

## GDS Muscle Chains theories

GDS are the initials of the founder of the theory, Godlieve Denys Struyf, a Belgium kinesi-therapist and osteopath. According to their team, the « [G.D.S. method is an approach which is equally preventative as it is therapeutic, and takes interest in the relation between human biomechanics and behaviour.

« All parts of the body are dependent on one another, it is muscles and their connective tissue that are organised as linked chains. Muscles are also the tools of expression of the link between mind and body: our state of tension, our emotions, our feelings and our ways of interacting with our environment are expressed through the muscular system which affects our posture, breathing and movements...

« When these tensions or orientations are repeated and persist over time, an excess of muscle tension engrains itself and ties together specific muscles and various body parts in very specific ways...

« Godelieve Denys-Struyf describes six families of muscles that the body uses to express itself, but when in excess can imprison the body in a rigid position, reducing its liberty of movement in a particular manner.] » free translation of an extract from the GDS web site

The starting point of Paragym consists of opening the movement possibilities of the body through specific conditioning (stretching and strengthening) with respect to these muscle chain theories.

