



# Human Movement Potential: Its Ideokinetic Facilitation

*Lulu E. Sweigard*

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Nerves. Muscles. Bones. These are the three basic components necessary for human movement. Driving this function is the nervous system: the initiator and controller. In *Human Movement Potential: Its Ideokinetic Facilitation*, Dr. Lulu Sweigard explores the capacity of our nervous system to uncover the most efficient and healthy neuromuscular interactions for movement. Based on her research and insight, we can improve the relationship between our skeletal, muscular, and neural function, achieving our optimal movement potential.

At the heart of Sweigard's work is ideokinesis, which uses imaging and thought in order to produce better mechanical balance and neuromuscular coordination. *Human Movement Potential* masterfully explores ideokinesis not only as a theory but as a practical, applicable tool, making it an essential resource for performers, dancers, bodyworkers, and anyone interested in optimizing physical performance, reducing unnecessary strain, and banishing fatigue.

Diligently researched and based on well-documented scientific trials, this groundbreaking work on the human body skillfully shows that with simple changes in movement and thought, we can make deep and significant improvements in how we function and the way we feel.

*Dr. Lulu E. Sweigard was a leading authority on posture and movement. Throughout her career she explored many complex topics related to the human body. Sweigard served on the faculties of the University of Northern Iowa, Teachers College of Columbia University, New York University, and The Juilliard School.*



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