

Facts and Fallacies of Corrective Exercise

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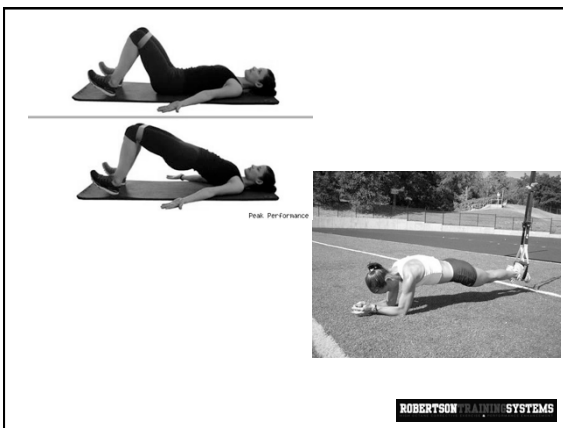


What is corrective exercise?










Strawman

An informal fallacy based on misrepresentation of an opponent's position. To "attack a straw man" is to create the illusion of having refuted a proposition by substituting a superficially similar yet weaker proposition and refuting it, without ever having actually refuted the original position.



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Corrective exercise is a holistic approach where an assessment is used to determine specific weaknesses and/or limitations of the athlete. This assessment drives the programming process, where a systematic and progressive approach is used to reduce the likelihood of injury and improve performance.

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← Injured Plateau Performance →

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Does it work?

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“I’m the healthiest I’ve been in 3 years.”
- Danny O’Rourke

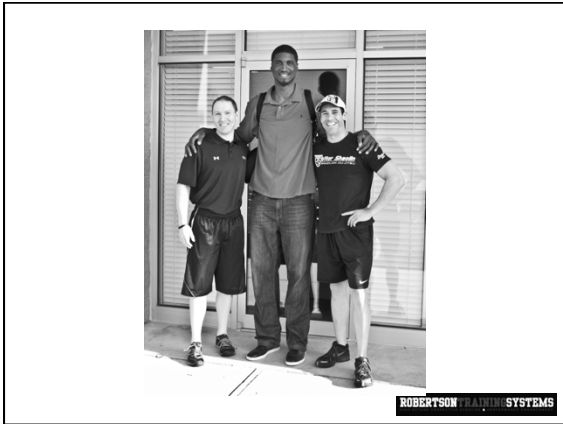
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“Mike and Bill were a big part of my World Records!”
- AJ Roberts

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And that's just the start...

- Kathryn - Purdue
- Ellie - Vanderbilt
- Bobby - D1 Soccer
- Brian Carrol - WR Powerlifter
- Etc., etc.

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Corrective Exercise is....

- Foam Rolling
- Mobility Drills
- Activation Drills
- Agility Drills
- Speed Training
- Strength Training
- Power Training
- Core Training
- Single-Leg Work
- Motor Control Exercises
- Endurance Capacity
- Static Stretching
- Eccentric Quasi-Isometrics
- Etc.
- Etc.
- Etc..

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Corrective Exercise is....

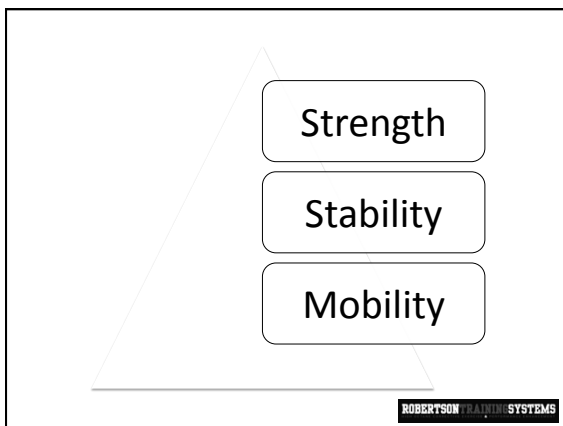
Whatever the client or athlete standing in front of you needs to stay healthy and improve performance!

