







What is the foundational functional human movement pattern?



What's the functional position of walking?

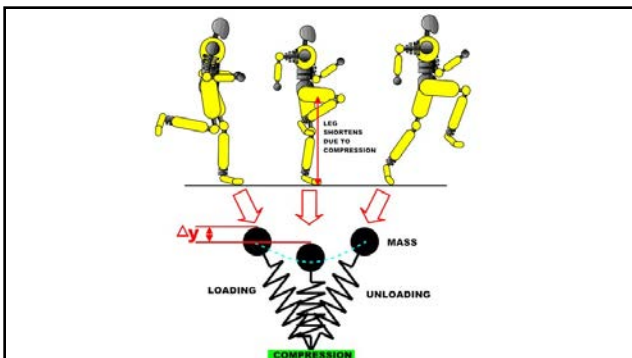


What is unique about walking & running?



The Reality of Impact Forces

Walking impact forces 1.5x body weight
Running impact forces 3x body weight

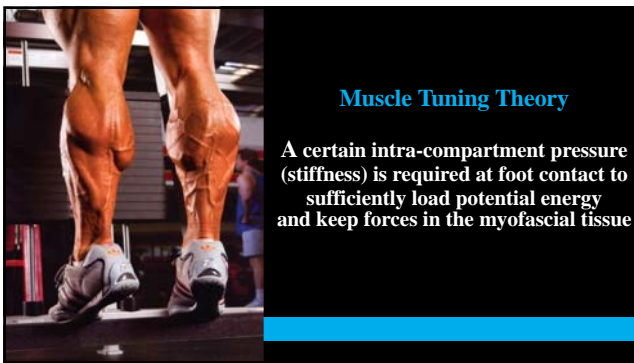


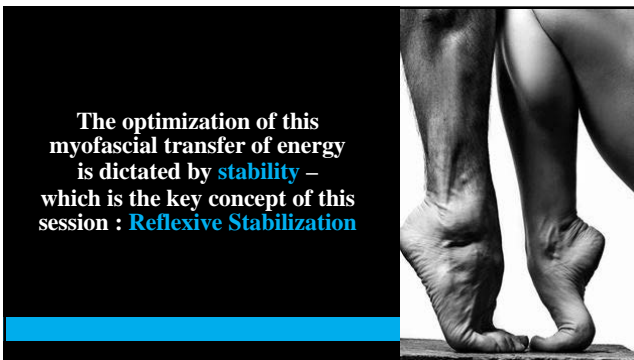
Walking impact forces < 50 ms
Running impact forces < 20 ms

Can we react to impact?

How do we perceive impact forces?

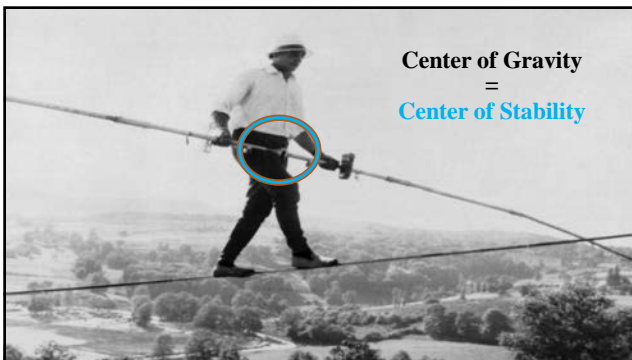






Stability is the foundation through which power, force and resistance is generated.

From a global perspective – where is our **center of stability**?



Local Reflexive Stabilization

Local vs. Global Stabilizers

- | Local Stabilizers | Global Stabilizers |
|---------------------------|--------------------------|
| • Transverse Abdominals | • Int / Ext Oblique |
| • Multifidi | • Spinalis |
| • Pelvic Floor | • Gluteus Medius |
| • Diaphragm | • Psoas Major (anterior) |
| • Psoas Major (posterior) | |
| • Deep 5 Rotators | |

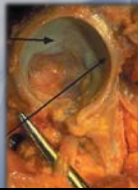
Local vs. Global Stabilizers

- | Local Stabilizers | Global Stabilizers |
|---|----------------------------------|
| • Increase muscle stiffness / tension | • Generates force to control ROM |
| • Controls neutral joint position (centration) | • More of eccentric contraction |
| • Activity independent of direction of movement | • Deceleration of momentum |
| • High proprioceptive input (joint position) | • Non-continuous activity |

Advanced Concepts in Core Stabilization

- Local Reflexive Stabilization
- Micro-Stabilization
- Foot to Core Sequencing
- Sensory Sequencing
- Fascial Tension / Tensegrity
- Breath to Pelvic Floor Integration

