No Shortage of Strength
The Final Say on the Importance of Movement & How to Correct it

1. This is Not Researched
2. This is Mostly My Opinion
3. I am Not Smart

Person A Has an Idea
Person A Puts it in Motion
It Works
Person A Talks About It working in Forums and Blogs...
The Research Cycle Begins.
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I’m a Meathead.

Let’s Get One Thing Straight.

In Order To Understand My Perspective, You Have to Understand My Upbringing.

Research Cycle

Person A Disagrees → Person B Finds Funding → Person B Proves Person A Wrong → Person B Posts It in Forums and Blogs → Person A Disagrees

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Meathead Continuum

Define It.
PD: Why the spike in youth injuries?
J.A.: Multiple factors, but two stand out: specialization and what we call professionalism.

Specialization leads to playing the sport year-round. That means not only an increase in risk factors for traumatic injuries but a sky-high increase in overuse injuries. Almost half of sports injuries in adolescents stem from overuse.

Professionals are taking these kids at a young age and training them as if they are pro athletes, in terms of training and year-round activity.

http://www.cleveland.com/dman/index.ssf/2013/02/noted_surgeon_dr_james_andrews.html

**Summary:**
Injuries Are Caused By
- Specialization
- Repeated Trauma
- Poor Movement

**Problem:**
Overuse Injuries Are Caused By Repetitive Trauma on Poor Foundations.

**Solution:**
Rebuild the Foundation
What is the ‘foundation?’

This Isn’t Just My Story.

9 Out of 10 Athletes in The Weight Room Have the Same Story.

So, I Started to Wonder... Why do we all have the same issues?

In what planes of motion do 90% of foundational human movements occur?

More Importantly, Are There Really Any Issues that are Different?
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Measure It.

“Every Set, Every Rep is Movement Screen.”

-Andrea Hudy
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Fix It.
A Corrective Exercise is Only Corrective if it’s Being Done Correctly.

Every Exercise can be a Corrective Exercise if it is done Correctly.
SUPER SECRET SUPER SCIENTIFIC PROGRAM:

- Hip Thrust
- Lunge
- 1 Leg Squat
- OH Squat (Supported)
- Extended Lunge
- Thoracic Mobility on Foam Roll
- Seated Scapular Wall Slides

Hip Thrust
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Train It.

Adolescent

- No Pain
- No Strength
- No Sport Specific Training
- Lots of Mobility
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High School
- Some Pain
- Some Strength
- Some Sport Specific Training
- Some Mobility

College
- LOTS of Pain
- LOTS of Strength
- LOTS of Sport Specific Training
- NO Mobility

Adult
- No Pain
- Above Average Strength
- No Sport Specific Training
- Lots of Mobility

Super Scientific Graph Of Stuff
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“There is No Such Thing
As Sport Specific Training.”
-James T. Moffitt

CROSSFIT?!?!?!

MIND = BLOWN
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I Hate Crossfit For My Athletes

But, Here’s What I’ve Taken Away From It.

This 20 year old girl is stronger, more powerful AND more mobile than the grown men I work with.

Specialization = Skill
Generalization = Athleticism

Train athletes for sport **skill** on the field, train athletes for **athleticism** in the weight room.
Single Joint Movements: The 'Functional' Training Anti-Christ

Crawls

Crawls = Moving Plank
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Crawls

Brachiation (Hangs) & Handstands

Hangs/Handstands = Shoulder Mobility & Stability

Brachiation (Hangs) & Handstands
TAKE HOME MESSAGE #2:

In order to maintain athleticism, move through a full range of motion. If your athlete can't get into the right position to squat, it's not the squat, it's the body. Your athlete should be able to move pain free through a full range of motion BEFORE adding strength and worrying about power.

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