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Three Big Rocks of Corrective Exercise

- Mobility Training
- Stability/Motor Control Training
- Strength Training

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Mobility Training





Starting Definitions

- Flexibility or Extensibility
- Mobility



Mobility Example #1



Mobility Example #2



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Patterns of Quality Movement: The Joint-by-Joint Approach (Boyle)

Joint	Needs
Foot	Stability
Ankle	Mobility
Knee	Stability
Hip	Mobility
Lumbar Spine	Stability
Thoracic Spine	Mobility
Scapula	Stability
Gleno-Humeral	Mobility



An Alternating Series of Stable Segments Moving on Mobile Joints
- Charlie Weingroff

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Ankle

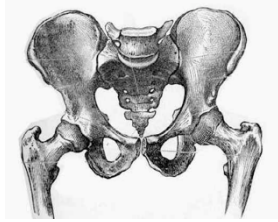
- 20 degrees of DF
- 3-4" in front of toes



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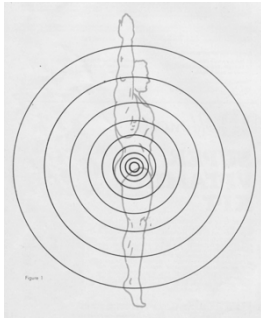
Hip

- NOT flexibility!
- Movement specific!



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Tommy Kono

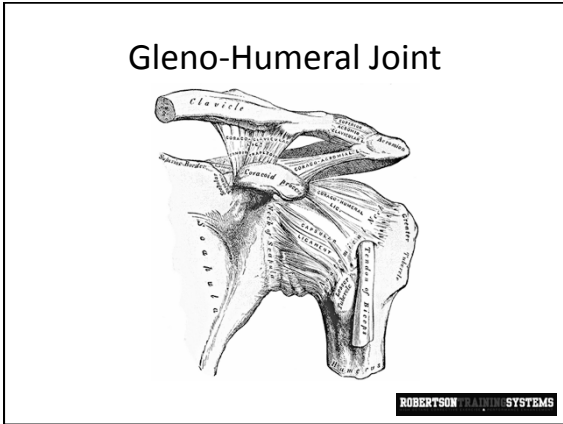


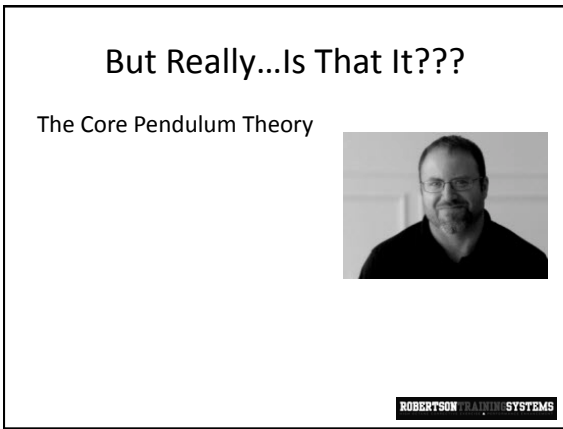
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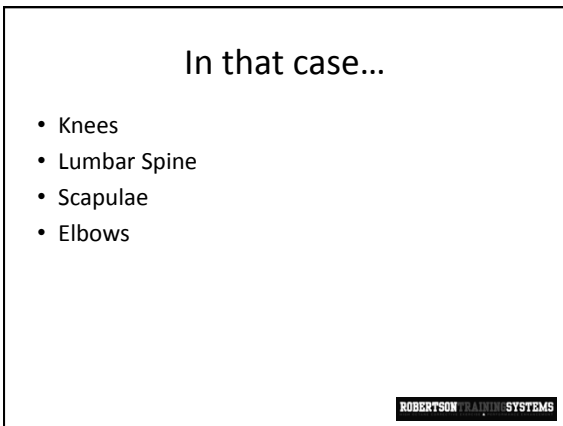
Thoracic Spine



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An Exception to the Rule



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Tools In Your Mobility Toolbox

- Foam Rolling
- Static Stretching
- Dynamic Stretching
- Eccentric Quasi-Isometrics
- Strength Training?