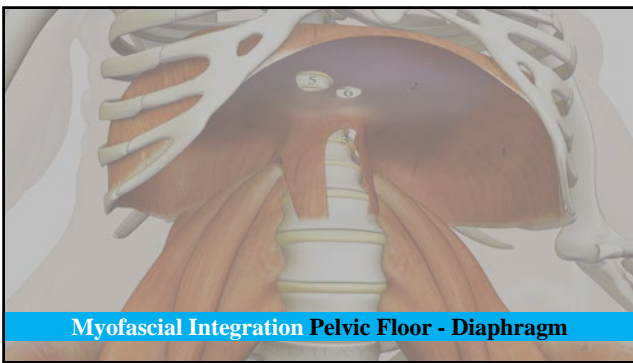
Hip Joint Stabilization



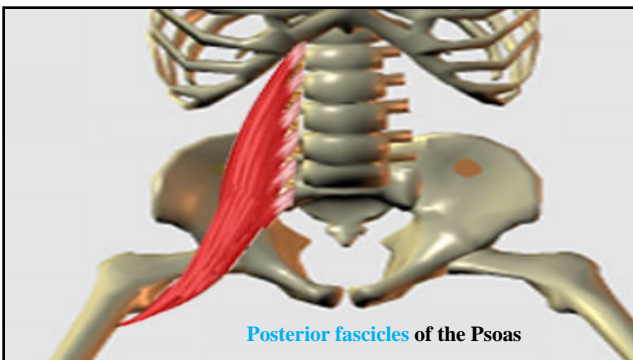
Deep Lateral Rotators

- Gemelli (2)
- Obturator (2)
- Quadratus Femoris

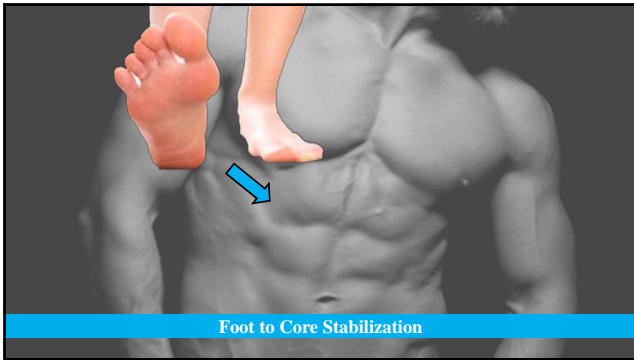


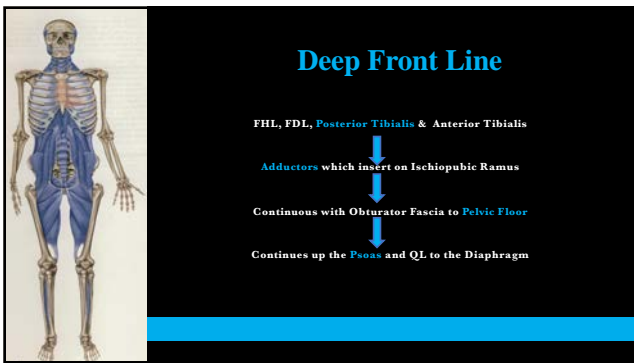


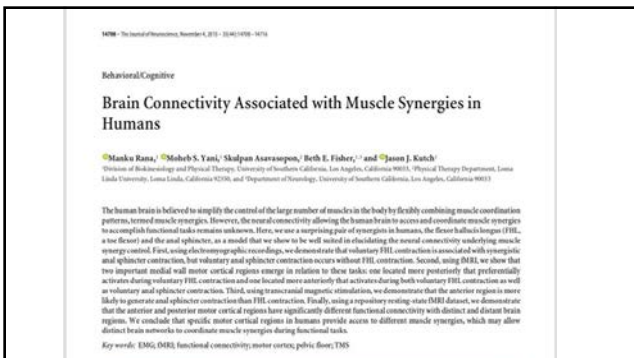
Myofascial Integration Pelvic Floor - Diaphragm



Posterior fascicles of the Psoas



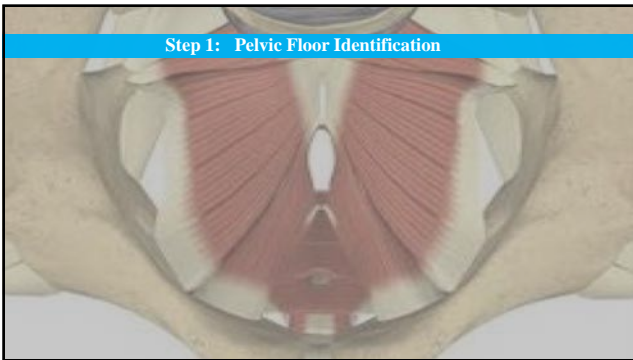






How to teach short foot?

1. One foot at a time
2. Front knee bent
3. Foot tripod
4. Spread the digits
5. Engage the pelvic floor
6. Root the tips of the digits to the ground
7. Hold 10 seconds



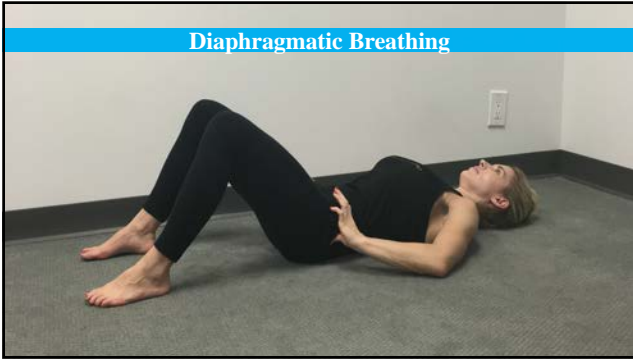
**The Art of Activating
Local Reflexive Stabilization
Through Breath**

Pelvic Floor (Local Muscle) Identification



Pelvic Floor Identification

- Visualize base of pelvis is face of a clock
- Using pelvic floor muscles draw 6 o'clock to 12 o'clock
- Begin to feel tension generated in the posterior pelvic floor into the TVA
- Do not hold breath during engagement



Step 1 – Diaphragm Breathing

- Align ribcage and pelvis
- Compare abdominal vs. chest breathing patterns
- Identify 3-dimensional thoracic breathing
- Hip flexor / global relaxation







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