

# Advancing a Client From Corrective Exercise

Presented by

## Joanne Groves

Joanne Groves is an educator, author, personal and group exercise trainer, and IDEA committee member. She has served as a master trainer for Escape Fitness and presented around the globe on behalf of Faster Health and Fitness. Currently she is the education director for Motor Skill Application Specialist and Faster Group Specialist. Joanne is also the coauthor of a research and communication course called the “Three C’s of Success” and “Digital Presenting Expert.”



**Corrective exercise can be an important part of the client success continuum. Having a grasp of the scientific principles that support corrective exercise and how to advance it is vital to your business and your clients. This session will offer the most up-to-date corrective exercise science, the best approaches for your client, and methods on how to integrate appropriate regressions and progressions into program design. You'll walk away**

**with a deeper understanding of the nuances of corrective exercise and how to better meet your client's individual needs.**

## **Notes for the session**

1. Introduction / What you will get
  - 1.1. Define what we will cover in the talk
  - 1.2. Define Corrective exercise
  - 1.3. Why it appeals
  - 1.4. 100's of Regressions and Progressions
  
2. Define the claims
  - 2.1. Reduces risk of injury
  - 2.2. Improves injury recovery
  - 2.3. Reduces Pain
  - 2.4. Improves performance
  
3. Define an injury and pain
  - 3.1. The Faster Process
  - 3.2. All quality research
  - 3.3. Define question that is relevant to your client
  - 3.3. Injury prevention
  - 3.4. Injury recovery
  - 3.5. Reducing pain
  
4. Regression and progression
  - 4.1. 5 Faster movement skills
  - 4.2. Skill to Performance continuum
  - 4.3. Relevant assessments ( See session 833 for more details)
  - 4.4. Injury recovery
  - 4.5. Performance to skill to performance
  
5. Examples of Regression and progressions
  - 5.1. Squat, Lunge
  - 5.2. Exercise-defined
  - 5.3. Skill to Performance continuum
  
6. Examples of Regression and progressions
  - 6.1. Press
  - 6.2. Exercise-defined
  - 6.3. Skill to Performance continuum
  - 6.4. Frozen shoulder
  
7. Examples of Regression and progressions

- 7.1. Pull
  - 7.2. Exercise-defined
  - 7.3. Skill to Performance continuum
- 8. Examples of Regression and progressions
    - 8.1. Push
    - 8.2. Exercise-defined
    - 8.3. Skill to Performance continuum
- 9. Examples of Regression and progressions
    - 6.1. Running
    - 6.2. Exercise-defined
    - 6.3. Skill to Performance continuum
    - 6.4. ACL injury- Biomechanics / overuse / Plantar fasciitis/ Overuse/Hamstring Tendinopathy (recovery time , rest of reinjury).
- 10. Examples of Regression and progressions
    - 10.1. Hinge
    - 10.2. Exercise-defined
    - 10.3. Skill to Performance continuum
    - 10.4. Injury risks
- 11. Conclusion
    - 11.1. Love what you do and be thankful for your clients
    - 11.2. Continue to do the best for them
    - 11.3. Challenge everything you hear and think with research
    - 11.4. Challenge experts, n+1 stories and n=1 case studies
    - 11.5. Look out for red flags, n+1 stories and n=1 case studies
    - 11.6. Surround yourself with a supportive network
    - 11.7. Don't trust me, read your own research. For help with doing this email me below

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“Thank you for attending my talk. I hope it has given you the inspiration to go out and challenge the level of evidence that underpins everything you do for your clients. Live in the discomfort of being wrong by trying to be right and carry on doing amazing things in the industry!”

## Useful links

<https://www.khanacademy.org/test-prep/sat/sat-reading-writing-practice/new-sat-reading/v/reading-science-passage> How to read research

<https://endpoints.elysiumhealth.com/how-to-read-a-scientific-paper-695188037080> How to read science papers


<https://youtu.be/gwd-wLdlHjs> Why Things Hurt Lorimer Mosley

<https://youtu.be/yPKVykF0cc> Greg Lehman When Biomachanics doesn't matter

<http://fasterglobal.com/foot-the-lot-of-you-my-relationship-with-the-foot-and-the-industry/>

<https://www.facebook.com/search/top/?q=Joanne+Groves&init=public>

<https://www.instagram.com/joannegr0ves/>

 [How to spot the difference between opinions and facts in the fitness industry](#)

<https://www.fasterfunction.com/course/motor-skill-application-specialist>

<http://www.sci-hub.tw/>

[fbclid=IwAR1lwSnNiBkq6Khgk4rfLmXR5dZiRL3cq60T1ukg\\_X\\_VNG4jZjL2cBRDfow](http://www.sci-hub.tw/fbclid=IwAR1lwSnNiBkq6Khgk4rfLmXR5dZiRL3cq60T1ukg_X_VNG4jZjL2cBRDfow)

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