

# Healthy Human Movement -

# It's Never Too Late To Learn

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[moveforhealth.com](http://moveforhealth.com)

**MOVE** for **HEALTH**  
**PHYSICAL THERAPY**

# **Keystone Lifespan Habits For Physical, Metabolic & Mental Health**

**Activity/ Exercise (>150 min/ week = Cardio + Strength)**

**Nutrition & Hydration (Protein + Fat + Plant-Rich Carbs = Whole Foods)**

**Body Composition (BMI 18.5-24.9)**

**Sleep (~7.5 hours)**

**Stress Management (Deep Breathing, Mindfulness, Optimism)**

**Minimize Toxin Exposures  
(Avoid Smoking, Alcohol, Opioids, Added Sugars,  
Chemicals, Plastics & Heavy Metals in our food/ water/ air/ environment)**

**Social Connectivity (Family, Friends)**

**Sense of Purpose (Meaning, Motivation)**

**Daily Sun Exposure (>15 min: Visible/CR + UV/Vit D + IR/Mitochondria)**

**Oral Hygiene (Flossing)**

**Routine Medical Screening (Cancer, Biomarkers, Risk for Falls, Strength, Mobility)**

**+12-14 years to your Lifespan!  
Epigenetics > Genetics**

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PHYSICAL THERAPY**

# **RISK FACTORS FOR HEALTHY MOVEMENT**

**Injury/ Surgery (& Recovery Status)**

**BMI > or < 18.5-24.9**

**Poor Strength**

**Cardio-Vascular & Pulmonary Dx**

**Diabetes**

**Neurodegenerative Dx**

**Psychosocial Support**

**Painful and/or Assymetrical Movement**

**Limited Ankle DF**

**Poor Anterior Reach**

**Joint Hypermobility or Joint Hypomobility**

**Incontinence**

**Smoking**

# **Healthspan & Healthy Human Movement**

**Healthspan is the period of life without major debilitating diseases**

**Unhealthy lifestyle choices & chronic diseases decrease healthspan**

**Activity & Exercise:**

**Treats & prevents chronic diseases**

**Improves cellular & organ systems health**

# **Muscular Strength**

**Reduces the risk of premature death**

**Improves cardiovascular health**

**Controls blood sugar**

**Strengthens bones**

**Preserves independence**

**Combats age-related muscle loss (sarcopenia)**

**Predicts a longer life**

# Human Movement & Activity Level

Exercise & Activity >150 minutes/week

~3x/week: >15-20 min intervals (mild to moderate)  
for endurance & fat burning

~3x/week: >1 min intervals (moderate to vigorous)  
for outsized strength gains

A Cumulative Effect...It All Counts!

**MOVE** for **HEALTH**  
**PHYSICAL THERAPY**

# Movement & Activity - risk factors

Medication use

Sensory perception—hearing, vision, feeling

Posture changes/more stooped over

Cognitive/mental health—memory, inattention,  
dementia, depression



# **Moving Well - What Does That Mean?**

**Human Movement – proximal/“core stability” with a “neutral pelvis & spine” allows distal/ extremity mobility**

**Mobility: Ankles, Hips, Thoracic/ Shoulders**

**Stability: Knee, Lumbar, Cervical**

**Muscular Control: Whole Body Movement Patterns**

**We Don't Move as a Body Part**

**It's Never Too Late to Learn To Move Better!**

# Healthy Movement Patterns - demo

**Breathing - Residual Capacity > 25 sec (pulmonary reserve)**

**Neck: Rotation & side-bending**

**Shoulders - opposite shoulder blade (overhead & behind)**

**Hip Hinge (sitting - bending in ankles, knees, hips)**

**Deep Squat – from chair if needed**

**Standing – Rotation: neck; hips; thoracic cage**

**Balance & Reach - one hand ~10”; one foot ~24”**

**Non-Painful & Symmetrical Movements  
Muscular Control with Core Stability**

# **Signs of Balance Issues**

**Possible signs of impaired balance**

**Limping**

**Shuffling**

**Unsteadiness or staggering with walking**

**Decreased speed with walking**

**General weakness with rising from sitting**

**Dizziness with changing positions or walking**

**Avoiding bending over due to dizziness or fear of falling**

# Self-Assessment/ Risk For Falls - QUIZ

**I have fallen in the last 6 months.**

**I use or have been advised to use a cane or walker to get around safely.**

**Sometimes I feel unsteady when I am walking.**

**I steady myself by holding onto furniture when I walk.**

**I am worried about falling.**

**I need to push with my hands to stand up from a chair.**

**I am often dizzy when I first stand up.**

**I have trouble stepping up onto a curb. I often have to rush to the toilet.**

**I have lost some feeling or have pain in my feet.**

**I take medicine that sometimes makes me feel light-headed or more tired than usual.**

**I take medicine to help me sleep or improve my mood.**

**I often feel sad or depressed.**

**Total = 4 or more: indicates potential fall risk**

# Muscular Control is Essential for Healthy Human Movement



It's What You Do  
AND  
HOW You Move

Muscles as Shock Absorbers  
Posture, Stability & Mobility  
Re-Training with Healthy Movement  
Neutral Spine without Back or Neck Strain  
Strength, Balance & Movement

It's Never Too Late...And There's Always Something We Can Do



# Learn to Move Well

**Core Stability & Body Awareness  
Posture, Movement & Balance Training**

**45-min ZOOM classes**

**Thursdays @ 9:30 AM & 7:30 PM**

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