

Ep. #336 - Becoming a Movement Detective Part 3 of 3: Integration



Full Episode Transcript

With your host:

Susi Hately

[From Pain to Possibility](#) with Susi Hately

Introduction (00:00.00)

You are listening to From Pain To Possibility with Susi Hatelly. You'll hear Susi's best ideas on how to reduce or even eradicate your pain, and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hatelly.

--

Susi (00:23.10)

Welcome and welcome back. I'm so glad that you're here because we are in episode three of our three part mini series on becoming a movement detective. In episode one, we explored the power of the eyewitness, noticing clearly without rushing to fix, naming, or judging. In episode two, we stepped into detective mode; following coordinating patterns instead of chasing culprits.

And today, we're bringing these rules together because in real life with real clients, it's never just eye witnessing or just detective work. It's the dance between the two that makes the work so powerful and also for healing to truly be realized. This episode is also gonna blend two other episodes along with a recent story from one of my trainees.

I'll be referencing podcast number **#327, Planes of Movement - Over Posture Fixes: A Case Study in Coordination vs Compensation**, as well as **episode #329: Coordination Over Contraction - Rethinking Core Retraining: A Client Story**. So you can always go back to get more detail from those particular episodes.

Susi (01:42.71)

Okay, so let's begin with a recent story shared by one of my current certification trainees, Lila. She was working with her client using one of our spinal strips (it's a prop that can bring so much clarity when used), and she had happened to place the strip horizontally across the thoracic spine, just below the scapula. And the client laid back, so you can imagine it was in a small backend, and almost immediately she said, *"my spine does not like this"*. Now here's the key. That statement could be dismissed in so many different ways, and I'll just reference a few to kind of give perspective. In one perspective, it could be dismissed as complaining, like she's complaining about the way that this prop is feeling, the way that her spine is receiving this particular movement. It could also be dismissed as this is the wrong stimulus and must get off of it.

But the reality is that we're not sure exactly what's going on in that moment. So as a movement detective, we don't actually rush to either, and it's really the point. Distinguishing, eye witnessing, and detective work, and how they blend together to really make great choices and great decisions, which fuel how we teach and what we teach with our client.

So her words, *"my spine, does not like this"*. That's an eyewitness account. It's data. Clearly something her body, mind is saying. A clear message.

Susi (03:35.93)

But what we do next depends on a dance. So as the eyewitness, we stay, we let her statement be real, we perhaps reflect it back, we honor her perception. And as the detective, we get curious. We're asking, *hmm, what's happening with her breath? What's shifting in her eyes, her hands, her pelvis? Is there hesitation mixed with curiosity? Is this a signal to stay and explore or to adjust and retreat?* And here is where the nuance lives. How quickly we move on or how long we stay depends on what's going on in front of us. If the client is nervous but curious, so she's still resourced enough to be engaged, we might linger. Ask a few questions.

We might adjust from double strip to single strip like Lila did, and see what happens. If our whole system is lighting up with dims, danger in me signals like breath holding, gripping, bracing, overwhelm. Then we might pause, we might back off. It's not about finding the culprit though, or pinning down a cause.

Susi (04:57.51)

The process here is about following the pattern of coordination. Moment by moment, and letting the system reveal what's possible. And that's what it means to integrate Eyewitness and Detective. The eyewitness role gives us clean data, and the detective rule helps us to process it, test it, and follow the thread. And when they work together, the client is both seen and supported. And as the practitioner, the results that you see unfold in front of you are awesome.

So let's stay with Lila's client for the next few minutes here. Because what happened next really illustrates how eye witness and detective come together to open the door to integration.

Susi (05:58.10)

After working with the strip under her spine, they moved to a standing position by the door. This time, the client placed her right foot on the spinal strip, and the moment she stepped onto it, she felt those familiar dims, those danger in me signals. Her toes clawed, her quad collapsed, her pelvis pulled inward bracing against itself.

