



Longevity depends on Responsibility

Written by Caroline Clarke

When we think about longevity in anything, it is important to understand

our responsibility in what it is we need to do in order to achieve that goal.

Working with so many people every week teaches me a lot about the body and what it needs. That is the ongoing responsibility for me which contributes to the collective goal of physical longevity.

Stimulus is so important - we have good and bad stimulus. This all depends on how functional your body is. Everything we do takes our body out of alignment. It's all about how it goes back hopefully into symmetry.

When we hurt, our body is not holding its 'blue print'. Compensation is allowing our body to bend, twist maybe one side more than the other, but pop back into symmetry.



When it doesn't slip back into symmetry, over time that's what can cause pain.

When I look at a body, I'm not drawn into a rabbit hole of chasing the pain. Often the cause of the pain or discomfort isn't where your body is having a problem.

It is the compensation having a bad time as it's not its job. Feeling knee pain can mean that the hip or lower back is not engaging properly so you are over-working another joint.

Every body is different. What may work with one person will not always work with another. This is why I love my vocation so much.

Being a detective, feedback from listening to the client I am working with gives me all the answers.

You know far more about your body than anyone else. You are living within it and feeling what is going on.



I have found over the years, no matter what you want to do from Yoga, Pilates, running, most sports from golf to rugby, Postural Alignment will allow you to understand your body and enable you to have less injury.

Listening to your body is the most important thing, not being obsessed but just listening to what it's telling you.

In the United Kingdom, we are coming into spring and summer. This is when people start gardening, going out more and start asking more from their bodies.



Remember - if you haven't done something for a while, you need to start slowly. I hope to give all my clients a toolbox of exercises especially for them that they can use if they feel discomfort or pain. With this everybody is different.

This also comes into effect with athletes who can easily overdo it. Sometimes a resting exercise is what they need to let their bodies slow down and recover.

The incredible thing about my therapy is that I don't need to be with the client.

As long as I can have a video of how somebody walks, and some photographs so that I can see their shoulders and their knees, I can work with them. Since Covid my work has gone international and I'm getting some amazing results wherever my clients are.

The other thing I wanted to bring up is the blame game. Until people will take responsibility for their own bodies and try not to blame anyone else for aches and pains, they won't get better.

So many therapists use medical terms and Latin names that it's easy to be blinded by science and use their diagnosis as an excuse.

I work with my client in a completely different way by giving them responsibility to listen to their body.

Empowering the therapist with feedback is definitely the way to go forward.

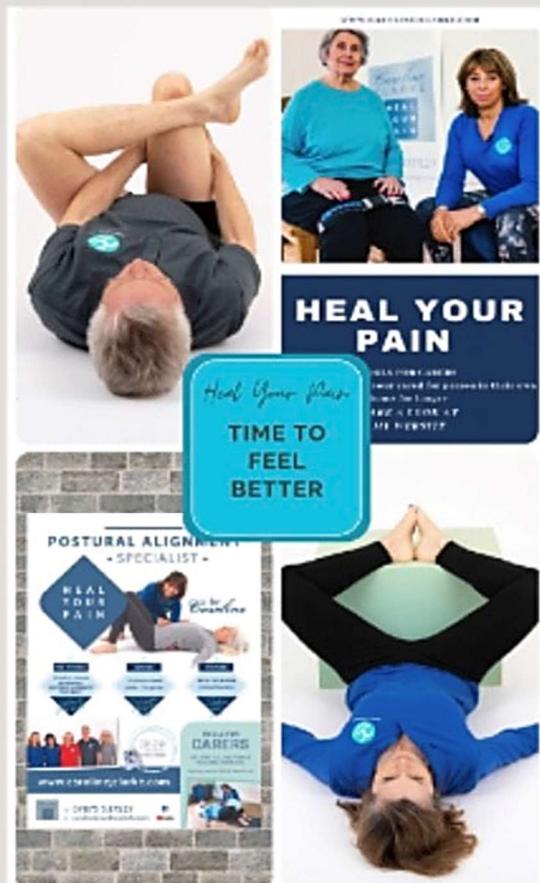


When a client says to you, do you think I should be doing this? My answer is? How does it feel? What do you think?

These are the first steps in letting them start taking responsibility.

I read a disclaimer the other day. It basically said if you want to blame somebody for anything in this book don't bother opening it!

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