

Importance of Primitive and Transitional Patterns

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Functional Movement Systems

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Transitional Patterns: Rolling



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Transitional Patterns: Kneeling



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Transitional Patterns: Crawling




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Spinal Progression

Supported Suspended Stacked Standing



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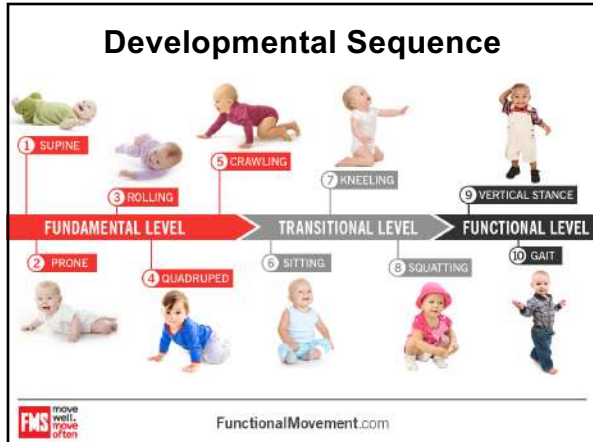
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How Did We Learn to Move?



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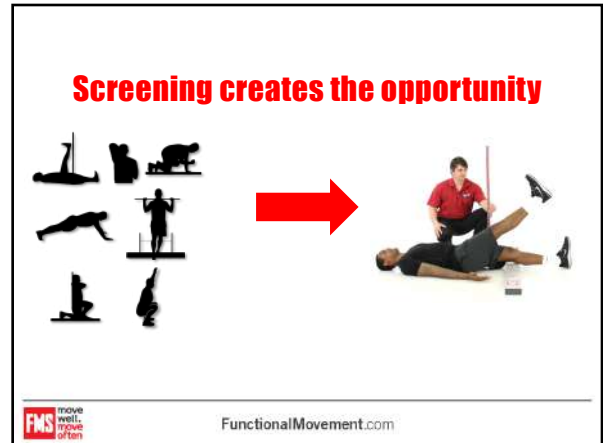
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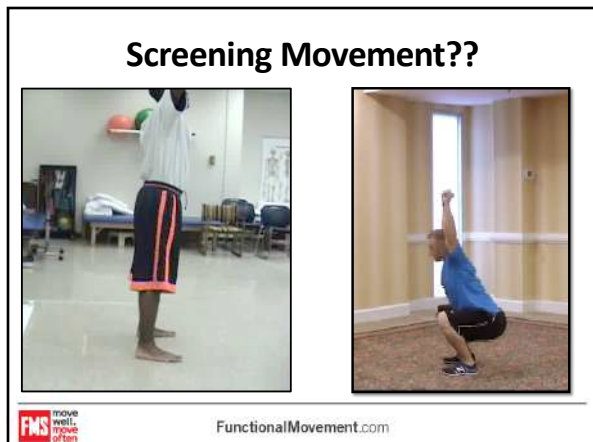
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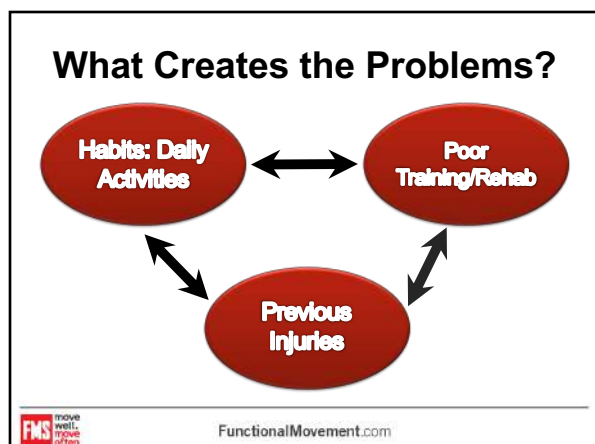
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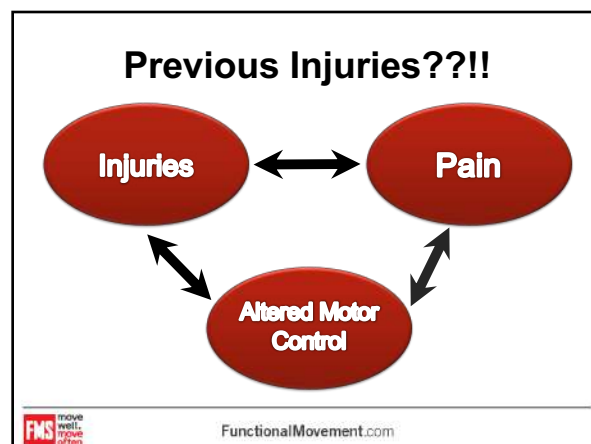
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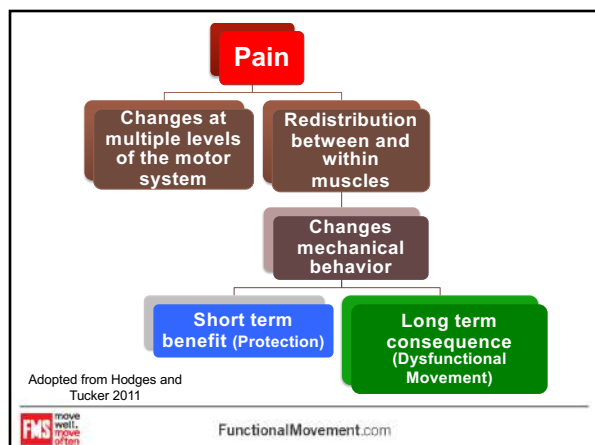
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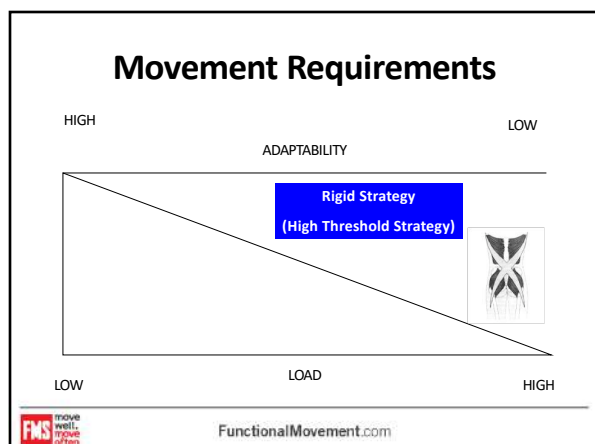
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Outer Core

