



Certification Training Manual

Homolateral Movement: The Two Sides of Us

Self-definition is the prime characteristic of the homologous phase of development. “I am.” “I am in relation to an environment of gravity.” “I am and I need and I get.”

To review, the spiral of growth referred to in the subject line of this chapter is the repetitive appearance, at every stage of growth, of a homologous movement, a homolateral movement, and a cross pattern movement. From our fetal experience, up through mature walking patterns, we constantly repeat this rhythm of homologous, homolateral, cross, until the whole system has matured.

Homolateral movement increases our brain’s complexity and presents us with the “either/or” of life.

In the homolateral pattern itself, which we teach to most of our clients, we are presented with a “stable/mobile” dialectic. While one side is down and “grounded” into a stable position, with the stable arm down at the side and the stable leg straight down from the hip, the other side of the body is in the “go” position. The “go” or mobile side of the body has the leg bent and available to become a pushing leg, and the arm is up and ready to support and guide the forward push created by the leg thrust.

In the homolateral orientation to life, we are, from a metaphoric or psycho-emotional perspective, in the world of sometimes unresolvable contrasts “Left vs. Right”, “Known vs. Unknown”, “Just vs. Unjust”, “Stable vs. Mobile”, “Certain vs. Uncertain”, “Needing vs. Rejecting”, “Responsibility vs. Immediate Satisfaction”; “I know the rules” vs. “I break the rules”.

As adults exploring our inner worlds, we may find that we are more oriented to the dominant side personality and that there is a shadow side of us that is more likely expressed by the non-dominant side. For me, my right/dominant side (and my left brain) is concerned with achieving, presenting, reaching out to help, creating clarity, completing tasks. As I explore my left side (right brain), I find the part of me that wants to pull in, to stay in bed at times, to drift off into a non-defined emotive state, which is sometimes more creative than my right side (left brain), can achieve on its own. When the two are working together is when I experience what some would call “flow”.



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In terms of our physical skill acquisition, Peggy Hackney tells us: The ability to establish different sides for different functions is a result of clarity of sidedness. “I hold the nail with my left hand and pound the hammer with my right.”

It will only be with the ultimate full maturation of the corpus callosum and a brain that has matured into cross patterning that some of these contrasts can begin to work together.

Exercises for students:

- Climb onto an imaginary “street car” and hold on with one side, while playing in the wind with the other side.
- Do a ballet move, with arm and leg out to the side, while the other side stabilizes at the “barre”.
- Hold onto a load of groceries with one arm, stabilized by the leg, while unlocking a door and stepping into your kitchen with the other leg and arm.
- Crawl, creep, and walk in a homolateral pattern.

Even though we will ultimately define a “sidedness” or laterality, the stage of homolateral movement must appear throughout the Developmental Sequence to create symmetry in the spine, in the horizontal positioning of the shoulder girdle, and the balance of the pelvis.

Our clients who are still homolaterally oriented, and especially when they exhibit an immature corpus callosum, tend towards strong, rigid stances, with a strong “black and white” orientation to life. “I’m right; you are wrong” is a position that is hard to challenge in the client with a homolaterally-oriented psycho-emotional response to the world. There is very little gray area for these clients.



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Where we see homolateral movement appearing in our work, includes:

- The fetal crossing pattern
- The fetal measuring pattern
- Truncal movements on the back and on the front, where one side expands and the other constricts
- Tonic neck reflex
- The homolateral phase of crawling
- The homolateral phase of creeping
- Duck walks
- Bear walks

The homolateral phase of walking is a very early manifestation of walking in which the toddler will stabilize on one side of the body and recruit the other side to swing forward, like a door opening, and then stabilize that side to swing the other side forward.

While the homolateral pattern is an important phase of our development, it is not the final integration of a human neurological system. With the maturation of the corpus callosum and the development of more cross wiring in the system as a whole, the client is able to overcome some of the limitations posed by a homolaterally-oriented system.



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In our work, we hope to achieve full homolateral realization at all levels of development as a support for the next phase of cross pattern neurological integration. And as well, our homolateral phase is important in recognizing that we have more than one aspect to our personality; recognizing the other aspects of our selves.

The psycho-emotional aspects of homolateral movement support these kinds of thought patterns:
(from Peggy Hackney, *Making Connections*)

I am divided

On the one hand...On the other hand

I listen to both sides of myself

Issues clarify and delineate into black and white

Stable and Mobile

Inner and Outer

Passionate and Plodding

I move in polarities