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MOVEMENT & PERFORMANCE THERAPY

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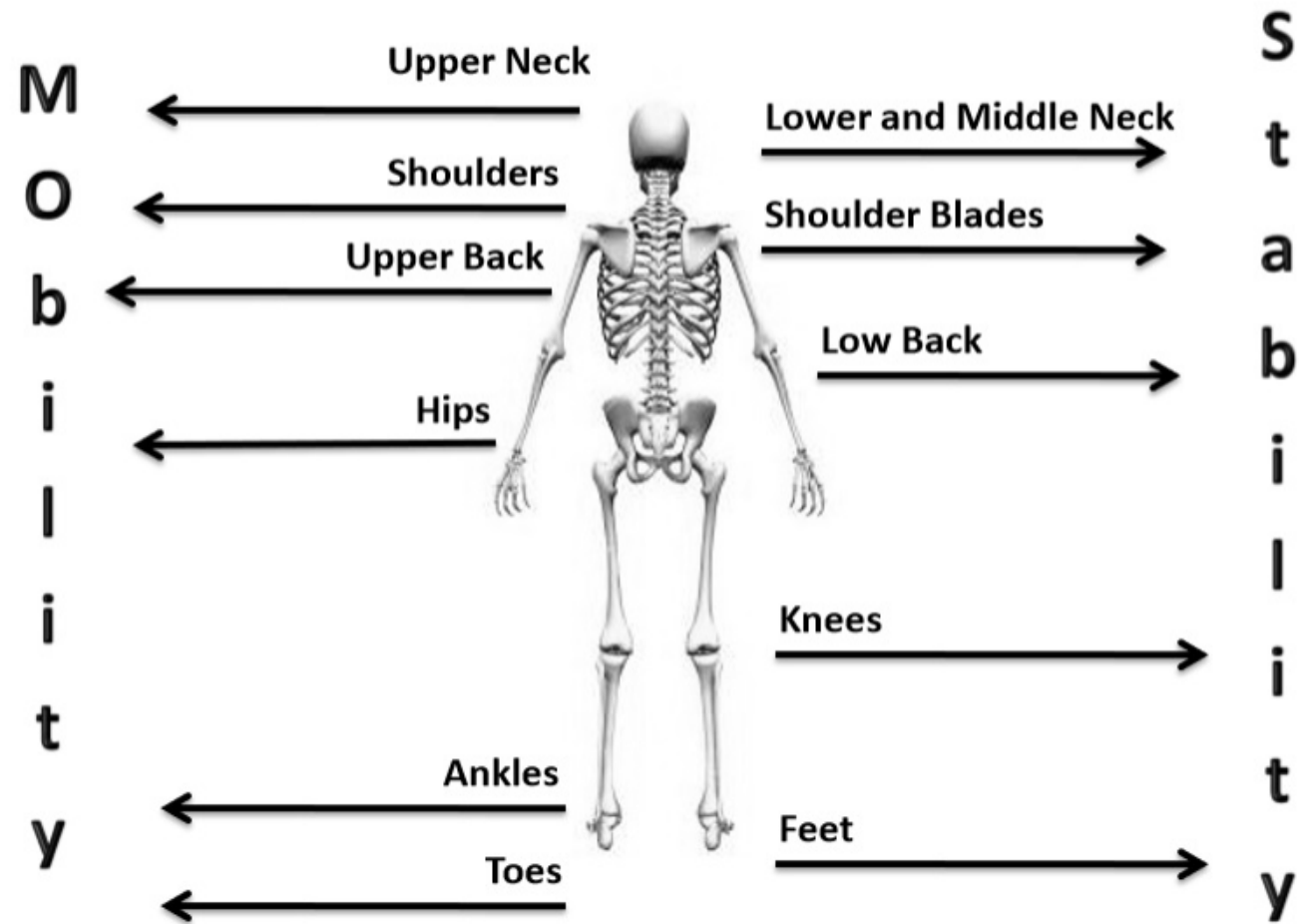
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Movement Optimization for the Lower Body

