of your spine. It is between your ears and behind your nose, in the center.
2. Your head balances lightly and easily on the top of your spine, if you don't interfere with that balance.
3. You can interfere with the balance of your head on the top of your spine by over-contracting muscles in your neck.
4. When you over-contrast your neck muscles, you prevent your head from moving freely and interfere with your easy movement, making moving and balance more difficult.
5. The only joint between your arm and your body is between the medial end of your clavicle (collar bone) and your sternum (breast bone). Your clavicle and scapula are arm bones.
6. Your pelvis is part of your legs.
7. You cannot “move your hips.” Your hips (pelvis) is attached (fused, really) to your spine. You *can* move your spine, and that’s what you need to do to “move your hips.”
8. Your “body bones” are your skull, spine, ribs, sternum and your hyoid bone (your tongue (and some other muscles) attach to it). Everything else is arms or legs, including your lower jaw.
9. It is easier to think of moving bones than to think of moving muscles. You don't know what muscles to move, but you do know where you want to move your parts, e.g. hand, arm, leg, foot, etc.
10. When you start to take a step, the first joint that moves is your knee joint. Letting your knee go forward lets your foot come off the ground, thus letting you take the step.

11. If you “lock” your knees, by tightening your thighs, you throw yourself off balance, and any movement that brings your arms up in front of you, either holding something or just scratching your nose, will cause you to sway back and put pressure on your lower back. Leave your knees free always.