

# Manual Exercise Techniques: Enhancing Recovery and Performance

Bryan Koc, M.Ed., ATC/ LAT

# Objectives

- - Define manual exercise techniques
- - Understand benefits and limitations
- - Explore common methods

# What Are Manual Exercises?

- Therapist-guided movements and resistance exercises without machines.
- Different from passive/manual therapy.

# Why Manual Exercises Matter

- - Improves muscle control and joint mobility
- - Enhances neuromuscular re-education
- - Provides hands-on feedback
- -Ease of Application in any setting

# Active-Assisted Range of Motion (AAROM)

- - Therapist helps complete movement
- - Common post-op or neuro cases
- - Enhances ROM safely
- - Early Rehab Process

# Resisted Manual Strengthening

- - Therapist applies resistance manually
- - Ideal for early rehab or weak patients

# PNF (Proprioceptive Neuromuscular Facilitation)

- - Uses stretch + resistance
- - D1/D2 movement patterns
- - Improves motor control
- - Great for Maintenance
  - Combine with other MRE for Upper Extremity
    - Flex/Ext
    - ER/IR
    - Prone Row
    - Rhythmic Stabilization

# Isometric Manual Exercises

- - No joint movement
- - Therapist resists contraction
  - Utilize Structures (Wall, Doorway)
- - Safe for acute injury



# Progression & Documentation

- - Transition to self-guided movement
- - Record sets, resistance, cues
- - Example: SOAP note

# Common Mistakes

- - Over-assisting
- - Poor therapist body mechanics
- - Inconsistent feedback

# Key Takeaways

- - Manual techniques = flexible, foundational tools
- - Early phase and progression essential
- - No Equipment Needed

# Best Practices

- - Clear cueing
- - Graded resistance
- - Observe patient response

The image features a light teal background with several white dotted patterns of varying sizes and densities. A large, solid dark teal rectangle is positioned in the center, serving as a backdrop for the text.

Questions?

# Advice to my younger self

25 things I would tell my  
25 year old self

- No job/ task is too little
- Don't search for the spotlight
- Know your lane and stay in it
- Take Pride but don't be prideful
- If you take care of something it will last
- It's OK to ask for help

- Embrace the Moments
- Be a Sponge
- There is no negative learning
- Never be afraid to ask questions
- We don't work for Coaches but we must work WITH Coaches
- Be Fluid
- Have Vent sessions/ Have an Outlet



- Be Humble
- Be Kind
- The Athletic Life is the shortest part of an athletes life
- Have a great relationship with your Doctors
- Its OK to be a Fan but know why you are there
- Be confident around your athletes

- Good days need to outnumber bad days
- Can't speed up biology
- Sometimes the placebo effect is real
- If you don't believe in what you are doing the athlete won't either
- Be a Salesperson
- Be your biggest advocate