




Session Outline

Movement Orientated Training


- ✓ Movement Patterns
- ✓ Use or Misuse
- ✓ Exercise Selection
- ✓ Factors influencing the movement patterns



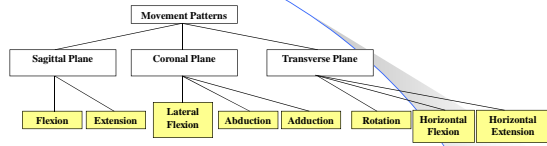
Movement Patterns

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graph TD; MP[Movement Patterns] --> SP[Sagittal Plane]; MP --> CP[Coronal Plane]; MP --> TP[Transverse Plane];
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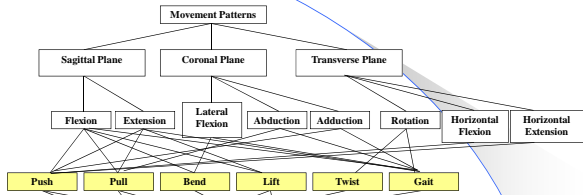
The diagram illustrates the three primary planes of movement in a human body. A female figure is shown with three intersecting planes: a red vertical plane (Sagittal plane) dividing the body into left and right halves, a blue vertical plane (Coronal plane) dividing the body into anterior and posterior halves, and a green horizontal plane (Transverse plane) dividing the body into superior and inferior halves. Arrows point from the text labels to the corresponding planes on the figure.



Movement Patterns



Movement Patterns



Functional or Counter Functional

• What is Functional Training ?



Functional or Counter Functional

- Functional for what ?



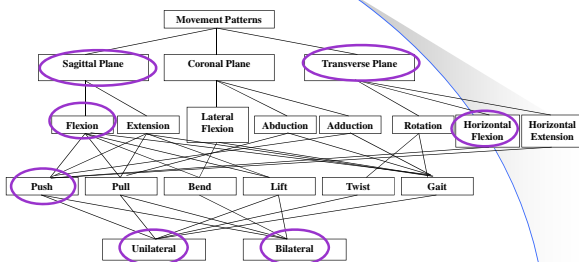
Functional or Counter Functional

- ADLs



Functional or Counter Functional

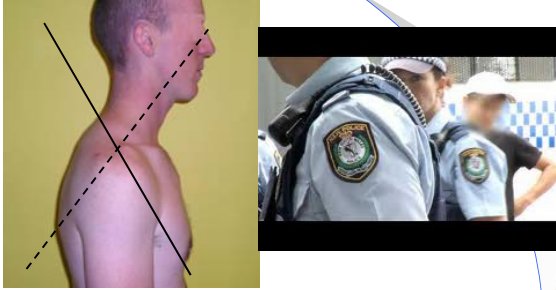
- Do they need more functional movements?



- What causes over-use injuries?

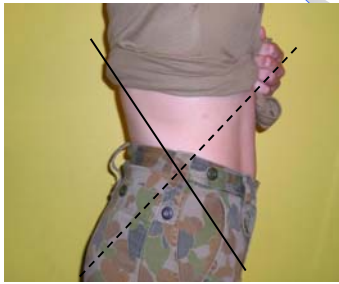
Functional or Counter Functional

- Yanda's Upper Cross Syndrome



Functional or Counter Functional

- Yanda's Lower Cross Syndrome



Exercise Prescription



Do the exercises we prescribe aid or hinder rehabilitation?



Exercise Prescription

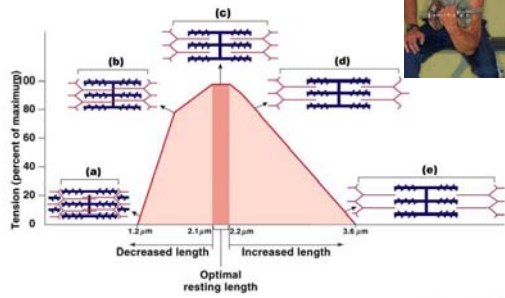


What is the purpose of this exercise?

