

# Rehab-U

MOVEMENT & PERFORMANCE THERAPY

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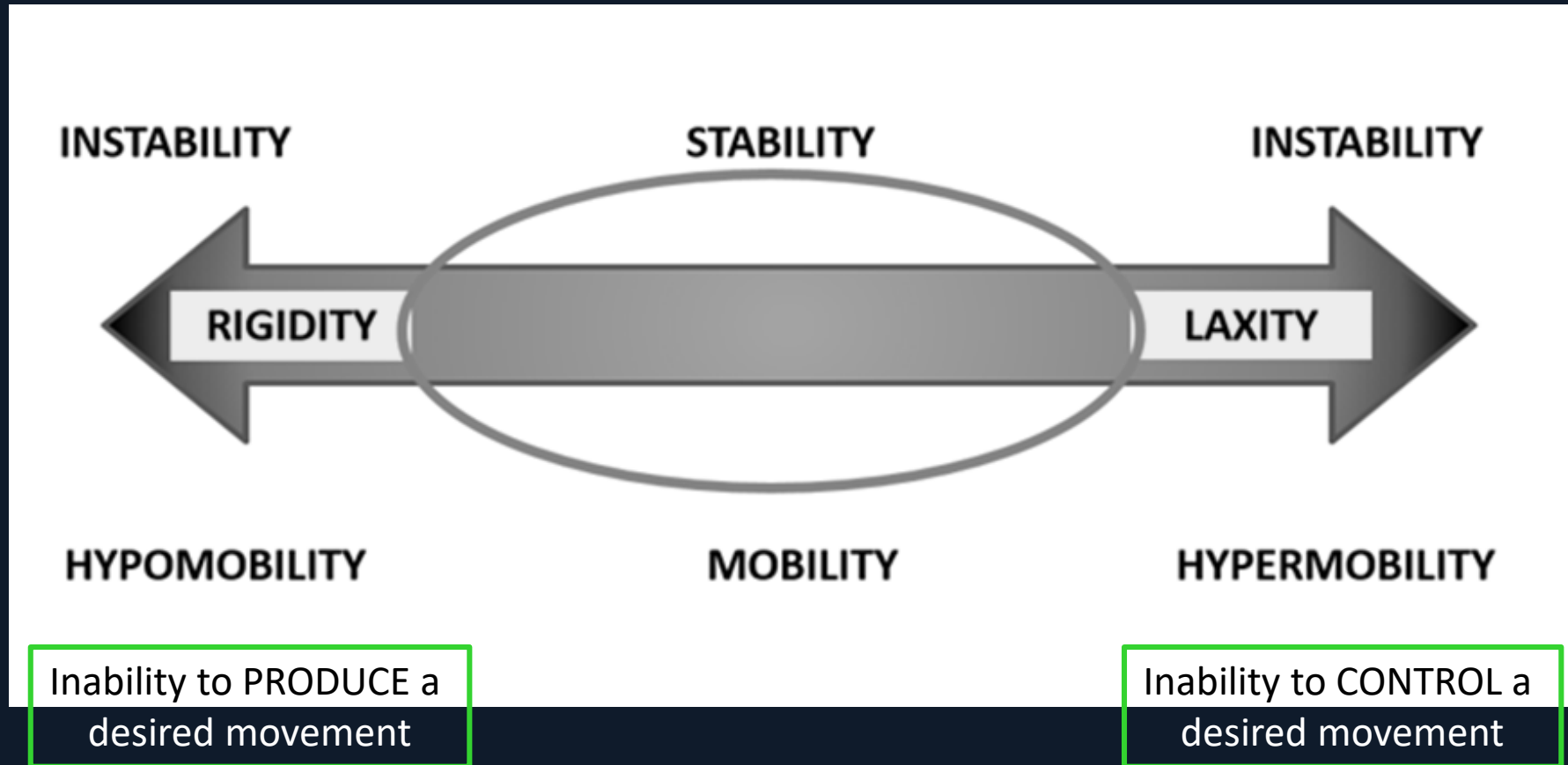
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# **The Fundamentals of Movement Optimization for Performance and Injury Prevention**

# Optimize:

to make the best or most effective use of a situation,  
opportunity, or resource

