

## **Gait and Motion Analysis for Future Therapy**

Dear reader, friends, students and colleagues in Japan:

There is no greater work in the world than to help people walk easily through their lives again. There is nothing that gives back more self-respect than helping a patient stand up again – step forward again, moving in the direction in life that he or she has always dreamed of.

It is a great privilege and joy to welcome you to the congress. The organizers, such as Professor Hatanaka, and many great spirits like you, my readers, are proud to be part of not only another congress in the field of Gait Analysis, but also to be a moving force for good in the land of the rising sun, and the entire world: what I call the “Leadership Therapist.” I consider it a great honor to have the opportunity to talk about this, especially in Japan. Japan means a lot to me, as I can happily say that many of my very best friends in the world are from Japan – and I am thrilled that I will meet the many more friends I have who I do not know yet! What I do know for sure is that as we all come together again this year, we all share and support the same vision – that we as therapists can do much more to contribute to the creation of a better world. To that end, some magical things need to happen.

How? In the end happiness comes to everybody who is able to add true value to another person’s life. In this way, we as therapists have a golden opportunity to become immensely happy. But, we also have an immense responsibility to “make it happen” – to add value to peoples’ lives, to get people with walking disabilities and pain and suffering back on their feet again, free them from their pain, paint smiles on their faces, and reintegrate them into their families and lives. We also need to work to reduce the length of time they are suffering – to achieve a long-lasting result and then celebrate, together!

I am thrilled that I will meet you in person soon, dear reader. I am thrilled that I will be able to exchange my thoughts with you about future therapeutic responsibilities, chances, changes that we all face in a fast-moving, global world and the challenges we need to overcome. Robotics is something very important in your country (and more and more in the rest of the world), and it will eliminate many therapeutic tasks that were in the past done by a therapist. The challenge is to be more than “just” a therapist – to be brave enough to become a Leadership Therapist by adding true value to the healing process, which is far more than a few exercises, some manual skills, medication, or surgery. This should be the real future of therapy.

One of the most basic ingredients for being a Leadership Therapist (as basic as having miso for your miso soup) is to be able to see what others don’t – to envision the new future of the patient before even touching the patient. To do that you need the know-how to determine the main biomechanical cause or causes of the patient’s problem and to be able to separate “causes” from “symptoms.” Treating symptoms is just another therapy, which does not lead to true value and happiness – not for the patient and not for the therapist! You need to have the knowledge deep down in your therapist brain and heart about normal human walking, knowing the biomechanics of it, the kinematic and kinetic, and the newest scientific knowledge inside out. If you don’t, you may overlook the main problem of the patient, and therefore not be as successful for the patient as you wish to be. If you don’t, frustration – from mediocre results, no results, or even making the patient worse than when he or she came to you – is a pre-programmed result.



For the past nearly three decades, I have been privileged to work directly with over 100,000 people from more than 50 countries, and I recognize certain patterns that lead to success for the patient. It is imperative that we speak one therapeutic language in the medical profession. This can be done, and there is one language I talk about in the live basic and advanced seminar. You will be able to witness the joy that comes from it, and I can't wait for it happen again! More and more I see myself as an ambassador for real team-work. In the near future I hope that all of us in the medical profession are "playing" together on one therapy leadership team, using gait and movement analysis. This, dear friend, can happen, but we need one language – we need to be able to talk and act on the main causes that block the patient from his or her very own healing process.

Many therapy approaches work. No matter which is your favorite – PNF, manual therapy, homeopathy, injection, surgery, medication – the question is how long does it take until the patient's wish comes true and how far into healing can you go with the patient? I am proud to tell you about the true value of gait and movement analysis and the Gehen Verstehen approach. It acts almost immediately, and the success sticks. In universities and hospitals around the world where I have been invited to teach the Gehen Verstehen approach, the participants, from my colleagues to the patients themselves, are amazed that the positive change accomplished through the Gehen Verstehen approach is so dramatic and immediate, and has a life-long impact on the patients. When you come to the congress, I will tell you about what is necessary, which potentials we need to use to accomplish these results.

If we have a gait lab – no matter how much it costs and how "advanced" it is – if only one player on the team has the knowledge about it, it is not enough. If the one running the lab cannot or does not treat the patient with knowledge of biomechanics, it is not enough. Applied biomechanics will do the magic. Motion and emotion analysis must be done, and everyone on the team must be involved – especially the patient him or herself! The patient needs to be guided to what is actually not happening, guided to what needs to be improved, and then guided to the vision of what can be, how to work on it, and succeeding!

I wrote my book Gehen Verstehen with loads of passion to share as much as I possibly can about what I have discovered by using the knowledge and understanding of human walking to create individual treatment designs that truly work. I feel so lucky to have this opportunity to show you Gehen Verstehen during a live demonstration and make it happen again. Nothing brings home the message of Gehen Verstehen better than seeing someone who you know to be suffering stand up and walk again. And, nothing in the world is more moving.

See you all soon

With my best wishes from Los Angeles to Osaka

Yours

Kirsten



