

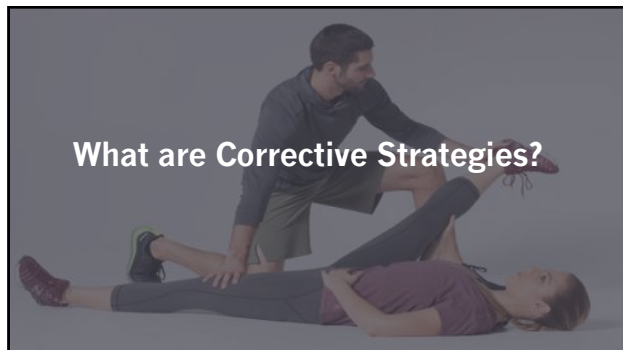


**A New Look at Correcting Strategies**

Lee Burton, PhD, ATC, CSCS

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**Strategies that will improve the foundation needed for long-term health and vitality**

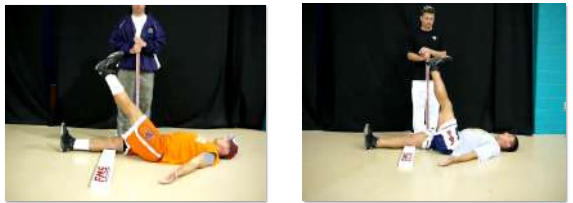
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**Corrective Exercise is designed to provide a short-term response to normalize tone, length, tension and neuromuscular input in order to enhance movement.**

4

**Corrective Exercise**

Pre-Exercise      Post-Exercise



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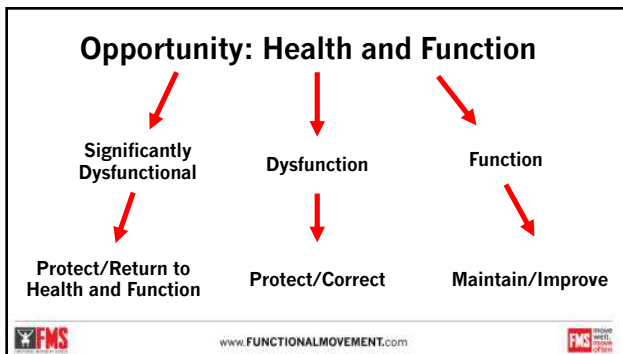
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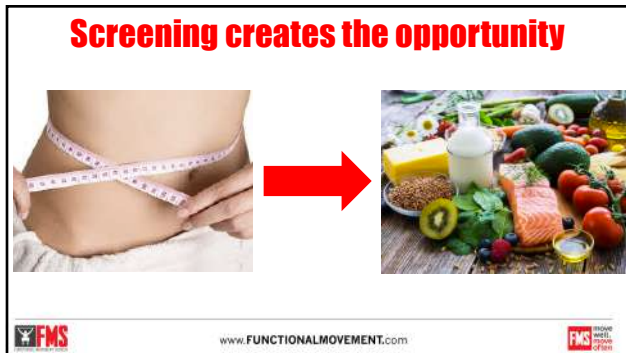
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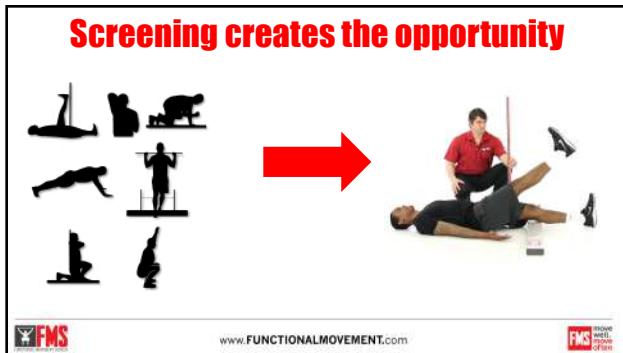
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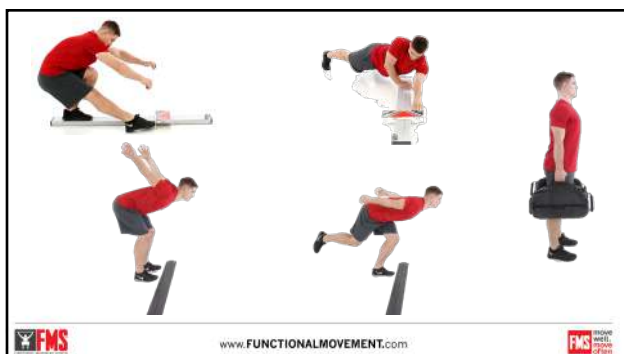
Where is your Biggest Opportunity for Success?

↓ ↓ ↓

ID Cause and Treat      Protect and Correct      Maintain and Develop

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Hey - can I get a golf lesson?

Get Healthy!

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Hey - can I get a golf lesson?

Get Functional!