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Actionable Item #1

Develop adequate mobility
FIRST and FOREMOST

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Stability and Motor Control

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Stability Example #1 - Laura



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Stability Example #2 - KDawg



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“The motor program to move and the motor program to resist are two completely different pieces of software.”
- Gray Cook

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Stability is control in the presence of change
- Charlie Weingroff

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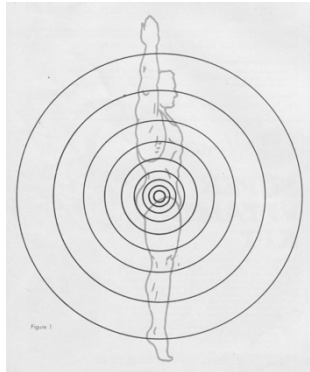
Active vs. Passive Stability



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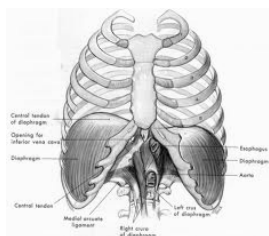
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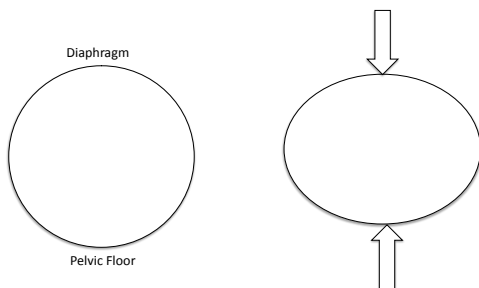
The Diaphragm

- Primary Functions
 - Increases IAP
 - Spinal stability



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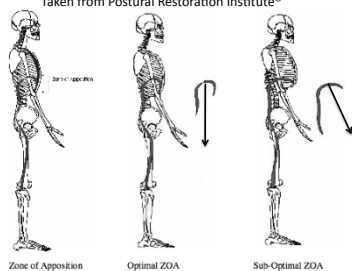
The Diaphragm



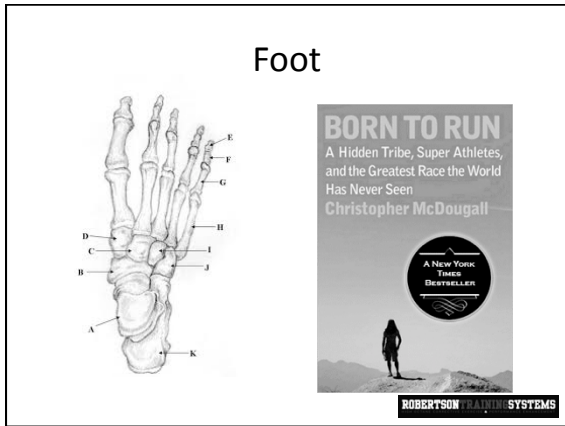
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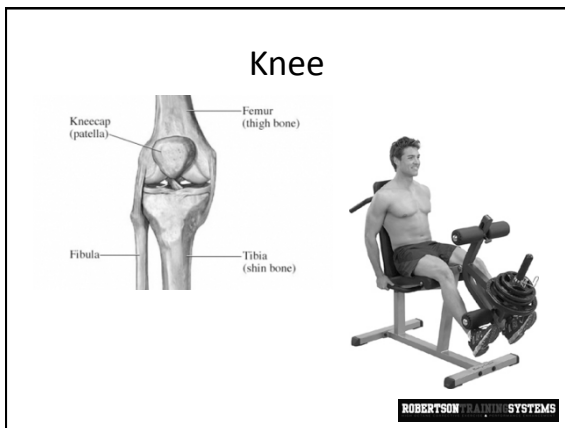
The Diaphragm