Now again, interestingly, here is when many practitioners would rush to fix. They might do something with the quad, like, *let's strengthen the clot. Let's relax the toes. Let's do something with that pelvis.* Or they might go, *oops, this is the wrong stimulus. Let's get the person off of the spinal strip and let's do something different.*

But Lila didn't. She was in eyewitnessing role first, letting the client describe what she noticed: toes clawing, quad collapsing, pelvis sinking. Then she layered in the detective lens: what's working here? What's actually going on based off of my intention for choosing this movement? What's working here? And based off of my intention for this movement, what's compensating? and what's the pattern?

With that data, with that lens, there's nothing wrong. There's nothing broken. What she now sees is simply a coordination strategy and one that made sense given her history and her nervous system.

And then came what looks to be the magic. After a few moments of simply noticing, Lila had her client walk around the room and something clearly had shifted.

Her gait, which was usually hesitant, wobbly, with lots of arm bracing and pelvis swaying, suddenly looked connected. Her legs were moving easily in the sagittal plane. Her arms were freer, her pelvis steadier. But here's the thing, neither of them had gone looking for that. There was no intent to fix the gate that day. But by staying with eyewitness data, layering in detective questions, the client's whole system had the space to reorganize, and this is what integration looks like.

Susi (08:49.52)

It's not about correcting a part or chasing a cause, looking for a culprit. It's about honoring what the eyewitness brings. Asking detective level questions and then letting the body re-pattern itself in real time. This is why I keep saying, we don't need to sculpt, force, or fix the body like a machine. When we witness clearly and follow the patterns curiously, the system often does the work for us. In fact, almost all the time, and the clients feel it immediately. Not just in a muscle, but in how they walk, how they breathe, how they carry themselves through space. That's the dance of **eyewitness and detective leading to integration**. So let's dig into this idea of integration a bit further.

Susi (09:48.59)

Integration is that moment when the eyewitness and the detective meet. When what's noticed and what's questioned come together to shift the whole system. We saw this with Lila's client in the spinal strip. She didn't fix her gait. She didn't force her quad to fire. She simply stayed with what was present, added curiosity, and then the nervous system did something new.

Her body chose a new way of organizing, and the gate emerged with more ease. It's such a classic example of the sensory motor loop that we've been talking about through a number of the episodes in this podcast show. To highlight this more so, let me bring in another example, and this is from one of my trainees working with a hypermobile client who had a forward head posture, chronic neck, and shoulder tension. And this comes from episode #327.

On paper, the structural assessment made sense. There was a visible kyphosis at C7. The tissues at the front of the body were drawing the cervical spine forward and the soreness in the back of the body was coming from being pulled, and that was the eyewitness piece. Accurate and biomechanically pretty sound. But the plan was to correct it. Queuing chin tucks and pushing the neck back. That was the plan from another practitioner, and it's not that it's wrong, I really wanna emphasize that. However, when you give that sort of instruction to someone who's already hypermobile and over recruited, they tend not to integrate. They brace, they grip with the deep cervical flexors. The jaw often tightens the breath shallows. The very system you're

trying to help collapses further into protection, and that's the difference between fixing and integrating.

Susi (11:59.03)

My trainee didn't chase the neck though. Instead she widened the frame. She supported load transfer through the hips. She restored rotation with sunrise and sunset movements. She clarified the shoulder verse trunk motion, and she sequenced through with the glutes, with breath and softening. So here's the key. The neck didn't change because they hammered on the neck. The neck changed because of system integration. It's when eyewitness data, *I feel sore here, my net looks forward*. And detective level, curiosity, *what's working, what's compensating? How is load being shared?* Combine to allow the nervous system to reorganize itself, to allow the sensory motor loop to evolve, to improve, to function better. And it's often described by clients as being this **moment of magic** because so often for people who have persistency in their issues, what they've been told to do is to fix this stuff, to do the opposite, to strengthen something that appears weak.

