Objectives

- Define Flexibility
- Define Function
- Apply understanding = techniques

"Look deep into nature, and then you will understand everything better"

What is Flexibility?

- Flexibility
  ...the ability to be easily modified
  ...the quality of bending easily without breaking

Is this enough information to define what flexibility is?

What is Function?

- Function
  ...is everything that the person needs and wants to do in order to be optimally efficient and effective...
  ...i.e. it is all and only that which is needed at the right time, in the right amount, for the right result...
  ...nothing wasted and everything gained"
Applied Functional Science

Journey
- Enhance Lives of Others
- Understand and Take Advantage of Scientific Truths
- Understand and Take Advantage of Human Movement

Convergence of Sciences
- Physical Sciences (World We Live In)
  - Chemistry, Earth Science, Physics
- Biological Sciences (Miracle of Human Body)
  - Anatomy, Biomechanics, Neurology, Nutrition, Physiology
- Behavioral Sciences (Power of Human Mind and Spirit)
  - Neuro-Cognition, Social Communication

Application

Physical
- Gravity
- Ground Reaction Force
- Mass and Momentum

Biological
- 3 Planes of Motion
- Chain Reaction® (Authentic Drivers, Subconscious Reactions)
- Load to Explode (Synergistic)
- Path of Least Resistance

Behavioral
- Success (Authentic Encouragement)
- Individuality; Task-Specific

The Matrix System
- Purpose / Logic
- 3D Movements

3D Foot / Ankle
- Mostability
  - Isolated / Integrated Foot / Ankle
  - 3D Foot Swing Matrix
  - 3D In-Sync & Out-of-Sync Jump Matrices
3D Anterior Hip

- Mostability
- Isolated / Integrated Anterior Hip
- 3D Common Lunge Matrix
- 3D Uncommon Lunge Matrix

3D Posterior Hip

- Mostability
- Isolated / Integrated Posterior Hip
- 3D Hybrid Lunge Matrix
- Manipulation
  - Rotation (pelvis via hand drive)
  - Internal Rotation (hip)

3D Medial Hip

- Mostability
- Isolated / Integrated Medial Hip
- 3D SH to OH Reach Matrix
- RWE & LWE
- RWI & LWI

3D Trunk

- Mostability
- Isolated / Integrated of Trunk
- 3D Common Lunge with Bilateral Hand Reach Matrix
- Type 1 & Type 2
The Ultimate Cool-Down

- Expand & Own YOUR THRESHOLD
- Position Body
- Authentically Drive
- Think Global / Local

THANK YOU!

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