Joint By Joint Concept



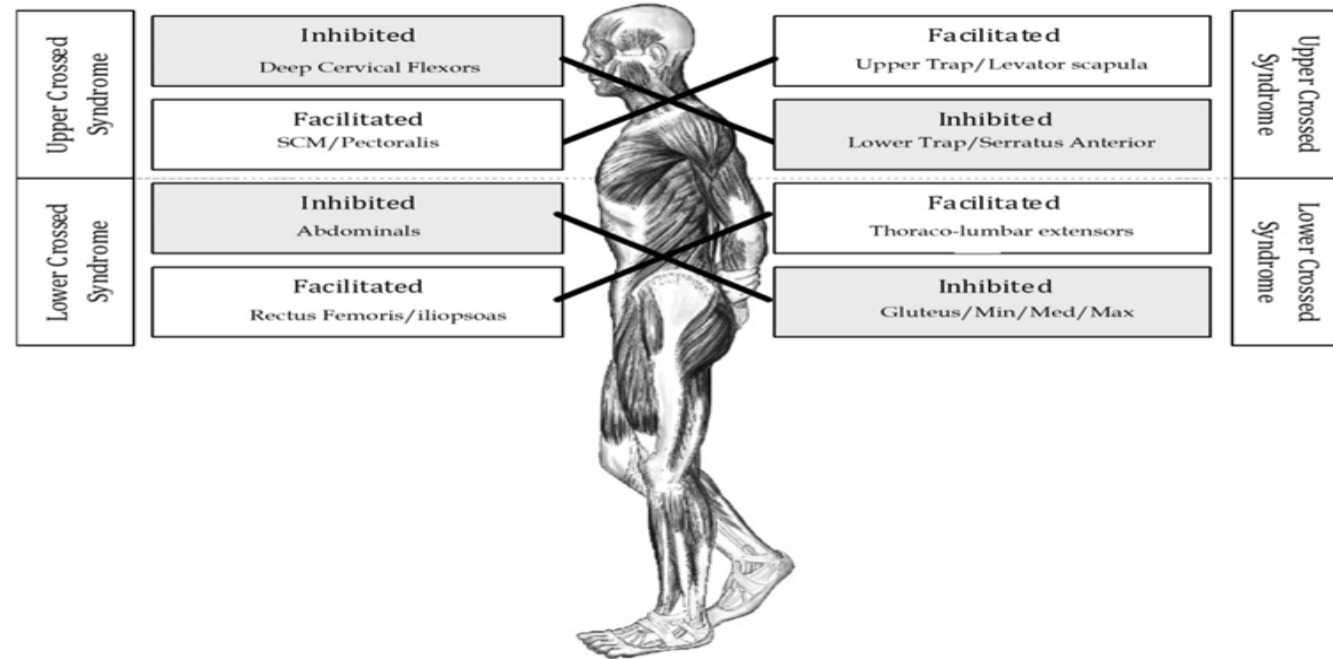


Figure 1 : Janda's Muscle Imbalance Syndromes

MOVEMENT OPTIMIZATION

The Fundamental Concepts

MOBILIZATION

ACTIVATION

INTEGRATION

TARGET REGION	AREAS OF FOCUS
Shoulder complex and above	Cervical spine Scapulothoracic joint
Below shoulder complex / Above hip complex	Thoracic spine Lumbar spine
Hip complex and below	Lumbar spine Pelvis-Hips Ankle

Common findings in the lower body

Joints:

- foot instability
- hip hypomobility
- lumbar spine instability
- thoracic spine hypomobility

Muscles:

