Integrating Performance Therapy to Optimize Performance

Mike Reinold

2016 Spring Seminar
Bridging the Gap from Rehab to Performance

Integrating Performance Therapy to Optimize Performance

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Our Population is Becoming More Active Throughout the Lifespan

Using Our Bodies More

Blend of Sedentary and Active
Professional Athletes Get Proactive Care

Performance Enhancement
- Performance enhancement
- Injury prevention
- Recovery

Why Don’t We?

PT Perception to the Public
Integrating Performance Therapy to Optimize Performance

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PT Perception to the Public
- Need to have injury or surgery
- Controlled by the MD
- Benefit of insurance

What Does Car Insurance Cover?

Need Paradigm Shift

Dentists Have Done a Great Job
Integrating Performance Therapy to Optimize Performance

Performance Therapy

- Maintain movement
  - Monthly
  - Weekly
  - Daily
- Annual check up

Reverse Posturing

If You Play Hard, You Need to Recover Hard

What is Performance Therapy?

If You Play Hard, You Need to Recover Hard
Performance Therapy

- Optimize “performance”
- What does performance mean to you?

Performance Therapy

- Optimize efficient movement
- Maintain balance
  - Mobility, strength, stability
- Reduce chance of injury
- Help recover

Easy to See in Professional Athlete Model
Performance Therapy

- Movement assessment
- Manual therapy
- Corrective exercises
- Strength and conditioning

Movement Assessment

No Standard Way We All Move
I Think We Can Find a Happy Medium

Movement Assessment
- Combo of general and functional movements
- SFMA
- FMS

Good Place to Start

My Movement Assessment
- Posture
- SFMA
- Additional Movements
  - Shoulder ER/IR
  - Elbow/Forearm
  - Lunge
  - Step

Manual Therapy
Manual Therapy

- Designed to improve movement
- Many options:
  - Deep tissue
  - Fascial release
  - Transverse Friction
  - iASTM
  - Trigger Point
  - Muscle Energy
  - Joint mobilizations
  - Neuodynamics

What’s The Best Technique?

What’s the Efficacy?

Manual Therapy

- Frequency
  - Weekly
  - Monthly
  - Yearly

Whatever it Takes to Be You
Corrective Exercise

Components of Corrective Exercises

- How to assure success
  - Assess, don’t assume
  - Reassess!
  - Be comprehensive
  - Be careful with pain
  - Refer out and collaborate
  - When not working, re-assess or refer out

What are Corrective Exercises?

THE CORRECTIVE EXERCISE BELL CURVE
Components of Corrective Exercises

- Alignment
- Mobility
- Stability
- Postural Balance

Corrective Exercise Strategy

- Positional relief
- Release postural trigger points
- Inhibit overactive muscle groups
- Lengthen shortened muscles
- Activate inhibited muscle groups
- Strengthen synergistic force couples
- Integrate motor control / stability

Strength and Conditioning

- Specific to individual needs
- General components of all functional capacity
  - Mobility
  - Agility
  - Power
  - Strength
  - Energy systems

Fitness is Probably What We Need Most

I Think Rehab Should Send Every Patient to Fitness After Injury
I Think Fitness Should Send Every Client for Performance Therapy

Maybe One Day...

Combine Manual Therapy and Corrective Exercise to Optimize Movement and Performance

Thank You!