



# PHYSIOLAB

PHYSIOTHERAPY & LABAN

## *Applying principles of Laban Movement Analysis in Physiotherapy*

---

"We all live in the same world but we don't see the same world"

*(Sam Thornton, 2004)*

In Physical Therapy, the analysis and re-patterning of human movement and function concentrate mostly on bodily level (posture, muscles, range of motion etc.).

**LMA (Laban Movement Analysis)** focuses on the Body in Motion, and integrates comprehensively the relationship between function and expressiveness of the body. According to Laban, "every single act a person performs, has both its expressive and adaptive (coping) aspects". R. Laban's work suggests additional modes of perceiving oneself, other people, and relationships to the world around one, using the live body totally (Body-Mind-Feeling) as a key to coping with the environment.

### **Learning objectives:**

By the end of the workshop the participants should be able to:

- Understand the nature of human behavior through integration of polar opposites (Function – Expression, Stability – Mobility, Exertion – Recuperation, Inner – Outer);
- Widen the spectrum of a Subjective Examination by adding observational skills from Laban Movement Analysis (BESS – Body, Efforts, Space, Shape; Personal Kinesphere & Approach to it);

- Understand and Embody the Inner Drives to move ("Efforts"), and apply them in rehabilitation;
- Re – Pattern movement through:
  1. Identifying and modulating muscle tensions according to [Laban & Bartenieff Fundamentals](#)
  2. Applying patterns of Body Organization to support human Function & Expression: Core – Distal, Head – Tail, Upper – Lower, Homolateral (Right & Left) & Cross – Lateral organization;
  3. Optimizing the supportive relationship between body organization and movement intension through [BF \(Bartenieff Fundamentals\)](#).

Classes will be conducted through frontal lectures, experiential movement, movement analysis labs and discussions.

**Target Audience:** Physical Therapists, Movement Therapists, Manual Therapists.

**Instructor** – Irena Paiuk (MscPT, BPT, CMA Candidate from LIMS, NY; STOTT Pilates Rehab Instructor)