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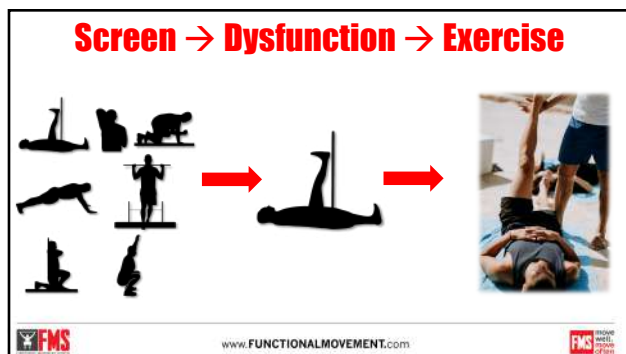
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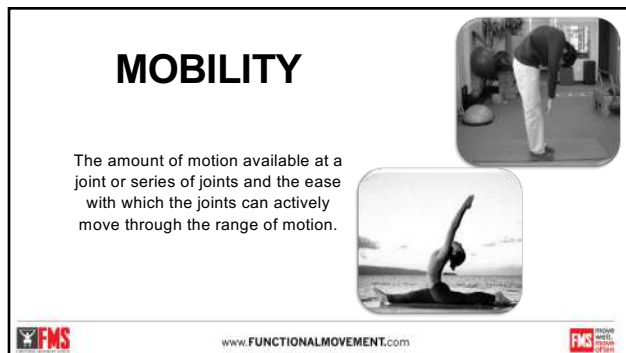
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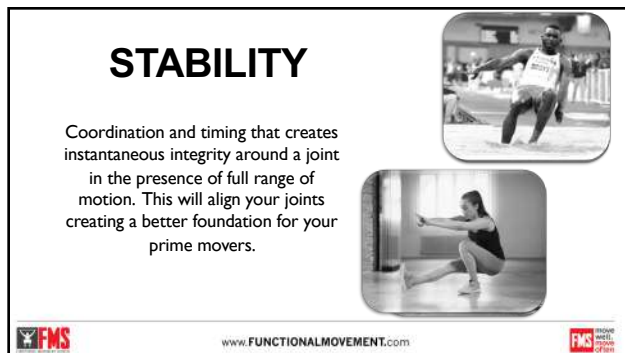
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**MOTOR CONTROL**

Necessary Input, sufficiently processed with an acceptable output

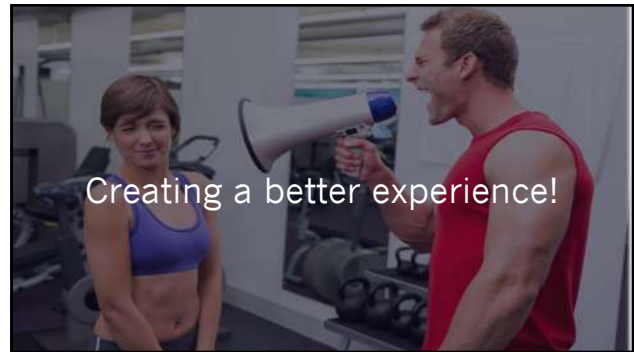



**FMS** MOVING BEYOND THE PAIN OF FORM

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Creating a better experience!

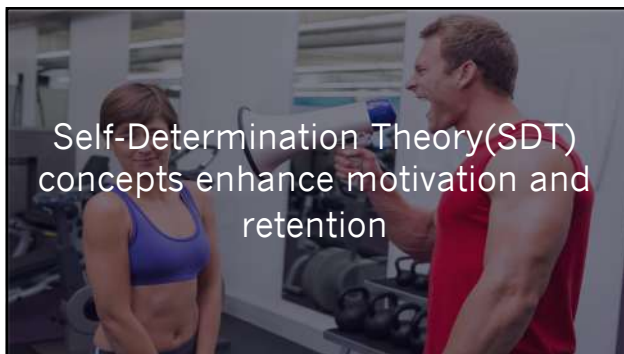


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Self-Determination Theory(SDT) concepts enhance motivation and retention



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Self-assessments or experiences have shown to increase motivation and long-term exercise adherence

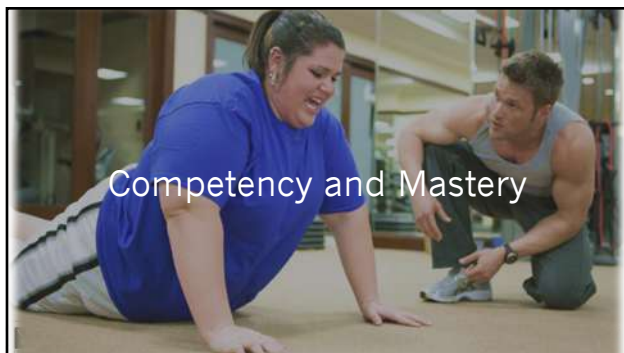


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Competency and Mastery



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**Must create a better overall experience**

