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The core concept of
Ideokinesis involves
visualizing motor imagery to
alter injurious mechanical
forces by programming

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neuro-muscular patterns. The purpose is to improve alignment and mechanical balance. The concept evolves around the idea of the mind's eye being able to alter injurious movement like stress to avoid strain

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The term 'ideokinesis'
denotes use of such imagery
to rehabilitate and
precipitate human movement,
which Sweigard borrowed from

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the American piano teacher Bonpensière, who used imagery in his music teaching, and invented the word by combining two words derivative of Greek: 'ideo' for idea or thought, and 'kinesis' for movement.

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