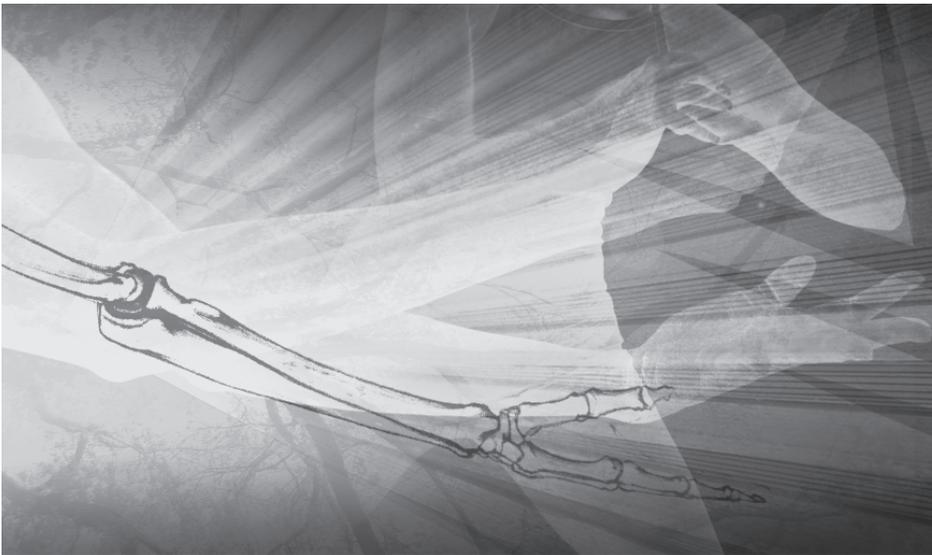




The Body's Way Education Series

The Elbow Joint



The Elbow Joint

Most people never think about the elbow joint as an important part of the body to be used for conditioning. Did you know that you can use the elbow joint to gain core and spine mobility, stability, agility and flexibility in the ribcage? Becoming aware of how you use your elbow joint will add power and grace to all hand and arm motions. Here's how to connect to The Body's Way of your elbow joint.

Gain core stability and mobility by becoming conscious of the curved surfaces of the elbow joint, moving this curved shape fluidly through space, in, out, up, down, and around.

Condition your upper chest muscles by using your elbow joint to move energy in and out, drawing the elbows back to condition and strengthen the

back and stretch the front, and moving the elbows forward and across the chest to strengthen the front and stretch the back.

Condition the front and back of your upper arm bones by opening your elbows, fully extending your arms until you feel the sensation of flexibility, energy moving out and along the bones of your arms, hands and fingers. Reach further and feel a different squeezing sensation at the back of your upper arm bones. This is the sensation of strength conditioning your tricep muscles, energy packing in and hugging your bones. Close your elbow joints fully and you'll feel yet another squeezing sensation along the front side of your upper arm bone, the sensation of strength conditioning your bicep muscles.

When Dancing Through Life

1. Sense relaxation in your elbow joints, keeping the inside crease of your elbows open. From time to time throughout the day, rub all around your elbow with the opposite hand to create heat and to stimulate circulation. When reaching, use the elbow joint to move your hand forward and backward, in and out.
2. Use your elbow to pull and push the hand and you'll move with power and grace!
3. Add mobility to your core and spine by thinking of your elbow joint as the center of your arm, a light and free hinge joint that loves to open, close and move freely.

For more information

Ask your teacher for more information about this and other available Nia Handouts.

Get the Nia Book, *The Nia Technique* (2005, Broadway Books).

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