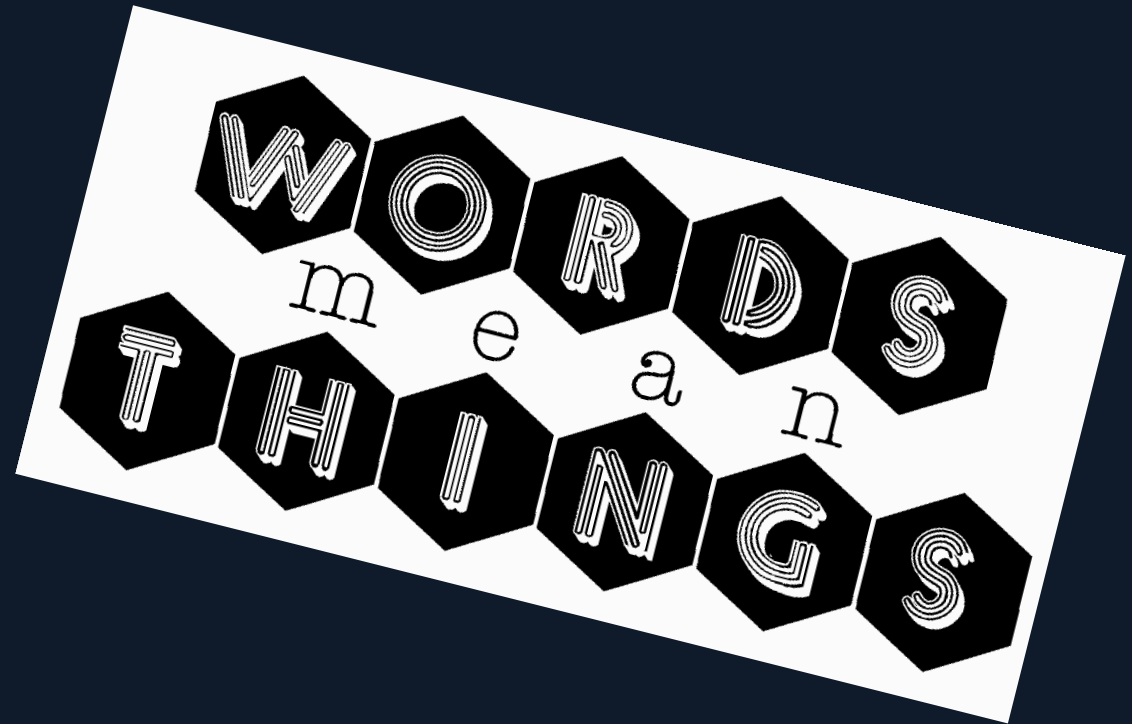
## A popular topic...



