



JOINT SYNERGY

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Joint Synergy

IS A KEY ASPECT OF MY

Five-Dimensional Flow System

Anyone can do my Joint Synergy practice, but it is especially good for people who want the benefits of exercise without stress. Good candidates are people over 40. Most elite athletes will find many of the basic exercises I share here too easy perhaps, but they are great meditative practices for anyone and are also the hidden core of all the more complex movements done in all types of dance, athletics, gymnastics, modern yoga and martial arts. I elaborate on this hidden core and how it relates to more complex and more intense movements in my full program.

Within each of the practices I share, there is scope to do many levels of work: from therapy for people with physical conditions such as joint problems and other musculoskeletal issues including pain and reduced function to more intense movements that can prepare athletes for their practices. The therapeutic benefits of the **Joint Synergy** practice are not only physical but also physiological and mental. On a physiological level, the practices that I offer in the full **Joint Synergy** program improve blood flow while staying calm and keeping the heart rate low. They also encourage the dominance of the parasympathetic nervous system (the 'rest, relaxation, rejuvenation, and regeneration response'), and help the functioning of the organs of immunity, digestion, and reproduction.

In the Zone

On a mental level, these practices allow for the possibility of creating a type of dynamic meditative state similar to being in the zone or flow state that athletes regularly enter. These practices can be adjusted for all levels, so they are sustainable, engaging, calming, and effortless while promoting blood flow and energy enhancement. These are the requirements to enter a meditative state that has been shown to enhance health, happiness, and longevity.



A simple Joint Synergy practice can address many problems faced by modern adults. Primarily, the axiom should be the common physiotherapy expression that says: 'exercise is optional but movement is essential'. It is paramount for overall health to move every joint of the body to keep them healthy, and to enhance blood flow. About 95% of modern adults do not move enough because they don't know how to exercise without causing stress, energy drain, physical injury, and pain. Also, most people who do exercise may get limited benefits in strength, flexibility, and fitness, but often get long-term problems in the joints and the nervous system. This Joint Synergy practice is ideal for people who would like to get the benefits of a physical movement practice without the risks often associated with exercise.

Benefits

The main problems that can be addressed with this program include:

- the need to improve energy levels and circulation of blood (without needing to increase the heart rate to do so).
- the need to reduce joint pain and impaired joint function.
- the need to address the health of the immune, digestive, and reproductive systems, and
- the need to remove mental stress to more easily adopt a default state of contentment in daily life.

If someone regularly practices Joint Synergy at the appropriate level for their body in a sustainable, engaging, and calming manner, they are likely to see the following benefits:

- improved blood flow (circulation) while keeping heart rate low,
- improved strength without feeling tense,
- improved flexibility without intense stretching,
- improved energy levels without having to breathe too much,
- improved overall relaxation levels while engaging in a physical practice and not needing to lie down to rest,
- improved inner calm and happiness along with the other benefits of meditation,
- improved health of the immune system to recover more easily from sickness or injury,
- improved health of the digestive system so that they can digest food and absorb nutrients more easily and effectively, as well as remove toxins from their body and regulate their weight better, and
- improved health of the reproductive system for enhanced sexual function, balanced hormone levels, and greater regeneration of cells in the body to maintain youth and retard the aging process.



As people age, they start to realise that they need their body to work at the optimum level to continue to maintain their lifestyle, as well as enjoying it. As people age, they start to notice their energy levels drop, injuries do not heal as fast or as completely as they used to, recovery from illness is not so easy, and the tendency to get sick often increases. With age, the body simply stops working as well as it once did. As a result of the physical deterioration, mental health is impacted too, and it becomes much harder for people to choose happiness in their life as the years go on.

The problems addressed above show up in people's life because they often simply cannot perform the functions of daily life they used to do easily. The consequences often manifest as body pain and lack of energy, the inability to play with their children or to do recreational activities with friends. And it often even impacts their ability to earn a living.

Exercise and meditation at the same time

Most people are familiar with regular exercise, modern yoga, and regular seated meditation, and they can see the benefits from all three. However, exercise often causes stress; most modern yoga does not appeal to modern adults for many reasons (e.g., not flexible enough, not strong enough, not sustainable, too stressful, too spiritual, not spiritual enough, etc.); and many people find seated meditation boring, and it usually does not give the benefits of most exercise. This program can give the benefits of meditation (the essence of true yoga) and exercise at the same time.

The biggest objections to taking up a program such as mine are often things like lack of time, lack of energy, or lack of money. The practices I'm offering do not take very long to do each day. These practices when learned will give energy rather than take it away. And these practices do not require any expensive equipment. Other objections to taking up any physical program include the fear that it will be too difficult, or too stressful on a physical, physiological, or mental level. The program I offer can be adapted to any level and these issues are easily addressed in the full program.

