

PRINCIPLES OF FLUID MOVEMENT AND TALKING

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Principles of Fluid Movement: Muscle Force, and Speed

1. Tight muscles and force result in:
 - a) restricted movement
 - b) jerky movement
 - c) uncoordinated movement
2. Loose muscles result in:
 - a) unrestricted movement
 - b) fluid movement
 - c) coordinated movement
3. Slowed, fluid movement makes it easier to relax muscles.
4. It is easier to “feel” fluid movement at slower movement speeds.
5. It is easier to “feel” fluid movement with loose muscles.
6. It is easier to shape and control “loose” than “tight” muscles.
7. Gradual movement and loose muscles enhance smooth, coordinated, and rhythmic movement.

Factors that Inhibit Fluid Movement

1. Abruptly starting and stopping movements increases muscle tension and restrict movement.
2. Abruptly starting and stopping movements often triggers stuttering.
3. Attempts to forcefully control specific movements can result in increased tension and decreased fluidity.
4. Increased emotional arousal inhibits movement control and fluidity.

Factors that Facilitate Fluid Movement

1. Attending to and “feeling” loose muscles and fluid movement
2. Loose muscles throughout the movement
3. Slowed, fluid onset and offset of movement
4. Focus of attention on a generalized feeling of forward, fluid movement
5. Visualization of smooth, fluid movement

Role of Emotional Arousal in Fluid Movement

1. There are different “types” of emotional arousal with different effects on movement control and fluidity. The effects of arousal often depend on whether the emotions are perceived as positive or negative.
 - a) Negative arousal inhibits fluid movement more than positive arousal.
 - b) Positive arousal can be used to facilitate performance.
 - c) **Anxiety**: Typically negative arousal associated with perception of undesirable outcomes or conditions. Often associated with “anticipation” of upcoming events, conditions, or outcomes. Typically it has inhibitory effects on cognitive processing and motor control.
 - d) **Excitement**: Arousal that can be associated with either positive or negative outcomes or conditions. Often not associated with specific perceptions of outcomes.
2. Emotional arousal can be self generated or behaviorally specific
 - a) self-generated: generated in the absence of a specific emotionally generating behavior or event
 - b) behaviorally specific: generated as a direct result of a specific behavior or event
3. Increased emotional arousal inhibits cognitive functioning; the ability to focus attention, remember learned detail, etc.
4. Increased emotional arousal results in heightened sensitivity to abrupt muscle contraction, tension, and rigidity.
5. Increased emotional arousal results in abrupt movement onset and offset (see above).
6. Increased emotional arousal disrupts rhythm and coordination.
7. Increased emotional arousal inhibits the ability to “feel” muscle tension and smooth movement.