RHYTHMIC MOVEMENT TRAINING as taught by Psychiatrist Harald Blomberg

These exercises have been developed by Kerstin Linde, of Sweden and are founded on the natural rhythmic movements that infants make. She has been using these for about 20 years to help persons with many types of problems connected to brain and body function.

They are especially helpful for individuals with ADD/ADHD, autism, psychosis, reading and writing difficulties, and problems with physical coordination. But they are also helpful to others with lesser symptoms.

One of the reasons for a rise in the numbers of individuals with ADD/ADHD* may be lack of opportunity for them as infants and toddlers, to move freely on the floor until certain reflexes are incorporated into their brain/body system. Some may need help with those movements because a genetic disposition or due to conditions related to their birthing process.

RHYTHMIC MOVEMENT TRAINING WORKS IN TWO IMPORTANT WAYS:

1. They stimulate the growth of the neural net, linking up parts of the brain.
2. They finish maturing infant reflexes (automatic movement patterns) that may thwart intentional movement.

BENEFITS may include:
- improved attention span and memory (as seen with ADD/ADHD)
- improved physical strength and/or coordination
- emotional and psychological improvements
- improve reading and writing difficulties
- improve social interaction (as seen with symptoms of autism)

THEY ARE USEFUL:
- for young children through senior citizens

TO BE EFFECTIVE these movements must be done daily for about 10-15 minutes for several months to a year or more, depending on the individual need.

It is important that the movements or done symmetrically, rhythmically, and feel pleasant (after it’s learned). Although they are simple, they must be done in a precise way, and therefore periodically evaluated by someone with training.

FOR MORE INFORMATION VISIT: www.haraldbomberg.com

* There is research showing many symptoms of ADD/ADHD in some individuals are related to their brain chemistry due to certain unmet nutritional needs. See books by Kathleen DesMaisons, PhD or check her website: www.radiantrecovery.com
Or from eating food additives or colorings: see www.fedupwithfoodadditives.info
Rhythmic Movement Training Theory Introduction
This training finishes integrating one or more of several childhood reflexes. This may have benefits which include physical (coordination and strength), emotional, educational (cognitive -reading, writing), and psychological.

VESTIBULAR SENSE
The tilting movement of the head stimulates the sense of balance.
-Exercises pushing along the spine (on the floor)
  --stimulates sense organs in many joints and the inner organs of the belly;
  --stimulate tactile sense organs of the skin;
  --connect cerebral cortex to the basal ganglia;
  --activates the ability to locate where on the body it is being touched.
-Rocking/carrying baby around also stimulates the sense of balance.
This stimulation, in turn, sends impulses to the nuclei of the brainstem where they're integrated with the impulses from the eyes, ears, and tactile senses. This in turn sends a message from the brain to the baby's muscles. The message is to increase the tone of the extensor muscles of the body, causing the baby to make spontaneous movements (lift head and upper trunk). Doing these reflexive movements, stimulates the baby to move more thus continuing the movement cycle.

RETICULAR ACTIVATION SYSTEM
In order for the baby to be conscious of the impulses from the sense organs (touch, movement) there needs to be two things:
1 connections between the brainstem and the various points of the body, and
2 an activated cerebral cortex
The impulses get to the cerebral cortex via the reticular activation system. The impulses go from tactile organs (skin,) balance organs (inner ear),and proprioceptive sense organs (in the tendons, muscles, and joints).
This happens when the baby is carried, rocked, touched, allowed to move freely on the floor, (and with these exercises). Without this stimulation the baby becomes tired and sluggish and shows no interest in surroundings and hallucinates.

PRIMITIVE REFLEXES
The impulses from the sense organs that go to the brain stem eventually cause automatic movement in the motor organs (muscles). This is called a primitive reflex. Examples are Automatic gait R., Spinal Galant, Tonic Labyrinth R., Moro R., etc. All of these reflexes stimulate movements which, in turn, stimulate branching off of nerve cells and myelinization of nerve fibers.