- Large Muscles Linking Thorax to Pelvis to LE/UE
- Capable of movement Generation and Postural Control
- Create Large Compressive Forces on Spine

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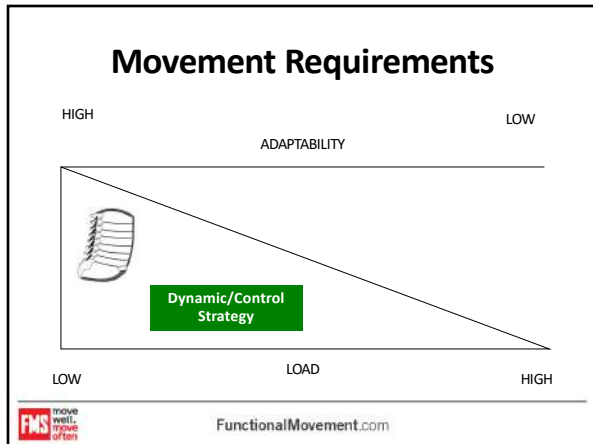
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Inner Core

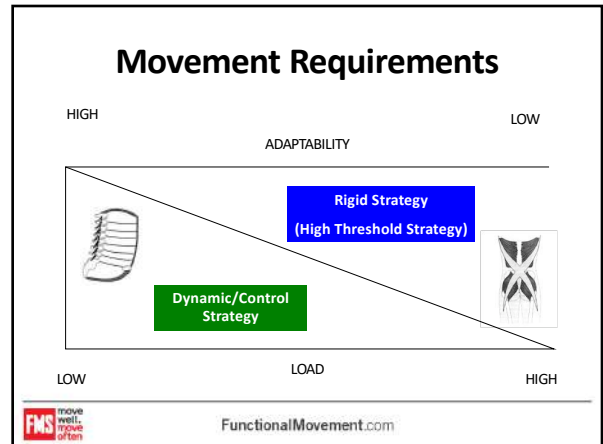
- Anticipatory Control
- Non-directional
- Tonic
Mainly slow twitch (Type I) fibers
- Sub-max effort
10-25% of maximum contraction

