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## Foundations of Good Use

What am I thinking?
What do I want?
What do I feel?
Central set

Voluntary muscular activity
Anticipatory adjustments
Body schema (internal representation)

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Automatic postural responses
Righting reactions (steering
and fine-tuning upward impulses).
Positive support reactions

Stabilisers and mobilisers
Tonic and phasic muscles
Slow and fast muscle fibre
Stretch reflexes
Contractile elements of muscle

Elastic elements of muscle, ligament, and fascia Skeleton (esp. spine) as compression spring Arches of feet etc. Elasticity of ligaments Internal pressure of liquid and air