



# UPRIGHT MOVEMENT

Defy Gravity

## PERFORMANCE TRAINING CONTIuum: Manage Limiting Factors – Bridge The Gap

■ = **REHAB** (Acute Adaptation/Things Done To You)

■ = **REHAB/PREHAB INTEGRATION** (Acute Adaptation/Things Done To & By You)

■ = **FITNESS – PERFORMANCE** (Chronic Adaptation/Things Done By You)

<b>REHAB</b> (Acute Adaptation/Things Done To You)	<b>REHAB (PREHAB) INTEGRATION</b> (Acute Adaptation/Things Done To & By You)	<b>FITNESS – PERFORMANCE</b> (Chronic Adaptation/Things Done By You)
FEEL BETTER • MOVE BETTER • PERFORM BETTER		

<b>EVALUATE</b>	<b>ISOLATE</b>	<b>INNERVATE</b>	<b>INTEGRATE</b>
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<u>MD, DO</u>	<u>DC, PT, ATC, LMT</u>	<u>PERFORMANCE SPECIALIST</u>	<u>SKILL COACH</u>
<ul style="list-style-type: none"><li>• Diagnosis</li><li>• Surgical Intervention</li><li>• Psychology</li></ul>	<ul style="list-style-type: none"><li>• Decrease Pain</li><li>• Joint Function</li><li>• Compensation Patterns</li></ul>	<ul style="list-style-type: none"><li>• Strength</li><li>• Movement Skills</li><li>• Metabolic</li></ul>	<ul style="list-style-type: none"><li>• Technical</li><li>• Tactical</li><li>• Psychology</li></ul>



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EVALUATE	ISOLATE	INNERVATE	INTEGRATE
<ul style="list-style-type: none"><li>• Basic Clinical Exam</li><li>• Functional Exam</li></ul>	<ul style="list-style-type: none"><li>• Mobility<ul style="list-style-type: none"><li>- Soft Tissue Restrictions</li><li>- Joint/Capsular Restrictions</li></ul></li><li>• Stability<ul style="list-style-type: none"><li>- Proximal Control Pillar Strength (Hips, Trunk &amp; Shoulders absorption, transformation, and production of force.)</li><li>- Distal Control</li><li>- Kinetic Linking</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Re-Educate<ul style="list-style-type: none"><li>- Establish Muscle Performance</li><li>- Enhance Muscle Activation</li><li>- Increase Muscle Recruitment</li><li>- Influence Neuro-Motor Programming</li></ul></li><li>• Promote Pillar Strength</li></ul>	<ul style="list-style-type: none"><li>• Whole-Movement Training<ul style="list-style-type: none"><li>- Re-Patterning/Re-Sequencing</li><li>- Kinetically Linked Movement</li><li>- <u>FUNCTIONAL</u></li></ul></li><li>• Progress Pillar Strength</li></ul>



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