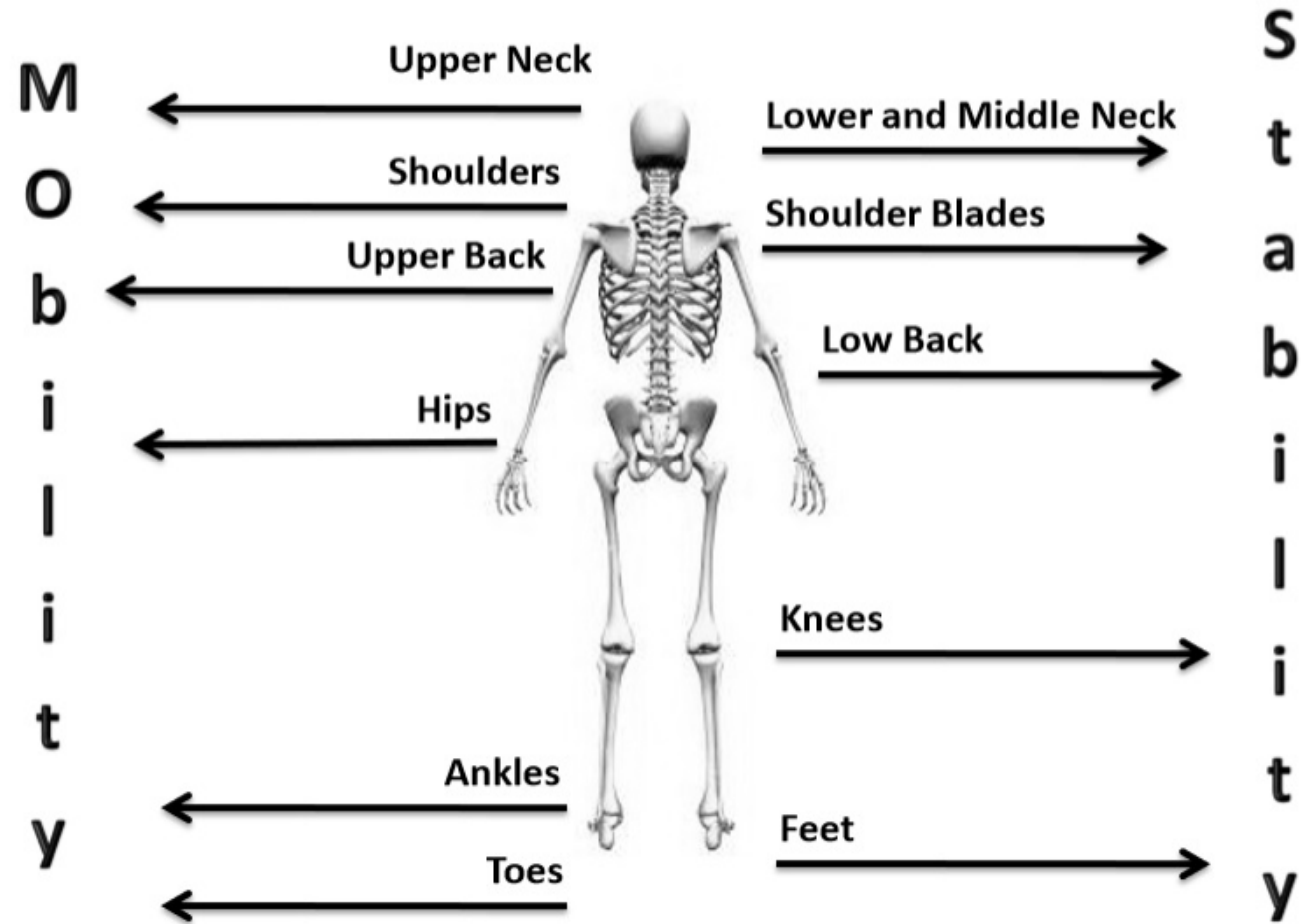
# Redefining MOBILITY

**Mobilize: make moveable or capable of movement**

- optimal
- efficient
- safe
- personal



# Joint By Joint Concept



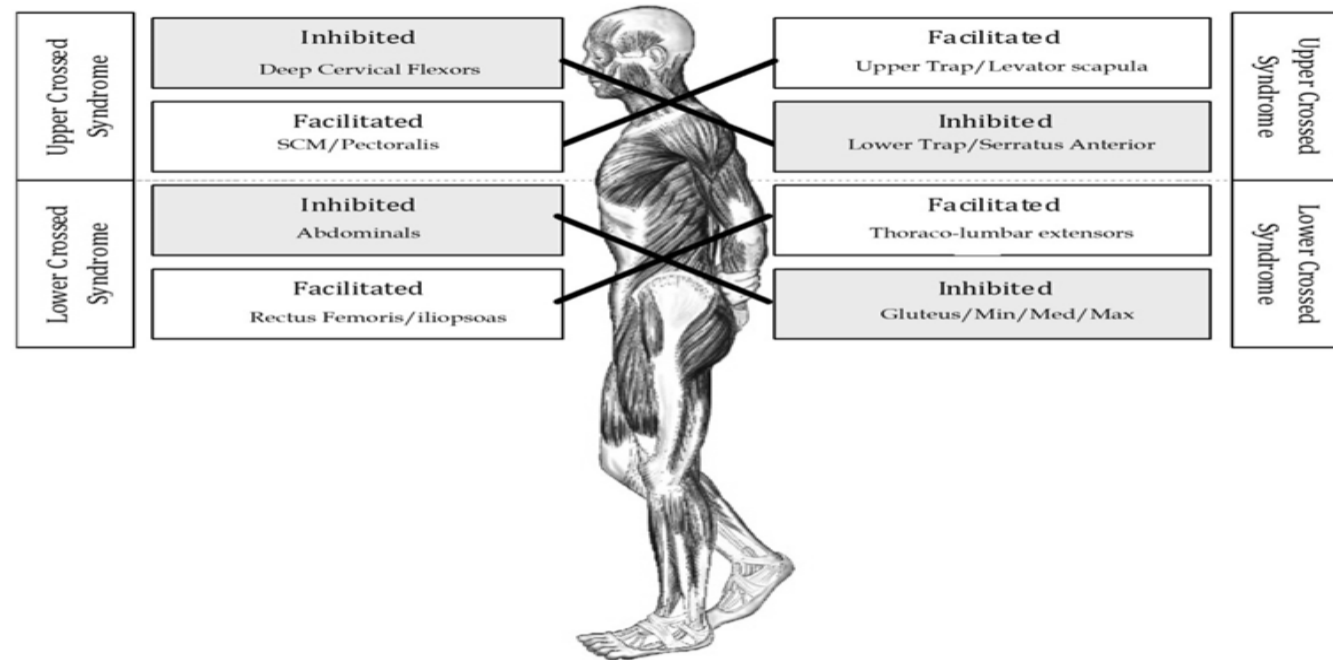


Figure 1 : Janda's Muscle Imbalance Syndromes

# MOVEMENT OPTIMIZATION

## The Fundamental Concepts

MOBILIZATION

ACTIVATION

INTEGRATION



# MOBILIZATION

The objective of the Mobilization sequence is to “*create space*”

- ✓ Improve joint positioning
- ✓ Improve movement appreciation (improved perception of the capacity to move)
- ✓ Downregulate facilitated muscles/compensatory movement patterns

# ACTIVATION

The objective of the Activation sequence is to “create awareness”

- ✓ Improve mind-muscle connection
- ✓ Improve movement comprehension
- ✓ Upregulate inhibited muscles/hypofunctional movement patterns

# INTEGRATION

The objective of the Integration sequence is to “create behavior”

- ✓ Improve stability
- ✓ Improve motor sequencing



# OPTIMISATION DU MOUVEMENT

PRÉSENTÉ PAR MAI-LINH DOVAN | REHAB-U



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