

# JEMS Movement ART: The Science and Art of Beautiful Movement

## JEMS Movement ART (Analysis, Rehabilitation & Training) - Parts 1 - 4

JEMS Movement ART is a series of four workshops which elegantly connect the interdependent factors which lead to fluent, effective, movement relevant to occupation, sport or environment.

They encourage participants to step out of the “core stability” box and into a deeper understanding of movement development and its transference to function. They illustrate the simple keys for unlocking movement potential, and uses neurosensory motor techniques to open up new pathways and possibilities for the patient. The courses examine how a patient creates and controls forces to meet the demands of their task or environment, and emphasises qualities of efficiency, elasticity and robustness in a patient’s movement from early or lower levels through to performance movement.

JEMS Movement ART looks at key muscular and biomechanical relationships and patterns, in function and dysfunction, how these relationships either support or interfere with functional movement, and how they can contribute to pain and injury.

### JEMS Movement Part 1 includes:

- Identification and assessment of these relationships to better understand the mechanism, or “why” behind the patient’s or client’s presentation.
- The visual and analytical skills for **Functional Movement Testing**, what each test tells you, and how to use the tests to create a specific, targeted action plan for rehabilitation.
- Developing a “expert eye” for movement.
- The key “seed” movements and abilities which underpin gross movement and its potential for development.
- How to use reflex activity and neurosensory cueing to achieve automatic postural and movement responses.

**JEMS Movement ART 2, 3 & 4** courses will progress participants to enhance their skills and understanding of:

- Integrating and progressing seed movements into programmes which systematically address patients at all levels, from acute and low level presentations through to chronic conditions or elite sports performance issues.
- Motor learning: learn how and when to cue for best effect, using the techniques used by master coaches.
- Sensory awareness as a key factor in training and patient engagement.
- Combining exercise approaches to enhance movement behaviours and muscle patterning at increased load and skill demands.
- Application of techniques in clinical scenarios, and in strength and conditioning environments.

### JEMS Certification

The four workshops of JEMS Movement ART are concluded by permitting participants to participate in a Certification Examination on completion of the series. Certification is a method for JEMS to assess the knowledge and skills acquired by practitioners. Practitioners who have

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pursued this professional development pathway take a distinctive and sought after approach to patient care, and if through passing the examination they have proved their competence, they will appear on the Register of Professionals on this website to enable the public to identify and access them.

Recognition as a JEMS Certified Rehabilitation Practitioner applies to clinical work with individual patients or patient groups within the practitioner's workplace. Certification does not qualify professionals to teach Movement ART courses or professional workshops, and does not constitute recognition as a Movement ART instructor.

### **Quotes from Certified JEMS practitioners when asked how JEMS training has influenced their practice:**

“Enormously – it is relevant in every patient that I see.”

“Completely changed how I approach most things and allowed me to really step back and see a bigger ‘whole body’ picture. Also means that I can envisage change or improvement for patients who in the past would have left me feeling very limited.”

“It changes your clinical practice immediately. I just can’t stop watching how people move!”

“Unbelievable for my confidence with a wide range of patients. I can now do a functional assessment quickly and effectively. From there it is not hard to work out a treatment plan.”

“It has given me a far wider range of treatment options for those with chronic pain or balance problems and those needing a higher level of rehabilitation. It has also changed my manual therapy treatment. I didn’t just treat locally before, but because I am looking at different movements patterns I can see structural blocks that I would have previously missed.”

“I use both assessment and treatment techniques on a daily basis. My assessment has become increasingly functionally based. There is no doubt that I have become more effective as a practitioner as a result.”

“This has been a complete game-changer for me. It has transformed my practice, and my patients love it.”

Further information on JEMS can be found here:

Website - [www.jemsmovement.com](http://www.jemsmovement.com)

Facebook - [www.facebook.com/JEMSMovementART](https://www.facebook.com/JEMSMovementART)

Twitter - <https://twitter.com/JEMSMovement>