Posture, movement, breathing, and mental control for internal calm and physical health

The most important things we need to do to maintain health, happiness, and longevity is to be able to maintain and enhance the function of our joints and muscles, encourage healthy blood flow, nerve function, and internal organ function while establishing and maintaining a happy and peaceful state of mind. This program allows you to use posture, movement, breathing, and mental control in a way that maintains and enhances your physical structure (muscles and joints for strength, flexibility, and pain-free function). The practices of this program also allow you to improve your blood circulation and energy levels while keeping a low heart rate and a calm nervous system that encourages healthy internal organ function. The practices can also be done as a type of gentle and engaging dynamic meditation that allows you to enter a fun and sustainable mental state akin to the zone or flow state that elite athletes are often immersed in, which can reduce and often eliminate stress, depression, and the effects of trauma in your life.



Make the purpose of the practice to share good energy (healthy blood circulation) and loving information (dominance of the calming and nurturing effects of the parasympathetic nervous system) through a stable and structurally sound physical body. And then use this as a model for how you can feel connected with other people and be a useful member of society. The practices in this program, such as moving from the core (rather than locking the core) in a fluid and active way (without stress or tension) include long guarded secrets of internal martial arts that allow you to have good energy levels, a healthy and strong body, and the possibility of a long, productive and happy life.

How Joint Synergy Works

In this program, I work with the nine (9) main joint-complexes (ankles, knees, hips, waist, chest, neck, shoulders, elbows, wrists). A joint-complex is set of joints that works in a group. I first teach you how to move each of your joint-complexes in a linear simple fashion first, to explore and assess your range of motion. Then I show you how to move in a simple fluid and graceful manner within a reduced range of motion for that joint-complex. These movements are usually circular or form a figure-8 pattern. Next, I teach you how to relax key areas in the body to access your unconscious nervous system and to allow the movements of each joint-complex to be integrated within the whole body, including allowing the joint movements to move your spine, trunk, and core. Then I teach you how to reverse engineer the process, and instead of letting the movement of a joint-complex cause movement of the spine and trunk, I show you how to move ideally in a wavelike manner from your spine (and essentially your trunk) first, and then to move one or more of your joint-complexes after initiation of the movement from your trunk movement. This method gives far more effective strength, flexibility, fitness, blood flow, and energy levels, and most importantly, a sense of connectedness within your body and mind. Finally, I teach you how to move from your true core (the region between your navel, your pubic bone, the top of your hips, and your tailbone) first, use this to move your entire spine and trunk, and then move your joints. This is far more powerful than just moving your spine as it significantly changes energy flow and stimulates internal organ function.



JOINT SYNERGY PRACTICE (General):

Each of the Joint Synergy practices has four main possibilities. At the simplest level if you were just looking at the movements of the shoulder blades the four possibilities are as follows:

- Roll both shoulder blades forward at the same time, i.e., bring the shoulder blades first backward (retraction) then upwards (elevation) then forwards (protraction) then downwards (depression) in a continuous fluid fashion.
- Roll both shoulder blades backward, i.e., bring the shoulder blades first forwards (protraction) then upwards (elevation) then backward (retraction) then downwards (depression) in a continuous fluid fashion.
- Roll both shoulder blades forward while they are 180° out of phase, so that when one shoulder is forward (protracted) the other shoulder is backward (retracted), and then one shoulder blade is upwards (elevated) while the other shoulder blade is downwards (depressed). This will tend to look like forward peddling a bicycle.
- Roll both shoulder blades backward while they are 180° out of phase, so that when one shoulder is forward (protracted) the other shoulder is backward (retracted), and then one shoulder blade is upwards (elevated) while the other shoulder blade is downwards (depressed). This will tend to look like backward peddling a bicycle.

JOINT SYNERGY PRACTICE (Earth-Fire-Sun Video Practice):

In this [video practice](#), we are only doing the first type of Joint Synergy practice listed above, in which you can roll both shoulder blades forward at the same time, i.e., bring the shoulder blades first backward (retraction) then upwards (elevation) then forwards (protraction) then downwards (depression) in a continuous fluid fashion.

This is a simple symmetrical practice of Joint Synergy that is referred to as the Earth-Fire-Sun Practice. It has two main spinal elements, shortening and lengthening, combined with forward-bending and backward-bending, practiced in an energy-giving manner. In this [30-minute video](#), there is a ten-minute practice where I describe some of the key aspects of how to do the practice. The video shows this practice twice. In the first practice, I am explaining what I am doing with verbal instructions as a voice-over, and Jennifer and I are showing what to do. This practice is a good place to start. In the second practice, there are no verbal instructions, but you can quite easily follow the practice visually. To assist in the visually instructed practice I also make guiding clicking sounds. In this practice, a single click sound means simply copy my movement (subject to feeling safe and good), and three consecutive click sounds mean to keep doing the pattern I create less or more than me.

It is best if you stand with your feet about hip-width apart (or perhaps even sit on a chair if necessary) and keep facing your video screen to follow. You will be seeing a side-view of Jennifer's demonstration, and you will see me position myself in different ways so you can see varying angles of my practice. You will see different body types and types of practice between my body and Jennifer's body. It is essential you adapt, adjust and modify the practices to suit yourself as you feel at the time you practice them.

