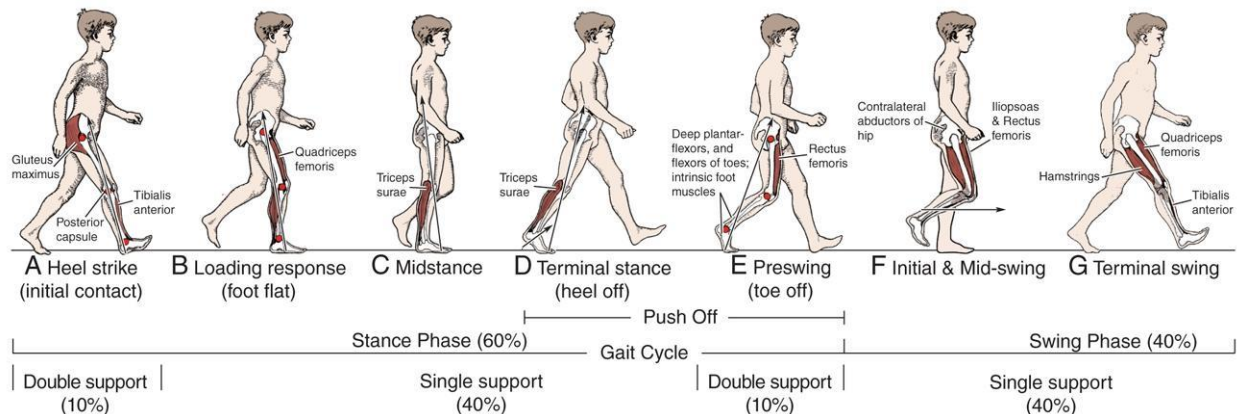




Corrective Exercise Seminar Series Recap & Overview

I. Gait



II. Ground Reaction Force (GRF)

Ground Reaction Force is the force exerted by the ground on a body in contact with it. Force tracking through the ankle and lower extremity can prove harmful if the force is not distributed appropriately. How do we know if weight is distributed appropriately? First place to start would be to look at your exercise technique. Identify muscles in which you have weaknesses and joints in which you have limitations. Limitations in any of these primary movements can be caused by muscle restriction and impaired proper function. Improper muscle function at any joint can affect your weight distribution, balance, and efficiency of movement.

III. How do we improve our gait and/or weight distribution?

We can improve distribution and gait by addressing the movement patterns that are inhibited and work to create motor patterns for proper movement. Technique training, motor control learning, and corrective exercise will help alleviate pain as well as prevent injury.

IV. Mobility to Stability

Mobility to stability is a process that is imperative for motor learning. We need to activate our muscles then learn how to integrate the proper movement into daily life. Doing both mobility and stability exercises is ying and yang for our musculoskeletal system. If we have excess mobility in a stability joint or excess stability in a mobility joint we risk injury. Everyone is different, find out where your focus should be and make sure to do both types of movements. See the exercises below.

V. Joint by Joint Approach

