

Physical Solutions

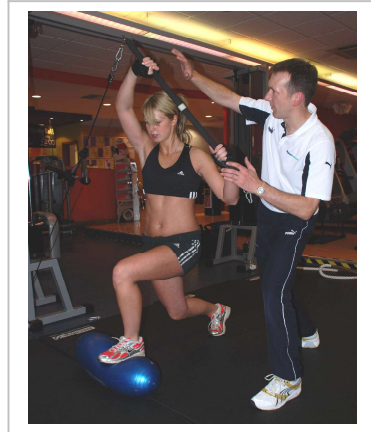
Physiotherapy, Functional Training and Education



Therapist and Practitioner Education



Fitness Professional Education and Resources



Long Term Athlete Development



Coach and Athlete Education and Support



Bob Wood MCSP



Since qualifying as a Physiotherapist Bob has spent many years running a successful private practice, and also has a personal functional training studio. He has produced numerous articles on all aspects of health and fitness, which have been published in magazines, national newspapers and radio. He has written chapters and contributions within fitness books, medical textbooks and other media, and is the author of *The Functional Training Resource* and *Functional Integrated Training*. As a co-founder of Physical Solutions he has written and delivered numerous courses and still works with a wide range of professional athletes varying from the field of golf to motor racing. He is a consultant to Golf England, Badminton England, and Loughborough University, and a regular writer for Today's Golfer and Torque magazine.

Bob has developed an expertise in Long Term Athlete Development and provides training and education services to national governing bodies, AASE schemes, colleges and schools, as well as working directly with his own client athletes.

Bob is also involved in developing children's Physical Education and core movement skills at a national curriculum level.

Potential topics that can be covered, or combined by Physical Solutions are:

Dynamic Movement Screening

Screening fundamental **movements** will demonstrate significant limitations and asymmetries and also help to narrow the focus towards problem areas within the kinetic chain. This will open the door to more involved assessment and evaluation practices that can produce effective exercise techniques that refine mobility and stability, as well as corrective strategies that will reduce asymmetries and limitations. We would cover:

- Causes of asymmetries, muscle imbalance, pattern overload, postural dysfunctions
- An understanding of the kinetic chain
- Movement highways, muscular sling systems
- Movement screens:- how to assess, what to look for, common patterns of dysfunction. An introduction to digital motion capture and analysis.
- How dynamic screening compliments traditional evaluation

This course will be supported by a fully illustrated manual.

Students will be expected to screen each other and also gain experience in using live digital motion capture during the practical presentations.

What is Functional Training and Rehabilitation?

'Functional training' is very much a phrase being applied to numerous exercise/rehab programmes but often without an understanding of the true theory and practical applications behind functional exercise selection. Within this area we would cover

- Functional theory- 'the laws of function'
- Understanding and applying the functional continuum
- Understanding a functional training pathway
- How to structure a client's functional rehabilitation programme
- The link between rehabilitation and performance... "*the middle ground*"
- Specific application of functional rehabilitation...for example, using the hip joint, hamstring, shoulder or spine to understand regional rehabilitation. Understanding these in function, recognising common dysfunctions, and applying a progressive functional based performance/rehabilitation programme.

This would be a practical based course and teach the students how to conceptualise, and progress, an exercise programme based upon a functional understanding.

Performance and Corrective Exercise Pathways

A highly practical approach to corrective and functional exercise, supported by our illustrated and printable ***Functional Training Resource***.

- Definitive guidelines, exercise descriptions and session pathways
- Understanding and experiencing movement facilitation and optimisation exercises
- New approaches to flexibility, stability, balance, sequencing, strength and power.
- Developing students skills in exercise selection and teaching technique
- Recognising where the specific exercise pathways fit into both a rehabilitation and a performance model.
- The role of corrective exercise and "pre-rehabilitation" within athlete development.
- The role of corrective exercise and "pre-rehabilitation" within injury prevention and client treatment

Each exercise pathway will be fully illustrated, with progressions explained and printable copy available from ***The Functional Training Resource***. Course attendees will be able to provide illustrated functional pathways to their clients by using this resource.

Specific "regional" presentations could be included, with suggestions being the hamstrings, the shoulder and the lumbar spine. In each case an illustrated pathway of rehab/training will be explored, including full practical's of the techniques that can be implemented.

"Core" Training... *dynamic stability*

'Getting the core off the floor'... a practical based approach to core training that reflects an understanding of lumbo-pelvic stability during true function and progressive rehabilitation. We would cover:

- Traditional core training, advances in dynamic stability and the development of the global stability model
- The role of the abdominals and muscular sling systems in function
- Static to reactive to dynamic - making the transitions
- The structure of a complete dynamic stability training pathway including innovative core exercises and sequences
- The practical application of global stability in performance enhancement, rehab and also movement education.

The course is supported by an illustrated manual and a DVD of the techniques and progressions used.

Foundation Training, Functional Physical Education and Long Term Athlete Development

- Early years developmental movement acquisition activities, techniques and lesson structure from a functional perspective.
- Foundation training for the elite and non-elite young athlete.
- Long-term athlete development.
- Recognising the role of the “movement” professional within this environment.
- Bespoke courses and workshops for individual sports and organisations

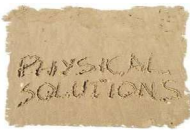
What **is** being done in the “real world”, what potentially **can** be done?
Understanding the “foundations” from a child, parent, coach, athlete and teaching perspective.
Practical tools to help develop, maintain and sustain a young athletes movement abilities.

Please view our websites at:

www.physical-solutions.co.uk

www.physicalgolf.co.uk

For further information please contact : 07816 854828



e mail : info@physical-solutions.co.uk

