The Electric Life Movement Method™

A Nervous System–Based Framework

for Strength, Longevity, and Real-World Movement

At Electric Life Chiropractic in Indianapolis, we don't train muscles in isolation.

We train movement patterns — and the nervous system that controls them.

Most fitness programs organize training around body parts.
Most rehabilitation programs organize care around pain.

But the human body doesn't function in isolated pieces.

It functions through coordinated movement patterns controlled by the brain and nervous system.

The Electric Life Movement Method™ is a nervous system–based movement framework built on:

- 10 primary movement patterns
- 3 movement control layers
- Breathing and nervous system regulation

Together, these elements create the foundation for resilient, efficient, lifelong movement.

Whether you are an athlete, a busy parent, a desk worker, or someone recovering from injury, these principles apply to everyone.

The 10 Primary Movement Patterns

These patterns represent the fundamental mechanical ways humans produce force and move through the world.

When these patterns function well, movement feels strong and effortless.
When they break down, the body compensates — often leading to pain or dysfunction.

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1. Squat

The squat involves bending at the hips and knees simultaneously while maintaining an upright torso.

It is foundational for everyday activities such as:

- sitting and standing

- climbing stairs
- lifting objects
- absorbing force

Well-developed squat mechanics support lower-body strength and joint resilience.

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2. Hinge

The hinge is a hip-dominant movement where the hips fold backward while the spine remains stable.

This pattern is essential for:

- lifting objects safely
- protecting the lower back
- developing posterior chain strength

Examples include deadlifts, kettlebell swings, and hip bridges.

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3. Lunge

The lunge introduces asymmetry by placing one leg forward or backward, requiring each side of the body to work independently.

This pattern builds:

- unilateral strength
- hip stability
- pelvic control
- balance during movement

It also reflects how we naturally move in daily life and sport.

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4. Push

Push movements involve producing force away from the body.

These movements strengthen the chest, shoulders, and triceps while teaching the body to stabilize the rib cage and spine.

Common examples include push-ups, presses, and dips.

5. Pull

Pull movements involve drawing force toward the body.

They strengthen the upper back, shoulders, and arms while supporting healthy posture and shoulder mechanics.

Rows and pull-ups are classic examples.

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6. Carry

Carrying involves moving while holding an external load.

This pattern challenges the body's ability to maintain posture and stability during locomotion.

Carries develop:

- reflexive core stability
- grip strength
- gait efficiency
- real-world strength

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7. Rotation / Anti-Rotation

Rotation involves controlled twisting of the hips and torso, while anti-rotation involves resisting unwanted rotation.

These movements are essential for:

- spinal health
- athletic performance
- transferring force through the body

Nearly every sport and many daily activities rely on rotational control.

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8. Crawl / Ground-Based Locomotion

Crawling patterns reconnect the upper and lower body through cross-body movement.

These movements challenge coordination, shoulder stability, and core control while providing rich sensory feedback to the nervous system.

They also mirror early developmental movement patterns that help wire the brain for coordination.

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9. Gait / Upright Locomotion

Walking and running are the most fundamental movement patterns humans perform.

Healthy gait requires coordinated interaction between the feet, hips, spine, and arms.

Small inefficiencies in gait mechanics often accumulate over thousands of steps each day.

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10. Jump / Land (Power & Deceleration)

Jumping and landing represent the body's ability to produce and absorb force rapidly.

These movements train:

- power
- elastic energy
- impact absorption
- neurological speed

Landing mechanics are especially important because they teach the body how to decelerate safely, protecting joints and connective tissues.

The 3 Movement Control Layers

While the primary patterns describe how the body moves, the movement control layers determine how well those movements are executed.

Stability

Stability refers to the body's ability to control joints and maintain alignment during movement or under load.

This includes core stability, hip stability, and shoulder stability.

Without stability, force leaks through the system and compensation occurs.

Mobility (Including Flexibility)

Mobility refers to the usable range of motion at a joint.

Flexibility contributes to mobility by allowing tissues to lengthen, but true mobility requires active control within that range.

In other words:

Flexibility allows you to reach a position.
Mobility allows you to control that position.

Coordination / Motor Control

Coordination represents the nervous system's ability to organize and sequence movement.

This determines how efficiently the brain activates muscles, stabilizes joints, and transitions between patterns.

Strong muscles without coordination often lead to inefficient or compensatory movement.

The Foundation: Breathing and the Nervous System

Underneath all movement patterns and control layers lies the nervous system.

Breathing plays a critical role in regulating that system.

Breath influences:

- rib cage positioning
- spinal stability
- intra-abdominal pressure
- shoulder mechanics
- pelvic alignment
- autonomic nervous system regulation

Poor breathing patterns can contribute to rib flare, spinal extension, neck tension, and movement inefficiency.

In the Electric Life Movement Method™, breathing is not a separate exercise category — it is the regulatory foundation that supports all movement.

Why This Framework Matters

This system shifts the focus away from isolated muscles and toward integrated movement.

It allows us to assess movement problems more clearly.

Instead of asking only:

“Where does it hurt?”

We ask:

- Which pattern is breaking down?
- Which control layer is missing?
- How is the nervous system responding?

That perspective changes how we approach both rehabilitation and performance.

Movement as a Path to Longevity

The human body is designed to move.

Strong movement patterns support:

- joint health
- nervous system regulation
- injury resilience
- athletic performance
- everyday function

At Electric Life Chiropractic, our goal is to help people in Indianapolis move better, feel better, and live more fully.

Because when movement improves, life expands.