Self Awareness

↓

Create Quality Movement

↓

Sub-conscious Function

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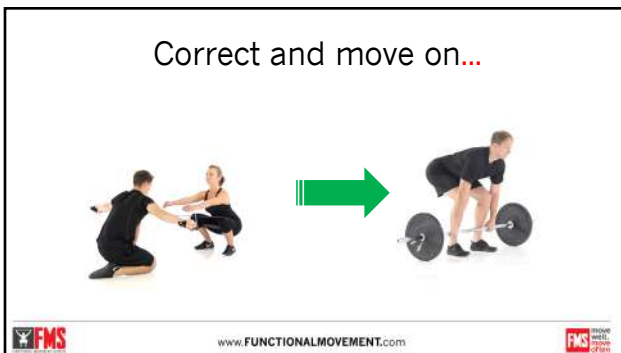
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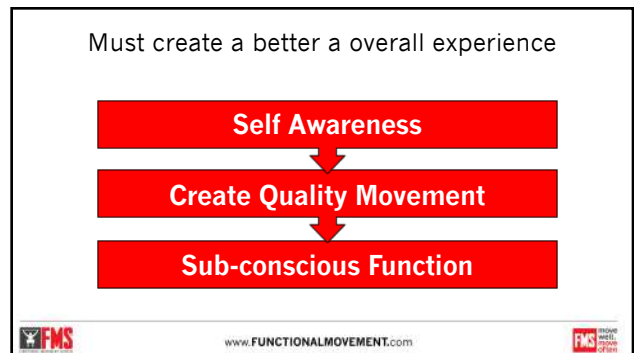
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### Perception Drives Behavior

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### Exposure → Experience

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### Awareness: Magnify the Problem

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### Breathing: Remove High-Threshold Strategy

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### Control: Reactive Neuromuscular Training(RNT)

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### Mobility for Dorsiflexion

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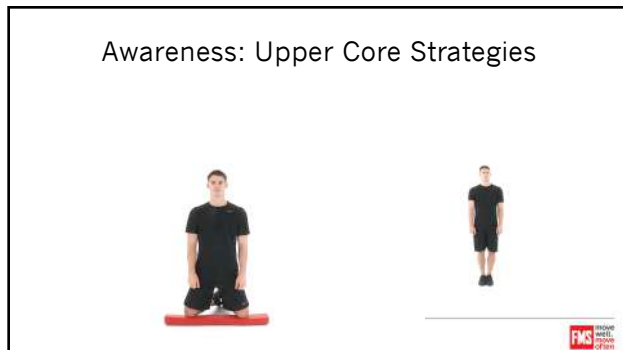
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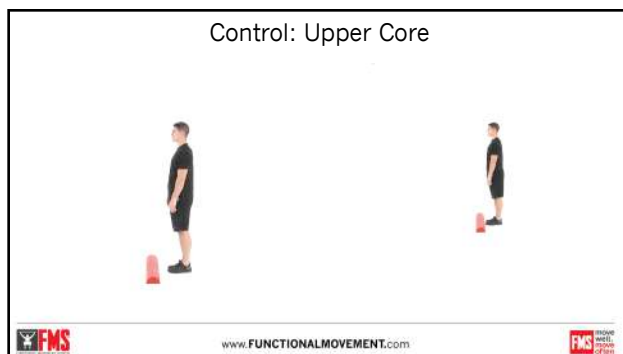
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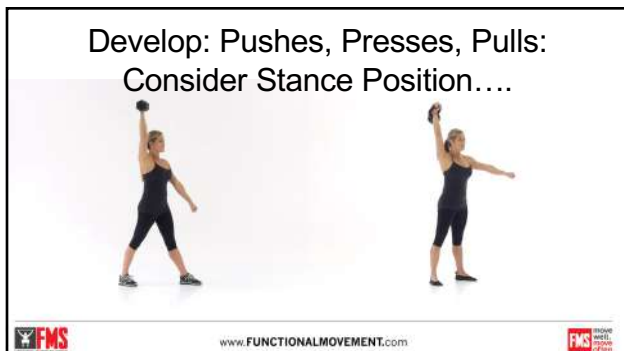
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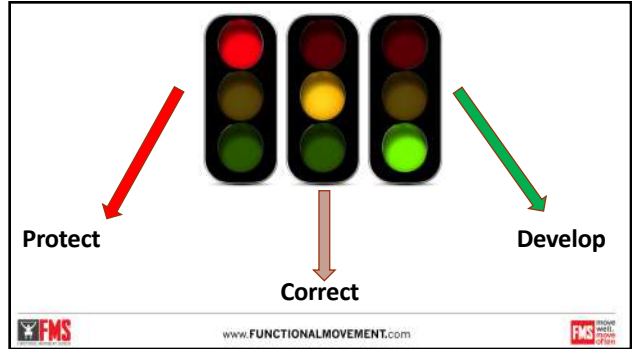
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