



Høgskulen
på Vestlandet

Being moved: on foot or from horseback

Critical Physiotherapy Course

Dress rehearsal 17th/18th October 2018

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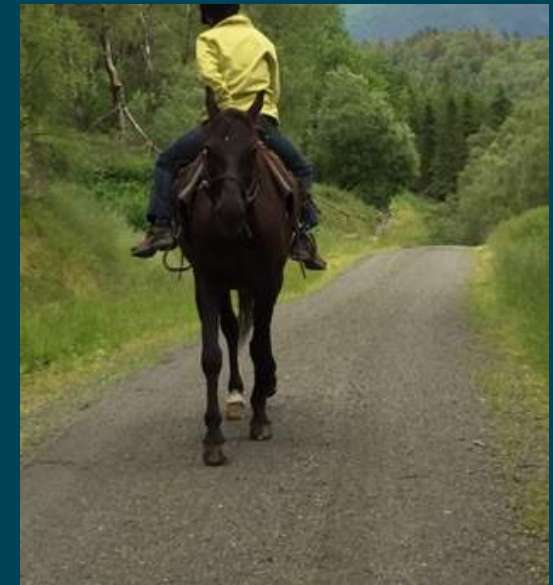
First: Who I am:

- PT – Bobath
- Medical sociologist
- Leisure rider
- Trainer Norwegian Equestrian Federation



Second: What I do:

- Assc. Prof. PT education
- Practitioner of equine Facilitated PT
- Volunteering with City Mission and horses
- Horses & hobbyhorses



Elevator Pitch



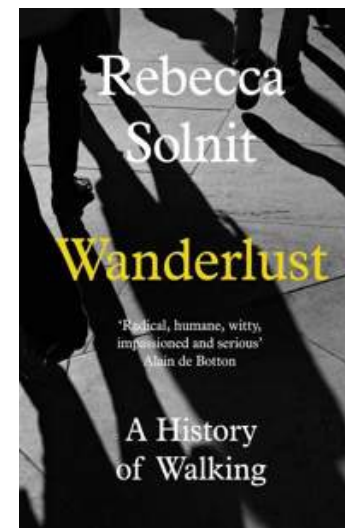
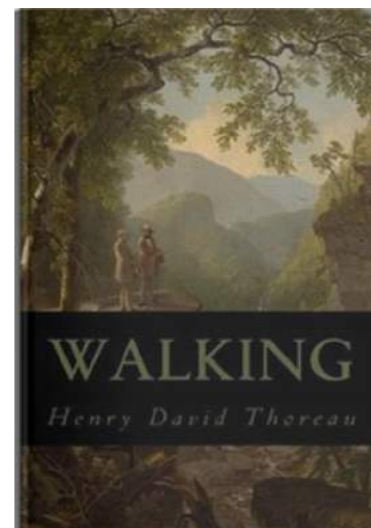
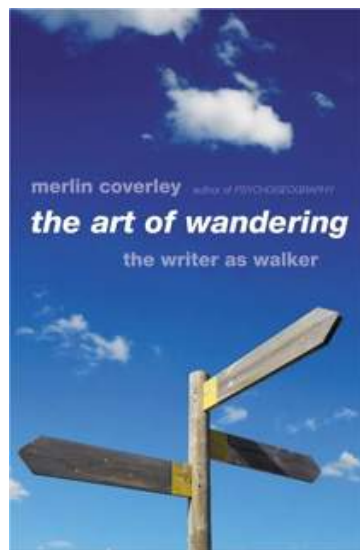
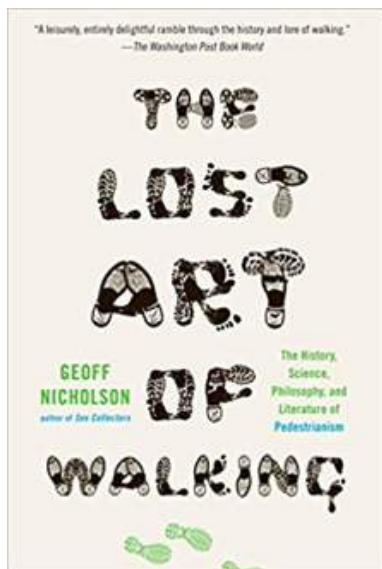
- › Walking is food for thought
- › Lust and curiosity are eminent vehicles for research and development
- › Adults need to be cared for, carried, and relieved for responsibility – to be able to heal
- › Opt for being a caring, daring, curios and experimental PT
- › For further inspiration:
 - › <https://medium.com/@maxfrenzel/in-praise-of-deep-work-full-disconnectivity-and-deliberate-rest-e9fe5cc50a1d>



