

IDEA PTI22 #405 Positive and Compensatory Cueing

Sat, Feb 26, 2022, 4:30PM—6:20PM

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Our session today

Effective cueing can help correct our clients to stay safe and be successful

Most of us know how to demonstrate an exercise. However, two of the most powerful and effective ways for a personal trainer to connect and correct our clients are verbal and/or compensatory (touch).

- How does cueing work and what constitutes good cueing?
- What is positive cueing and why is it effective?
- Learn some best practices for compensatory cues!
- Practice correcting common exercise mistakes

How cueing helps our clients:

- Our brain, through our CNS directs our muscles to move.
- CNS creates synapses, or connections to help us form patterns, and speed up our reactions.

Some important types of cueing for PT:

- **External Cues:** Movement outcome, “weights to chest”
- **Internal Cues:** Internal feeling, “squeeze your belly button”
- **Informational/Educational Cues:** Why, “strengthen your ankles”
- **Motivational Cues:** Encouragement, “you’re doing great, one more!”
- **Imagery Cue:** Paint a picture, “sit on an invisible chair”

Good cueing should be:

1. Short & concise
2. Timed correctly
3. About creating connections-energizing, encouraging
4. Appropriate to movement, audience, location
5. “V” shaped—taper frequency
6. Layered—cue biggest problem, then next biggest, etc.
7. Positive - cue to the solution not the problem

Positive cueing

Tell your clients exactly what to do, not what *not* to do!

- Telling them what they are doing wrong can pull their attention away from the task
- Our brains are wired to our entire body, with our thoughts, e.g., triggering parasympathetic or sympathetic nervous systems, we can change heart rate, blood pressure, and immune system
- Rewiring/exercise of your brain is a result of neuroplasticity, which includes two things: Neurogenesis (the growth of new neurons) and synaptogenesis (new connections between neurons), both helped through visualization
- Help your client’s brain envision the end goal, so they can work towards recreating it real life

Imagery cues

These types of cues are super effective if used correctly

- Unexpected
- Memorable
- Funny
- Relatable

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Compensatory (kinesthetic) cueing uses tactile correction

- Could be hands/touch or prop (e.g., stick, wall)
- Use with verbal cueing to give your client additional methods of success
- Ask permission and use your judgement, not all clients like to be touched
- Be confident & announce to avoid misunderstandings
- Can be inappropriate! Stay away from no-no squares
- Proprioceptive feedback helps your client develop correct movement patterns
- Many clients are touch deprived/starved¹
- Positive cue-touch where you want them to focus, not what you don't want them to do

Ideas to cue based on muscles:

<p>Common Tight Muscles:</p> <ol style="list-style-type: none"> 1. Calf muscles 2. Bicep femoris 3. Hip flexors 4. Pecs/Lats 5. SCM/Upper traps 6. Adductors 	<p>Tighten/Flex Opposing Muscle (Usually):</p> <ol style="list-style-type: none"> 1. Dorsiflex 2. (Dorsiflex & neutral hips) 3. Squeeze glutes 4. Squeeze shoulder blades 5. Squeeze shoulder blades 6. Push knees in line with toes
<p>Common Weak Muscles</p> <ol style="list-style-type: none"> 1. Glutes 2. Mid & lower traps/Rhomboids 3. Intrinsic core stabilizers 4. Anterior tibialis 	<p>Tighten/Flex Weak Muscle!</p> <ol style="list-style-type: none"> 1. Squeeze glutes 2. Squeeze shoulder blades 3. Brace or draw in belly button 4. Dorsiflex
<p>Common Impinged Muscles</p> <ol style="list-style-type: none"> 1. Rotator Cuff 2. Wrist 	<p>Keep within ROM</p> <ol style="list-style-type: none"> 1. Keep shoulders height Keep palms/thumbs up 2. Keep straight

¹ <https://www.healthline.com/health/touch-starved#type-of-touch>

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Practice positive & compensatory cueing

What you want them to do, what muscles to activate?

Bonus points for creative imagery or funny cues!

View	Check point	Movement Correction	Positive/Creative Cue	Compensatory Cue
Anterior	Feet	Turn out	<ul style="list-style-type: none"> • Feet pointed ahead • Feet on railroad tracks • Skis, not tightrope 	Bring toes/heels towards my hands (depending on how wide stance, put stick or hand to where you want their toe/heels)
	Knees	Vargus	<ul style="list-style-type: none"> • Knees in Line with Feet • Nail outside of your feet to floor • Knees on Railroad tracks 	Bring knees towards my hands (hands on outside of their knees) Use exercise band
	Hip	Abducted	<ul style="list-style-type: none"> • Squeeze inner thighs • Knees pointed at floor/face front • Keep hips level • Keep knees closer together 	Bring knee towards my hand (hand on inside of abducted knee) **Push small of waist**ask permission
		Uneven	<ul style="list-style-type: none"> • Keep hips level • Lasers/headlights in your hips 	Use stick as level **Push small of waist**ask permission
	Arms	Higher than shoulder	<ul style="list-style-type: none"> • Arms not higher than shoulder 	Use stick at shoulder
Lateral	Knees	Front of toes	<ul style="list-style-type: none"> • Knees behind toes • Elevator, not escalator 	Keep knee behind the stick (Stick at front knee) Lunge-stick at back leg to show from knee to head
	LPHC	Excessive forward lean	<ul style="list-style-type: none"> • Lift breastbone & hinge at waist • Staple pinky/big toe, heel • Long/strong spine, look forward • Bow & arrow 	Tighten here (hand on lower/mid traps)
		Low back arches	<ul style="list-style-type: none"> • Engage Core • Ice Cube to Belly Button • Brace for a punch (Plank) Sharp needle under your belly 	Bring belly button to my hand (hand on back)

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Lateral	LPHC	Back rounded	<ul style="list-style-type: none"> • Squeeze glutes • Long and strong spine • Create space from shoulder & hip • Neutral spine • Beyoncé & Urkel • Teacup hips • String on top of head & push into ground 	Stick along spine
	Upper body	Arms fall forward	<ul style="list-style-type: none"> • Squeeze shoulder blade • Squeeze mid/low traps/rhoms • Praise the Lord • Thumbs up • Palms face each other 	Tighten here (hand on lower/mid traps/rhoms)
		Shoulders elevated	<ul style="list-style-type: none"> • Relax shoulders • Show that diamond necklace • Tuck shoulders into your back pockets • Squeeze oranges in armpits • Wrap shoulders around spine 	Tighten here (hand on lower/mid traps/rhoms) Bring your shoulders towards my hand/stick (lower than shoulders)
		Wrists not straight	<ul style="list-style-type: none"> • Wrists straight • Knuckles to the sky 	Ruler to back of wrist
		Head protrudes forward	<ul style="list-style-type: none"> • Tuck/drop chin • Double chin yourself • Face palm • Helium ballon to top of head 	Stick/hand to back of head

Positive, funny & safe will help client success and safety for better exercise execution on a regular basis and long-term adherence.

Thank YOU for spending past two hours with me!!!!

Please fill out the survey ASAP.

Post about what you learned #IDEAPTI #CertifiedPersonalTrainer & tag me!

IG: @ShalaineMac or my FB Page: ShalaineFit

Link to my handouts, pdf, & cheat sheets: www.pti22.shalainefit.com

Contact me, I'd love to hear your feedback!

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