But things aren't necessarily weak because they're not strong. It's super cool, people think it's magic, but really it's the body being given the conditions to do what it already knows how to do, shift into a more efficient and less protective strategy. And that's why integration matters so much. Without it, we stay stuck chasing parts and with it, change emerges naturally, sometimes in places we weren't even looking.

Susi (13:46.66)

So to come to a close, let me share one more story, and this comes from episode number #329, about the deep core, because it shows how eyewitness and detective work together to reveal the difference between rehearsing compensation and retraining coordination and when things can go sideways a bit.

A longtime client of mine came back to tell me a story about working with another practitioner who used ultrasound to assess her transverse abdominis, and she was queued to zip up her pants and draw the belly in. Such a common queuing for the attempt to connect with the transverse abdominis. It's common because visually, when someone does the cue, zip up the pants and draw the belly in, it looks perfect. Belly in, flat, neat, tied up with a nice tiffany bow, right?

The eyewitness view can say, *Hey, cool, success*. But under the ultrasound, the truth was different. The transverses was hardly engaging at all. Instead, her obliques and QLS were taking over. The compensation looked like it was function, but it wasn't. The eyewitness view gave data, but the detective lens revealed the pattern underneath. Compensation masquerading as coordination.

And when she asked the practitioner what to do next, the response that she got was, *"just keep doing it. It will eventually click"*. But here's the problem. Repetition doesn't change

compensation, it grooves it in. And she said something to me I'll never forget: *"They're not retraining the pattern. They're rehearsing the compensation"*.

Susi (13:46.48)

And if I bring this back to my conversation about sensory motor loop, when we're rehearsing compensation, we don't change that sensory motor loop. And so the opportunity for change and actually having healing reduces dramatically. And that's the crux of this whole series. **Eye witnessing gives us a surface story, really important data, and then the detective work reveals what's really coordinating underneath. Integration comes when we follow those threads to help the body organize in a way that actually sticks.**

So instead of drilling the queue harder, we work differently. Small joint-specific movements. Building clarity under light load, adding complexity gradually. Layering in ribs and hips and shoulders. Consistently checking what's working, what's compensating, what's quiet?

Is the orchestra playing together or is one section blasting while another stays silent?

That's the difference between strengthening a part and retraining a pattern. It's the difference between fixing and integrating, and that is the dance of eyewitness and detective coming fully together.

Susi (17:07.97)

So as we wrap up this episode in this miniseries, here's the takeaway: Eye witnessing gives us clean data. Detective work helps us follow patterns. Integration emerges when we combine the two.

It's not about chasing parts or forcing fixes. It's about seeing clearly, asking curiously, and letting the system reorganize itself in real time. Whether it's a spine that doesn't like this, a neck pulled forward, or a core that looks engaged, but actually isn't. The same principle applies over and over again. Notice, stay curious. Follow the thread. Allow the body. Allow the nervous system. Allow the integration of those two to really show you what's possible.

That's what it means to really and truly move from pain to possibility. Thank you for joining me in this series on becoming a movement detective.

Susi (18:18.39)

I hope it's given you some practical tools, some fresh language, maybe even a new lens for your own work. And if you wanna go deeper into this process, I invite you to join me at the Therapeutic Yoga Intensive this fall, where we bring these concepts fully into life. And you can learn more at **functionalsynergy.com/intensive**.

And if you wanna take them even more deeply and build a business utilizing these concepts with your own practice, take a look at functionalsynergy.com/certification. And I would love to

enable you to deepen these ideas in your own business, in your own life, and in your own body. So until next time, keep listening, keep witnessing, and keep being the detective. And you'll see those doors open over and over again from pain to possibility.

See you next time.

Susi (19:25.99)

Hey, so if this was really interesting for you and resonated deeply, I would love, love, love, love, love for you to join me this fall at the Therapeutic Yoga Intensive, and you can learn more about the intensive over at functionalsynergy.com/intensive.