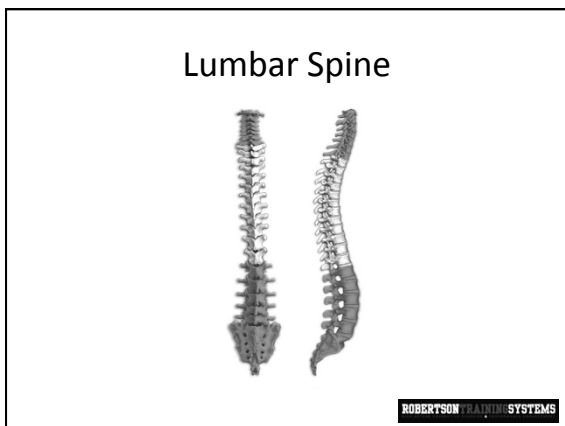
Taken from Postural Restoration Institute®



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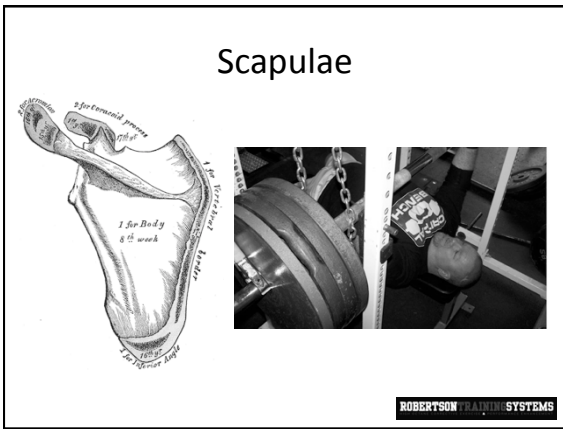








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Tools In Your Stability Toolbox

- Improving Posture/Alignment
- Motor Control Exercises
- “Reflexive” Training
- Strength Training
 - Tempo based work (202, slow eccentric, etc.)
 - Unilateral work
- Proper Coaching and Cuing

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Actionable Item #2

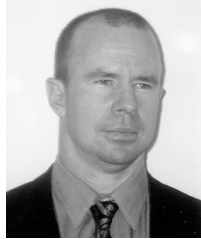
Stability DOES NOT
Necessarily Mean Strength...
Train Them Differently!

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Building Strength

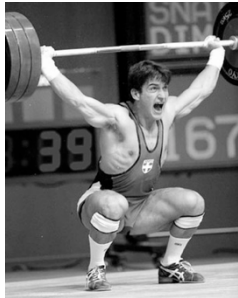
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Structural Balance



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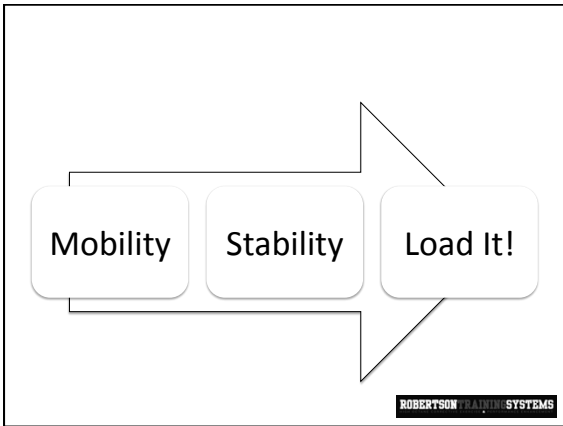
Why strength?



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Strength training cements your posture and mobility.
- Eric Cobb

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Actionable Item #3

Once you've developed good movement quality, focus on getting stronger!

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Questions?

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Summary



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Thank You!

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