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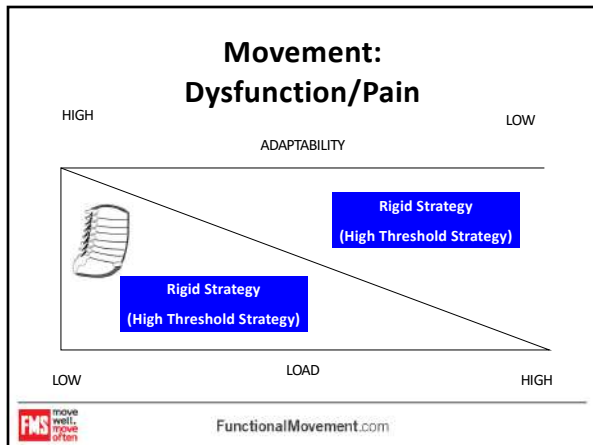
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Excessive core muscle activation.....

High Threshold Strategy- adaptive strategy mediated by the CNS in response to pain, where there is an increased neural drive to the global musculature (mainly "core" muscles)

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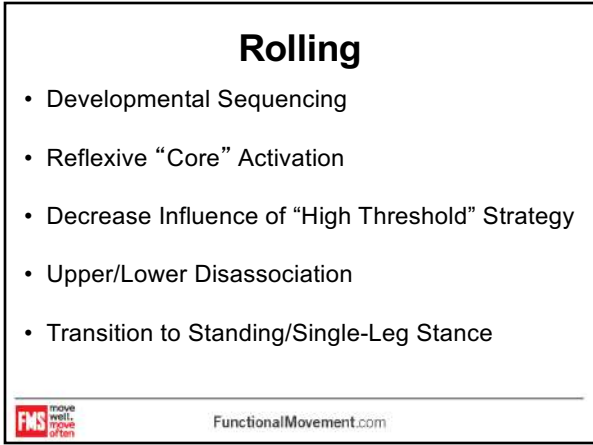
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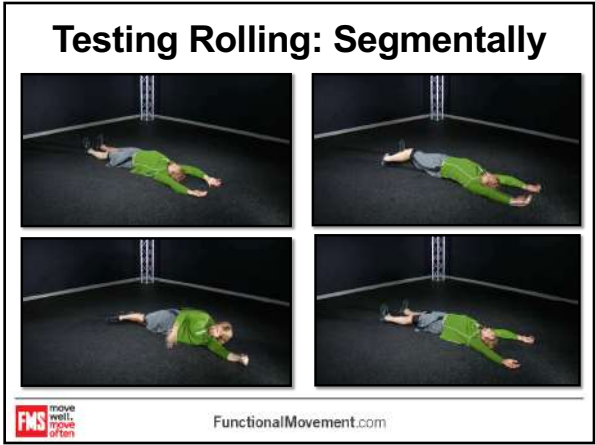
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Prone-Supine Rolling Upper Body



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Supine-Prone Rolling Lower Body Test



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Prone-Supine Rolling Lower Body Test



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Prone-Supine Rolling Lower Body Test



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Prone-Supine Rolling Lower Body Test