Why «Being moved: on foot or from horseback»

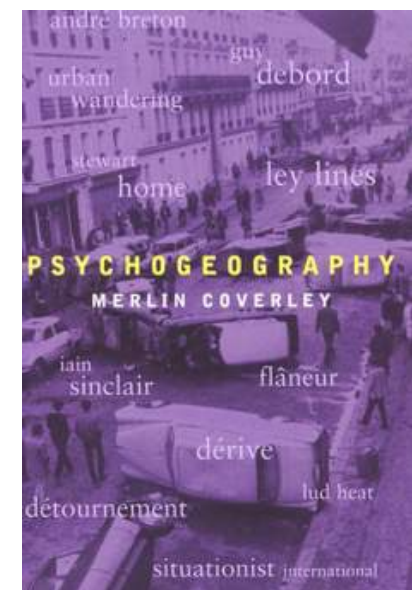
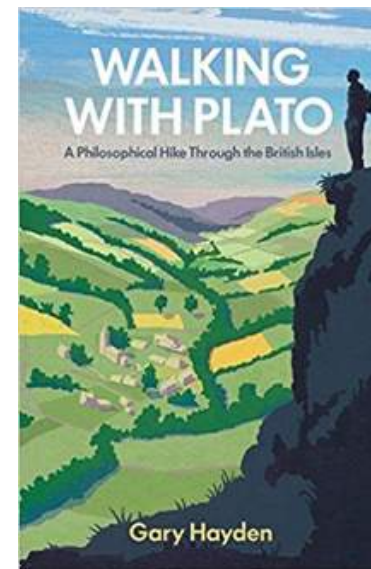
- › “Feeling down? Saddle up!”
- › From horseback to therapy room
- › I keep on wondering and pondering ...
- › Walking - slowly
- › Habitual and mundane
- › Gait as a vital sign
- › Self presentation and communication
- › Place-making
- › Wanderlust





Walking as a simple act, and an artful accomplishment. Henry D Thoreau

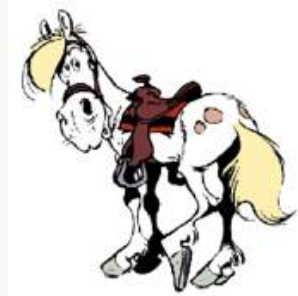
No hour of life is wasted, that is spent in a saddle. Winston Churchill.



Why «Being moved: on foot or from horseback»

- › *Non-competitive walk – improvisation*
- › Sauntering
- › Ambling
- › Strolling
- › Plodding
- › Promenading
- › Wandering
- › Roaming
- › Potter about
- › Cruising
- › Toddling
- › Walking for sociality and sociability

- › *Competitive walk – dressage*
- › Marching
- › Trail-walking
- › Trekking
- › Hiking
- › Hill-wandering
- › Yomping
- › Peak-bagging
- › Pacing
- › Walking for display of merits





Why walking? Why being walked?

- › walking is a wonder
- › walking is a mandatory accomplishment
- › walking is more or less automatic movement
- › walking is seldom considered before it hurts, is restricted, lost or over-done
- › walking is mobility
- › walking is occupying space
- › walking is interaction and communication

- › walking is polite in-attentiveness
- › walking is thinking
- › walking is art and performance
- › Walking is regulating distance
 - › pressure zone
 - › decision zone
 - › awareness zone



Walking as lust - Wanderlust



- › walking is movement;
- › walking is a habit and a practice;
- › walking is a distinct feature of self-presentation;
- › walking creates places and traces;
- › walking is interaction with humans, animals and the more-than-human context and materiality;
- › walking is a complex cognitive and physical task



Social walking – slowing down in sync

- › An aimless idler?
- › A loafer?
- › City-stroller?
- › Leisurely pace
- › Leisurely walk
- › Idle about
- › Mind-wandering
- › Task-unrelated thought



- › Sensing and perceiving ..
- › self and surroundings ..
- › context-sensitive ..
- › task-unrelated
- › walking speed
- › Also from horseback



What happens to you when you're mounted?

