

Stretching for Function

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Introductions

To move with ease requires a combination of mobility, stability and strength. In the session take a deep dive into how function is affected by mobility and what stretching techniques can improve mobility for optimal performance. Stretching and flexibility training have undergone dramatic changes in the fitness and athletic training realm. In the past decade more research has been published and applied to fitness conditioning and training. In this workshop, explore dynamic and static flexibilities techniques to target key areas of the body that have a tendency toward tightness. Learn a variety of stretching exercises to bring back to your clients to enhance mobility for better function.

Functional Training

- Training that enhances the coordinated working relationship between the nervous and muscular systems.
- Involves increased skill, strength, endurance and mobility to enhance performance of movements so that individual's activities of daily living are easier to perform.
- Involves exercises and movement continuum that mimic activities and needs of daily life.
- Involves smooth, rhythmic motion in three cardinal planes of movement; sagittal, frontal, transverse

Mobility and Stability Relationships

Moving the whole body reinforces the fundamental principles of chain-reaction biomechanics and function. Integrating multiple-joint motions is the biomechanical way to move stress away from specific areas in the body and introduce stress to the whole system as it shares the load.

Stretching Overview

1. Flexibility is affected by a number of physiological factors: joint structure, joint capsules, ligament, tendons, fascia, neuromuscular reflexes, muscle tension.
2. Flexibility is affected by a number of environmental factors: age, gender, overuse, underuse, trauma, repetitive motion

Stretching Techniques

To make a change we need to understand the specific needs of our clients.

1. Static Stretching
2. Dynamic Stretching

3. Active vs. Passive Stretching
4. Contract Relax
5. Active Isolated
6. Loaded Mobility Training

Mobility through Movement Methodology

1. **Dynamic movement** performed at various tempos along the fascial lines
2. **3-dimensional** movement, exploring **multi-planar** movement
3. **Undulating** within a stretch (contact relax technique)
4. Creating **complexes for movement (Mobility Flows)** to applying the understanding of fascial response to gain optimal performance

Stretching for Function Movement Series

Segment	Exercises
Warm-up: Full Body	Squat Series Lateral Lunge Series Transverse Lunge Series
Upper Body	Standing dynamic shoulder mobility Kneeling mobility Series Prone mobility Series Supine mobility Series
Lower Body	Standing foot and ankle mobility Squatting Series Kneeling lunging Series Prone Series
Cool-down: Full Body	Supine Series

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