



Integrating Corrective Exercise and Personal Training

Presented by
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IDENTIFYING THE CAUSE

Common Imbalances of the Body

FEET & ANKLES = Over-pronation & lack of dorsiflexion

KNEES = medial knee displacement & tracking problems

HIPS/LOW BACK = anterior rotation of pelvis & excessive lumbar lordosis, SI Joint Dysfunction and lateral flexion/rotational deviation

SHOULDERS/UPPER BACK = excessive thoracic kyphosis, protracted and elevated shoulder girdle, internally rotated arms and lateral flexion/rotational deviation

NECK AND HEAD = forward head, excessive cervical lordosis and lateral flexion/rotational deviation

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Integrating Corrective Exercise and Personal Training

Topics to be discussed

- Common injuries of personal training clients
- How to identify the causes of these problems
- How do these problems affect pain and movement
- Isolated exercises to help correct these deviations
- Integrated exercises to help the whole body

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HOW THE BODY WORKS TOGETHER

- Pronated foot –
- lack of dorsiflexion –
- medial displacement of the knee – tracking problems –
 - anterior pelvic tilt –
 - excessive lumbar lordosis –
- excessive thoracic kyphosis –
- internally rotated arms –
- protracted shoulder blades –
 - elevated scapula –
 - forward head –
- excessive cervical lordosis

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Common Injuries

- Back Pain
- Knee Pain
- Foot and Ankle Pain
- Shoulder Pain
- Neck Pain

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IDENTIFYING THE CAUSE

Which Assessments Do I Use?

STATIC vs. DYNAMIC

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Static Assessments

Foot and Ankle Assessment



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What can I do to help?

Corrective Exercise Order:

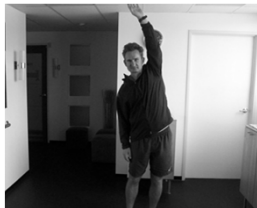
- Myofascial
- Stretching
- Strengthen

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Dynamic Assessment

Level of Hips and Side To Side Swaying



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What can I do about the imbalances that I find?

Recommended Exercise Examples:

- **Myofascial** = Golf Ball Roll, Calf Massage, Tennis Ball on Side of Hip, Tennis Ball on Butt
- **Stretch** = Toe on Wall Stretch, Multi-planar Calf Stretch on BOSU, Butt Stretch
- **Strengthen** = Big Te Pushdown, Step Back With Arm Raise, Side To Side Swaying, Lunge With Knee Pull

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How does this affect movement?

Common Movement/Exercises:

- Walking/Running
- Squats
- Bench Press/Shoulder Press

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THANK YOU FOR ATTENDING

Justin Price will be available to answer your questions after this presentation.

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