The 5 stages of the basic practice

1

MUSCULOSKELETAL STAGE

Most people are familiar with regular exercise, modern yoga, and regular seated meditation, and they can see the benefits from all three. However, exercise often causes stress; most modern yoga does not appeal to modern adults for many reasons (e.g., not flexible enough, not strong enough, not sustainable, too stressful, too spiritual, not spiritual enough, etc.); and many people find seated meditation boring, and it usually does not give the benefits of most exercise. This program can give the benefits of meditation (the essence of true yoga) and exercise at the same time.

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2

FLUID STAGE

In the second stage of this Joint Synergy practice, combine the individual joint movements and allow each of the joint-complexes to move fluidly. In these fluid exercises, move each joint-complex smoothly through circular patterns (if there are 2 musculoskeletal movements combined), or figure-8-like curves (if there are 3 musculoskeletal movements combined). Avoid any sensation of stretch in this part of the practice and simply move between about 10-90% of ROM.

FLUID WITH RELAXATION STAGE

In the third stage of this Joint Synergy practice, once the fluid joint movements have been learned, then relax the rest of your body and allow these movements to move the rest of your body right to your core. In particular, it is important to relax and access the key places in the body that are like bridges between the conscious mind and the unconscious mind. These places can be simply relaxed and accessed as follows.

- Lengthen the fingers, then check they move (ideally one at a time like playing the piano)
- Move the shoulder blades apart and check they can move (ideally, gently roll them without stretch or tension)
- Lengthen the front and back of the neck, and then check the neck can move (ideally in a figure-8 like movement)
- Push the sitting bones apart and relax the pelvic flow (it helps here to roll the pubic bone and pelvis in a simple circular movement up and down and forward and backward over the front and back of the feet)
- Lengthen the lower back (around L5-S1) and check the abdomen can breathe naturally (the diaphragm can descend on inhalation and ascend in a relaxed way on exhalation). (A more advanced practice here is to make the abdomen roll using the transversus abdominis, but this is hard for most people and can be learned later from the full program).
- Relax the face by checking you can make saliva and swallow it, move your jaw, move your lips, blink and move your inner eyes up and down, left and right, and perhaps in circles.

FLUID FROM THE SPINE STAGE

In the fourth stage of the Joint Synergy practice, once you can see how each of the movements of a particular joint-complex affects your spine and trunk, then reverse engineer the process and make your spine move first ideally in a wave-like fashion to instigate the joint movements. For example, if you wish to move your shoulder blades forward (protraction), you should first move your lower back into a forward bend (lumbar spine flexion), then move your upper back into a forward bend (thoracic spine flexion), then move your shoulder blades forward. And if you wish to move your shoulder blades backward (retraction), you should first move your lower back into a gentle backward bend (lumbar spine extension) by expanding your abdomen, then move your upper back into a backward bend (thoracic spine extension) by expanding your chest, then move your shoulder blades backward.

FLUID FROM THE CORE STAGE

The fifth and final stage of the Joint Synergy practice is optional and more difficult for most people to master without practice, but it is worthwhile to attempt. In this stage, make your core move first before the spine and trunk move to instigate the movements of each joint-complex.

The 'core' or functional centre of your body is located between your navel and pubic bone, between your diaphragm and your pelvic floor, and between the top of your hips and your tail bone around L5-S1. This relates to the modern exercise-based physiotherapy concept of engaging the lower abdomen, which is partly related to the proximity of the enteric nervous system in the same region. In this region also resides about 80% of tissues of the immune system, the digestive system, and the reproductive region. There are also a lot of important core muscles of the lower trunk including the abdominal muscles (in particular the transversus abdominis), the psoas, the diaphragm, back muscles, and the muscles of the pelvic floor. The concept that all movements are initiated from the 'core' is the same in many traditional cultures. The core correlates with the Kanda in Indian Yoga, the Dantien in Chinese martial arts, the Hara and its centre at the Tanden in Japan, and the Nadu-ku-ru in certain indigenous Australian cultures.

All natural movements should be initiated from the core. It is the seat of what is often referred to as your 'second brain', the 'gut-brain', and/or the 'action mind'.

Think of each fluid joint movement like playing a musical instrument. Once you've learned to play each instrument individually, then try to play all of them at once like an orchestra with all instruments playing in a harmonic and perfect synergy. Whenever your mind – the conductor of your orchestra – chooses, each 'instrument' can be played 'louder' or 'softer', and each fluid joint movement can be gentler or more intense.

If you enjoy this practice, you may consider joining one of my other more comprehensive practices available at <https://simonborgolivier.com/>.

You can learn more about the practices I am offering on my YouTube channel at { <https://youtu.be/p3hqSL3roU> } and { <https://youtu.be/lbzuymShskk> }

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