**Maximova E.V. Diagnostics of the Integrity/ Dysfunction of the Level of Movements Construction (N.A.Bernstein) in Palms and Feet.**

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The method of body oriented therapy “Co-creation” is based on Bernstein’s theory of the construction of movements. The intactness or disturbance in each of the levels of movement construction is integral and, as a rule, affects the whole body, including palms and feet. There are certain areas of palms and feet that are particularly important for different levels of movement construction.

Level 8: Palms – the base of the thumb; feet – the base of the big toe and the external side of the heel (those areas that are used for support when walking on all fours).

Level C1: palms and feet – 4th and 5th fingers/toes and the side surface of arms and legs that correspond to them (if you pass the hand over any surface you will feel tension in these particular areas of hands and arms. This is how boundaries were defined by us).

Level C2: the inner surface at the base of fingers 1-5, especially 2nd finger and fingers’ tonus (if you look at an object and stretch your hands towards it, the tension will appear in these areas).

Level D: the tips of the fingers, areas over the inner surface, closer to nails and the middle of the palm – the areas that piano players train so diligently in order to achieve soft and expressive sound.

The diagnostics is conducted by palpation to determine the absence or presence of tonus, and tension of tissues in these areas.