

Listening

By Anonymous

It is only recently that I have begun to realise that my body talks to me. NO, that is not quite true, what I should say is that, at long last, I am beginning to listen and think.

My knee says 'stop doing that' I think about it. What am I doing? So I repeat the movement...Ouch, stop it, says my kneed. I try to re-run mentally what I have just done. Light dawns.

It is habitual use that is my problem. I have only just realised that I am a swiveller and my knee does not like it. I have to learn to lift my knee, not to wrench it around.

HINGES. We have these marvellous assets that enable us to move freely and easily, but we often ignore them and twist ourselves instead. NO wonder we get problems. I am sure that if I make more use of my hips, knees, ankles, wrists and elbow hinges it make my body happier.

What next? I guess I'll keep listening.