- › Imagine *me* riding!
- › I've got a completely new life
- › Being with horses Mondays saved the week
- › It was stunning to see the world form above
- › I could actually *feel* something
- › I learned something new
- › We meet ordinary people
- › It's like buddies riding out



What happens to you when you're mounted?



- › I feel heavier
- › I can feel my boundaries
- › It's impossible to describe
- › I feel taller
- › The most important day of the week
- › Be care for and looked after
- › Freed from responsibility



What happens to you when you're mounted?

- › Inverse-mindfulness – drift away
- › Zone out - disconnect
- › Giving oneself over to the horse
- › Indulge oneself
- › Double yoga
- › Shared decision-making
- › Double agency
- › Re-connect



What happens to you when you're mounted?



- › Ava (16)

“Everything is about feeling safe”

“Horses save lives”

- › Benjamin (32)

“I’ve been thinking about riding ever since my last mount”

“This is how I wish to live”

- › Charlotte (48)

“It’s a revelation!”

“I can feel my own body from top to toe”

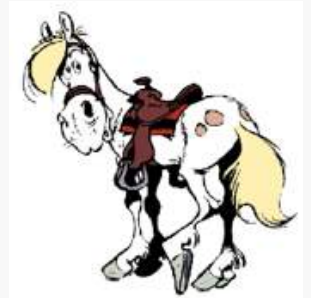


Essayistic approach – thinking/writing while walking/riding



HARRIET WAS STILL IN THE
MIDDLE OF HER ESSAY.

- › Walking
 - › Physiology
 - › Philosophy
- › Riding
 - › Physiology
 - › Philosophy
- › Walking and riding
 - › Disconnect/reconnect
 - › Awareness of self
 - › Awareness of other
 - › Awareness of landscape/nature
- › Double movement
 - › Literal and metaphorical





Communication and interaction

Theoretical framework

Hans-Georg Gadamer, philosopher:

Understanding evolves as an event of play.

- › Understanding as cognitive and practical dimensions of being
- › Communication without words

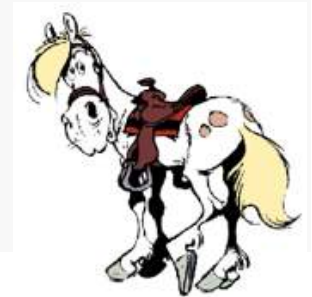
Ecstasy is encounters with alterity

Erving Goffman, sociologist:

The importance of minutiae:

- › micro-movements
- › micro-sounds
- › micro-glances

Curiosity and generosity

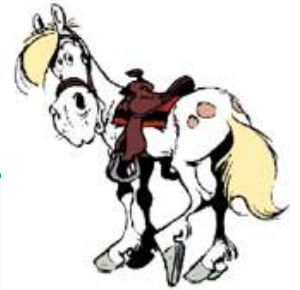


Encounters and movements – from horseback to the therapy room



- › Being away – disconnect
- › Being and becoming someone else
- › Immediacy and tarrying
- › Re-connect
- › Interaction can't be postponed ...
 - › You have to respond when called ...
 - › No response is also a response ...
- › From horseback to the therapy room – HOW?

Elevator Pitch



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Thank you for your attention

tsu@hvl.no

Sudmann, T. T. (2018). Equine-facilitated physiotherapy – devised encounters with daring and compassion. In D. A. Nicholls, B. E. Gibson, K. S. Groven, & J. Setchell (Eds.), *Manipulating practice. A critical physiotherapy reader*. Oslo: Cappelen Damm Akademisk.

Sudmann, T. T. (2018). *Communitas and Friluftsliv: Equine-facilitated low-threshold activities for drug users. Community Development Journal*(Supplement no 3)



Questions for reflection and discussion



- › How does body movements emerge if we bracket physiology, bio-mechanics and 'normal' behaviour and appearance?
- › Exploiting or exploring moving and walking?
- › How can other physiotherapy settings embed slow disconnected improvised movement – for restorative reconnection?

- › Dressage or improvisation?
 - › Normal movement?
 - › Abnormal movement?
- › Creative movement?
- › Artful movement?
- › Communicative movement?
- › Well-behaved?
- › Well-being??