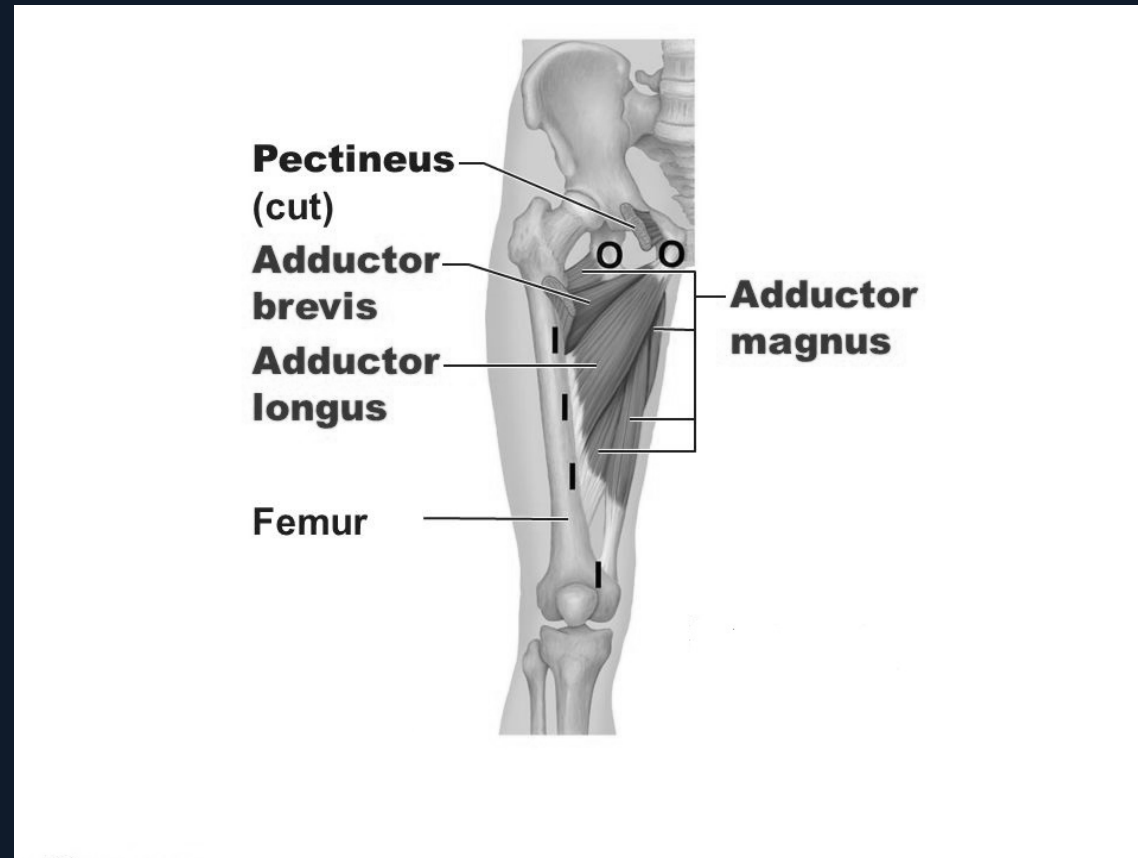
- tight hamstrings
- tight hip flexors
- tight quads
- weak glutes
- weak core

The Adductors

Pectineus

Adductor brevis

Adductor longus



MOBILIZATION

PRACTICAL:

1. Assess and address soft-tissue limitations

- hamstrings
- hip flexors
- quads

2. Mobilize the regions above and below

- T-spine
- Hips
- Pelvis

ACTIVATION

PRACTICAL:

1. Address instability

- foot
- lumbar spine

2. Improve recruitment of inhibited musculature:

- Glutes
- Core

INTEGRATION

PRACTICAL:

1. Address the movement pattern



Movement	Mobility Requirements	Stability Requirements
Squat	Ankle, thoracic spine, hip	Foot, hip, lumbar spine, core
Conventional Deadlift	Thoracic spine, hip, hamstring	Foot, hip, lumbar spine, core
Single-leg variations	Ankle, hip	Foot, hip, frontal plane core



OPTIMISATION DU MOUVEMENT

PRÉSENTÉ PAR MAI-LINH DOVAN | REHAB-U



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