
DORMINEY STRONG

BODY & FITNESS NEWSLETTER

"The only person who can limit your possibilities is you."

- Jon Gordon, Motivational speaker and author of "The Energy Bus"

THE IMPORTANCE OF PREHAB WITH PURPOSE

Quote

"When your body is in alignment you function optimally."

Proper Assessment

Initial skeletal, structural, postural evaluation. The purpose is to identify idiosyncrasies and abnormalities which might represent potential injury sites, or performance limitations.

Remapping Your Movement Strategy

The biomechanic model may make sense but that does not mean it is the choice of the neurologic model in terms of motor programming, motor processing, and sensory motor integration into a pattern that makes sense for your body. You cannot solely stretch or strengthen your way out of an underlying neuromuscular pattern and compensations.

WHAT IS PREHAB WITH PURPOSE?

At the beginning of each training session, I use prehab with purpose for working on the smaller muscles, activation, grooving motion patterns, wake-up exercises and helping normalize muscle tonus + overall function. Training is a continual process, where everything done has a role in injury prevention and performance enhancement, however prehab with purpose has a major role.

WAIT, PREHAB WITH PURPOSE IS FOR INJURY PREVENTION AND PERFORMANCE ENHANCEMENT TOO?

"When your body is in alignment you function optimally." As an athlete, I was always eager to jump right into the main workout without a solid warm-up. Also, I always assumed that the left and right sides of my body were identical in terms of limb length, joint articulation, muscular development and motor habit usage. As a coach, I first learned about how to *address* these things and the importance of a warm-up during a period called Prehab while learning under Tom Myslinski, long-time NFL and current Head Strength & Conditioning Coach for the Jacksonville Jaguars. I was amazed at how these tedious exercises cleaned up mobility restrictions + tension in certain muscles and allowed for more effortless movement from better proximal stability and restoring our bodies natural proximal to distal firing sequence.



HOW DO YOU PRESCRIBE THESE PREHAB EXERCISES AND WHAT MAKES THEM PURPOSEFUL (INDIVIDUALIZED)?

Before addressing these things, you have to *identify* them through a Proper Assessment. As a coach, I went through the same tests I use with my athletes in order to know what they feel like as well experiencing the tedious exercises to address them. Re-assessment is also important because strength training and performance habits create a dynamic continuum of relative balance and imbalance. The strength training and daily repetitive motions you do one month creates a new situation from that which existed last month, and last year, and so on.