Being moved: on foot or from horseback

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Walking^{1, 2} and wanderlust^{3, 4} are studied by a range of different disciplines, usually departing from the assumption that walking is only available for those who can walk on their own two feet. Walking is a habitual practice; walking intrigues philosophers; walking is communication and interaction, and it occupies and creates places. Walking is a distinct feature of self-presentation,⁵ and an integral part of interaction with humans, animals and the more-than-human context and materiality.⁶ Walking is also a very complex cognitive and physical task, to the extent that walking is currently being added to the short list of vital functions: heartbeat, respiration, blood pressure, temperature and gait speed (walking).⁷ Last but not least, walking is important for sensuousness and recuperation, and losing the ability to walk effects health and social life in many ways.⁸⁻¹³

However, mounted on a horse, independent or non-independent walkers might experience *being walked*, whether through independent riding or by a side walker holding the horse in a lead-rope. *Being walked* presupposes the ability to give oneself over to the horse, and to follow the horse's lead through bodily communication and interaction. Mounted on a horse, the horse's capacity to affect the rider and the rider's capacity to affect the horse, can inter alia be interpreted through the philosophical and physiological frame of reference. This will be illustrated by examples from a range of different riders who either ride as part of a treatment program or is riding for leisure. Riding facilitates movement, literally and metaphorically, where the experiences of being walked merges with the experiences of being out strolling. The interaction and movement between rider and horse disturbs habitual walking and strolling, and facilitates a reorientation towards the horse, towards the self, and towards the more-than human surroundings. The literal and metaphorical movement, initiated by being mounted on a horse, will be discussed in relevance to physiotherapy practice.

Suggested reading

Read whatever you get hold off from the list below – or other texts related to walking. Start with open access ☺

- > 1. Coverley M. *The Art of Wandering*. Oldcastle Books, 2012.
- > 2. Gros F. *A philosophy of walking*. Verso Books, 2014.
- > 3. Solnit R. *Wanderlust: A history of walking*. Penguin, 2001.
- > 4. Coverley M. *Psychogeography*. Oldcastle Books, 2012.
- > 5. Goffman E. *The presentation of self in everyday life*. London: Penguin, 1959.
- > 6. Cresswell T and Merriman P. *Geographies of mobilities: practices, spaces, subjects*. Farnham: Ashgate, 2011, p.XII, 276 s. : ill.
- > 7. Middleton A, Fritz SL and Lusardi M. Walking speed: the functional vital sign. *Journal of aging and physical activity*. 2015; 23: 314-22.
- > 8. Edensor T. Walking in rhythms: place, regulation, style and the flow of experience. *Visual Studies*. 2010; 25: 69-79. Open Access https://www.researchgate.net/publication/43075098_Walking_in_Rhythms_Place_Regulation_Style_and_the_Flow_of_Experience
- > 9. Myers M. 'Walk with me, talk with me': the art of conversive wayfinding. *Visual Studies*. 2010; 25: 59-68.
- > 10. Ingold T. Ways of mind-walking: reading, writing, painting. *Visual Studies*. 2010; 25: 15-23.
- > 11. Pink S, Hubbard P, O'Neill M and Radley A. Walking across disciplines: from ethnography to arts practice. *Visual Studies*. 2010; 25: 1-7.
- > 12. Edensor T. Walking in the British countryside: reflexivity, embodied practices and ways to escape. *Body & Society*. 2000; 6: 81-106. Open Access https://www.researchgate.net/publication/240700566_Walking_in_the_British_Countryside_Reflexivity_Embodied_Practices_and_Ways_to_Escape
- > 13. Richardson, T. (2015). *Walking inside out: Contemporary British psychogeography*. London: Rowman & Littlefield International. Open Access https://www.researchgate.net/profile/Tina_Richardson3/publication/318983750_Walking_Inside_Out_-_Introduction/links/598987d5a6fdcc7562635706/Walking-Inside-Out-Introduction.pdf

You tube:

- > Ted talk on Creativity and walking:
 - > https://www.ted.com/talks/marily_oppezzo_want_to_be_more_creative_go_for_a_walk
 - >
- > Ted talk on Meetings and walking:
 - > https://www.ted.com/talks/nilofer_merchant_got_a_meeting_take_a_walk?referrer=playlist-why_not_walk_it_out
 - >
- > Ted talk on Physiotherapy is boring – play a game instead
 - > https://www.ted.com/talks/cosmin_mihaiu_physical_therapy_is_boring_play_a_game_instead
 - >
- > **Questions:**
 - > How does walking as mobility (getting from A to B) relate to walking as aesthetic praxis and mind wandering?
 - > What's the role of rhythm in physiotherapy?
 - > How can everyday movements, as walking, be of value for restoration and recuperation?