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Upper Body Rolling



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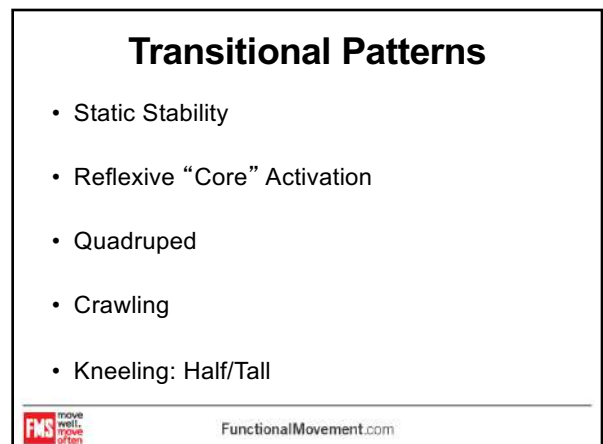
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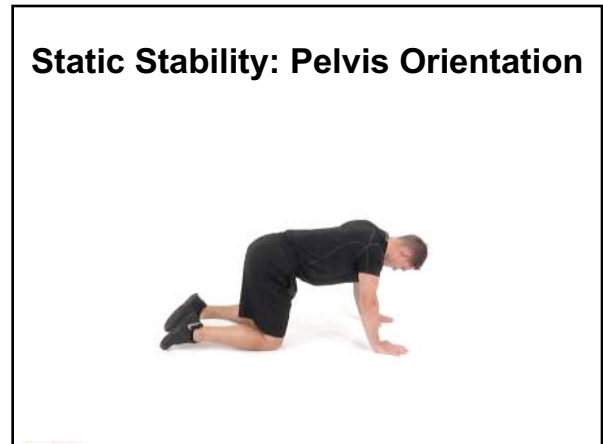
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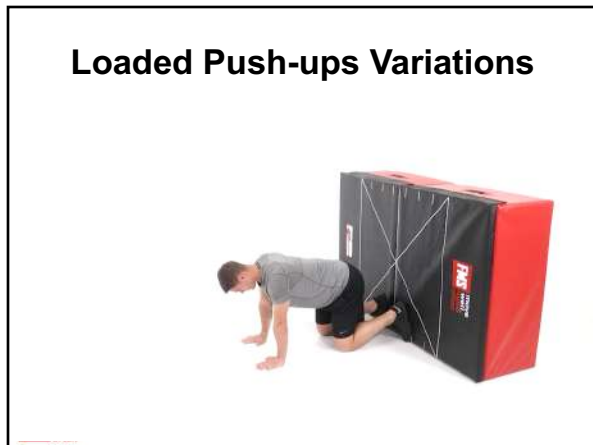
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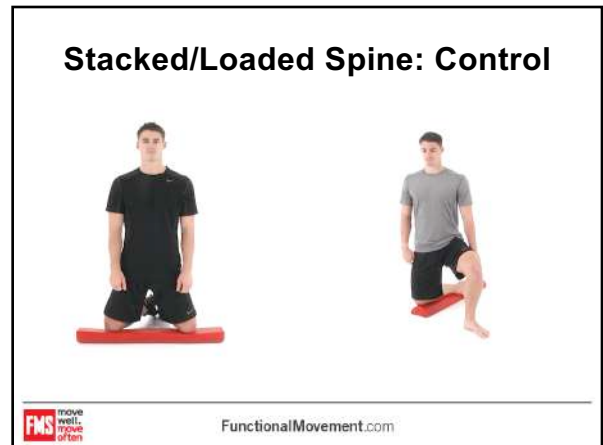
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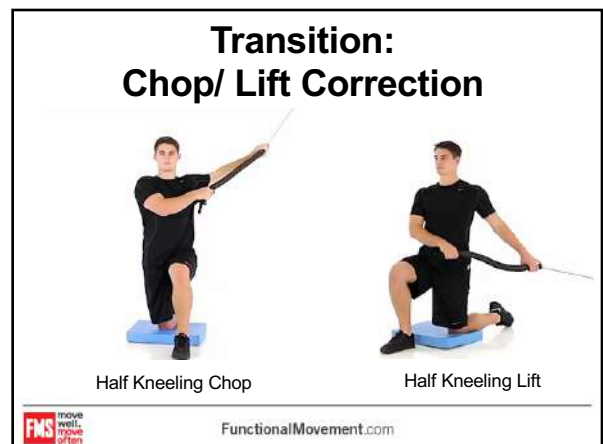
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Transitional Patterning: Crawling




4 Pt. Crawling 6 Pt. Crawling

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Loaded Crawling



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Thank You

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