Objectives

1) Present a system that addresses the spectrum of conditioning from repair/remodeling (corrective) to remodeling/restoring function (performance/high intensity)

"We shift from being a master-mechanical-technician to a creative-humble-facilitator"

Dr. Robert Schleip, Ph.D.

How do we bridge “the gap”?

1. IDENTIFY (establish or indicate who or what)

Match the persons physiologic condition to the technique

Physiologic: the way in which a living organism or bodily part functions

ACTION:

2. ASSESS (evaluate or estimate the nature, ability, or quality of)

1) Do they have the MOTION requirements?
2) Do they have the FORCE production requirements?
3) Do they exhibit ELASTIC RECOIL requirements?
3. ADDRESS (think about and begin to deal with)

**Continuum:**

- Continuum: a continuous sequence in which adjacent elements are not perceptibly different from each other, although the extremes are quite distinct.

**Continuum:**

- Action
- Environment
- Position
- Driver
- Direction
- Height
- Distance
- Load
- Rate
- Duration

4. Plan / Manage (an intention or decision about what one is going to do)

**Continuum:**

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**Summary**

1) Movement/Function is HIGHLY variable and therefore specific to each person (be careful following “protocols”)
2) Even though there is high variability, each movement has prerequisites that can be identified (assess don’t guess)
3) Once individual movement is identified, ask...
   a) Do they have the MOTION requirements?
   b) Do they have the FORCE production requirements?
   c) Do they exhibit ELASTIC RECOIL requirements?
4) The answers to a,b,c lead you to an individualized plan that then is the “framework” to manage $$

"The test is the exercise and the exercise is the test"

Dr. Gary Gray PT, FAFS

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"Logic will get you from A to B. Imagination will take you everywhere."

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THANK YOU!

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Creative-Humble-Facilitator

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