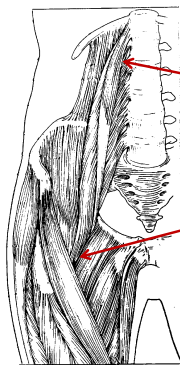


Exercise Prescription

• The Length-Tension Curve

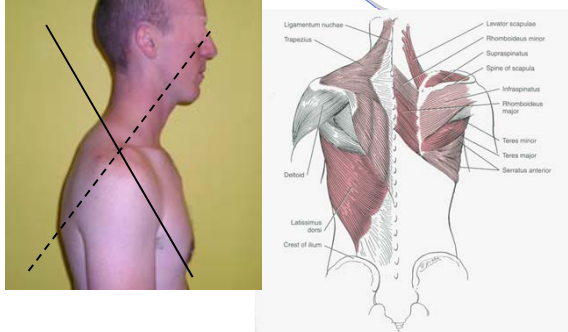


Functional or Counter Functional




Exercise Prescription


- The Length-Tension Curve



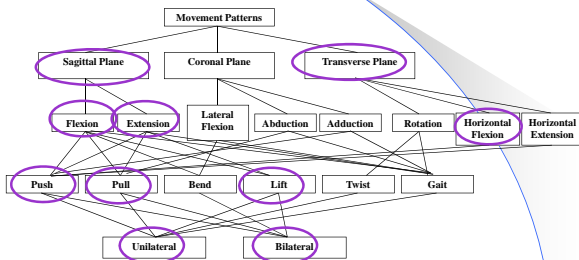
Exercise Prescription

- How do we get rid of postural imbalances (muscular approach)?

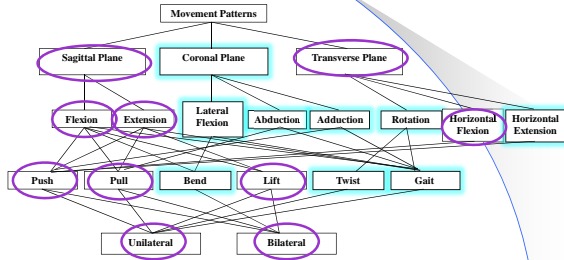
 What exercises would we prescribe for tight Pecs?

 What are the actions for the Pec Maj and Lats Dorsi?

Exercise Prescription



Exercise Prescription



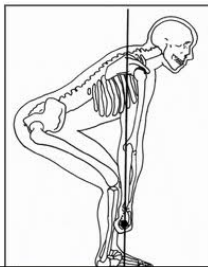
Exercise Prescription

• Lumbardorsal Fascia (LDF)

What are:



- Origins of the Lats Dorsi
- Origins of the Glute Max

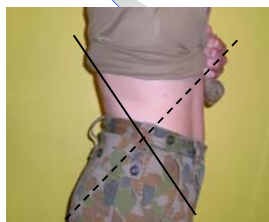
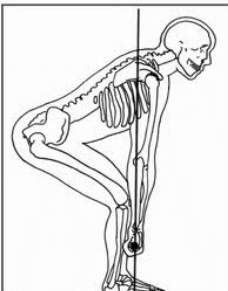


Exercise Prescription

• Lumbar Fascia (LDF)



What are the antagonists to the Glute Max?



Exercise Prescription



Exercise Prescription

- Which exercises?



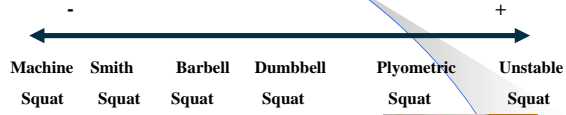
Exercise Prescription

- Which exercises?



Influencing factors

- Potential for Movement

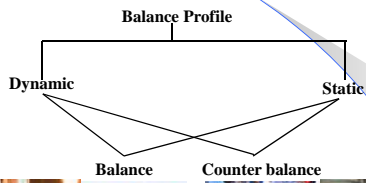


WHY? →



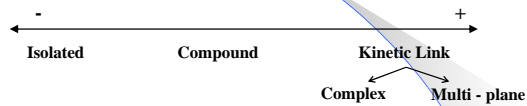
Influencing factors

- Balance profile



Influencing factors

- Synergy profile



Influencing factors



- Conditioning Profile

Flexibility



Metabolic



Neuromuscular



Session Review

Movement Orientated Training

- ✓ Movement Patterns (Exercise Selection)
- ✓ Factors influencing the movement patterns
 - ✓ Potential for movement
 - ✓ Balance profile
 - ✓ Synergy profile
 - ✓ Conditioning profile



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