

Every exercise is an assessment and every assessment is an exercise

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Specific Assessments

- **Bridge (60 Sec):** Hip extension test for proper glute and hamstring activation and hip stabilization
- Rate Hip Ext (1-5)
- Hip Deviation?
- Knees out/in?
- Area felt most?



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Specific Assessments

- **SL Bridge (30 Sec):** Hip extension test for proper hip stabilization, glute and hamstring activation on single leg
- Rate Hip Ext (1-5)
- Area felt most?
- Hip drop?
- Duration of hold?



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Specific Assessments

- **Overhead Squat: Mobility/Stability of the kinetic chain**
- Trunk Mobility/Stability
- Hip Mobility/Stability
- Knee/Ankle Stability
- Area felt most?
- Rate squat depth?



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Specific Assessments

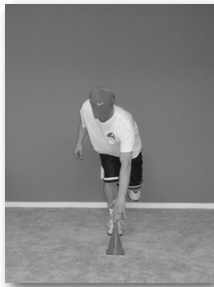
- **SL Standing (30 Sec): Balance & single leg stabilization**
- Stable/Unstable/Falls
- Hip hike?
- Trunk/Hip rotation?



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Specific Assessments

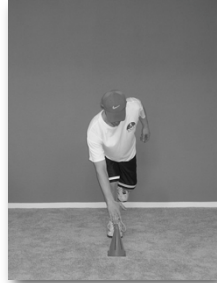
- **SL Dynamic I/R: Balance & single leg stabilization during movement**
- R Stable/Unstable/Falls
- L Stable/Unstable/Falls



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Specific Assessments

- **SL Dynamic E/R: Balance & single leg stabilization during movement**
- R Stable/Unstable/Falls
- L Stable/Unstable/Falls



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Specific Assessments

- **Gait Analysis:**
- Walk
- Speed Walk
- Jog

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Performance Specific Assessments

- **Vertical Jump: Vertical Acceleration/Deceleration**
- **Broad Jump: Horizontal Acceleration/Deceleration**
- **SL Broad Jump: Single leg acceleration/deceleration**

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The 5 Functional Movements Of The Human Body

- 1. *Squat*
- 2. Pull (Row)
- 3. Push (Press)
- 4. *Single Leg*
- 5. Rotation

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A Functional Perspective

- *Most of the movements we perform involve more than one of the functional 5 movements (ex: walking involves single leg stabilization, rotation of the trunk & hips, contralateral pulling & pushing of the upper extremities)*

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Corrective Strategies For The Squat

- Keep Feet Hip Width Apart- Creates proper foot, knee & hip alignment
- Keep Toes & Heels In Straight Line- Better activation of hip extensors and proper alignment for gait mechanics
- Descent Phase- Initiate by driving the hips back & down. This will keep the knees and hips from moving forward



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Corrective Strategies For The Squat

- Muscle Focus- The client should be aware of keeping the TVA, glutes and hamstrings engaged throughout the exercise during both phases (downward, upward)
- Corrective Stretching- Consider if muscle tightness is a factor

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MB Squat Guidelines

- ✓ Effective for training the adductors & awareness of proper joint alignment
- ✓ Appropriate Ball Size-Avoid using small balls. Use a ball that allows client to maintain ideal hip, knee and ankle alignment
- ✓ Appropriate Ball Weight-Avoid using heavier balls as this will cause the client to pull the knees closer together and creates medial knee collapse

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Corrective Strategies For The Lunge



- Keep Toes Pointed Straight Ahead- In the direction of movement
- Look For Proper Hip Movement- The hips should not move forward during the downward phase nor should they move backward
- Proper Weight Bearing- The client should bear weight on the mid-foot and heel of the lead leg and push the heel into the ground during the upward phase
- Trunk Position- The client should lean slightly forward at the waist during the movement so that the shoulders are directly above the knee of the lead leg

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3 Reasons To Get On The Ball

• Why Stability Ball Training?

1. Versatility-Incorporate movements using MB, bands, SL, DB's
2. Stability-Requirements facilitate essential muscular recruitment patterns required for maximum strength, stability & performance
3. Balance-Cannot compensate due to unstable environment of the ball

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Stability Ball Exercises- Single Leg Bridge Kicks



- Single leg dynamic stabilization
 - Keep hips up
 - Keep weight on the heel
- Perform sets of 10 reps per side**

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Stability Ball Exercises- Hip Extension-Hamstring Curl Combo



Trains glutes & hamstrings in proper sequence
Perform sets of 10 reps x 5-8lb medicine ball

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Stability Ball Exercises- Lateral Single Leg Squat



Keep trunk up & hips back
Keep weight on heel
Perform sets of 5-10 reps per side

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Flexibility

- Most flexibility techniques not effective for correcting muscular imbalances (ex: static stretching) because injuries do not occur while resting...

...They occur during movements when muscles are contracting

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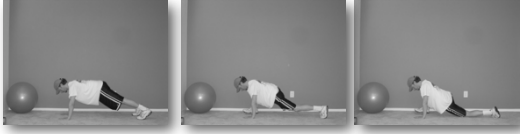
Active Flexibility-Sumo Squat- Hamstring



Perform sets of 5 reps x 3-5 second holds

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Active Flexibility- Push Up- Hip Drop



Perform sets of 5 reps per side x 3-5 second holds

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Functional Facts

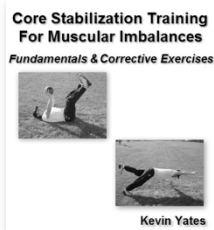
In most cases, movements are not the cause of pain and injuries...

...Lack of preparation and physical conditioning to perform movements safely and effectively is!

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- -Leave a comment about the most difficult challenge you face when working with clients with injuries and why you feel the "Core Stabilization For Muscular Imbalances" program will help you



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 - -All entries must be posted in the next 72 hours
 - -The 5 winners will be contacted by e-mail and receive the e-book
 - -Go to my blog right now and sign up for the free reports and then leave your comment
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