

From The Table To The Podium

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Agoge Rehab PLC

Standing On Their Shoulders

- Beulah M. Davis
- Coach Dave Galbraith
- Cindy Merrick MS PT



Standing On Their Shoulders

- Marty Gallagher
- Dr. Clare Frank DPT



Background

- Eclectic Approach
 - DPT
 - SFMA
 - ART
 - Dry Needling
 - DNS
 - Joint Manipulation
 - FRC
 - NKT
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Background

- Responsible for return to action status
- It's not my job to teach the skill of a sport, but it is my job to improve the body's capacity for skill acquisition

Pillars

- Afferent Capacity
- Breathing Pattern
- Access To Movement
- Stability/Control Of Movement
- Foundational Base/Proper Loading
- Locomotion (Ipsilateral or Contralateral Support)
- Force Absorption/Production

Afferent Capacity

- The ability to perceive, decipher/interpret, and integrate incoming information
- *Dynamic Neuromuscular Stabilization (DNS)*
- “Don’t Think, FEEL!” - Bruce Lee

Afferent Capacity

- Patch Adam’s Clip

Breathing Pattern

- Apical or Diaphragmatic
 - Impact on the Autonomic Nervous System (ANS)
 - Apical Pattern - Sympathetic State
 - Diaphragmatic - Parasympathetic State
- *Dynamic Neuromuscular Stabilization (DNS)*

Breathing Pattern

- Observe breathing in a static environment
- Observe breathing in a dynamic environment
- *Dynamic Neuromuscular Stabilization (DNS)*

Access To Movement

- Does The Body Have The Passive Movement Capacity To Fulfill The Activity In Question?

Access To Movement

- *Selective Functional Movement Assessment (SFMA)*
- *Active Release Techniques (ART)*

Stability/Control Of Movement

- Does The Body Have The Capacity To Stabilize/Control The “Joint(s)” During The Activity In Question?

Stability/Control Of Movement

- *Neurokinetic Therapy*
- *Functional Range Conditioning*

Foundational Base/Proper Loading

- Does The Body Establish A Foundational Base To Ensure Proper Loading Prior To Movement?
- Centration
- Biotensegrity

Foundational Base/Proper Loading

- *Dynamic Neuromuscular Stabilization (DNS)*

Locomotion (Ipsilateral or Contralateral Support and Movement)

- Ipsilateral = Rotation
- Contralateral = Stepping
- *Dynamic Neuromuscular Stabilization (DNS)*

Locomotion (Ipsilateral or Contralateral Support and Movement)

- Does the sport require one or both of these?
- Does the S&C program focus on this?

Locomotion (Ipsilateral or Contralateral Support and Movement)

- Offensive Lineman vs Defensive Lineman
- Post Player vs Face up Player (Basketball)
- BJJ Player – Bottom Game vs Top Game

Force Absorption/Production

- Does The Body Have The Ability To Absorb/Load and Then Produce/Unload Force?
 - Hopping
 - Keiser
 - Dynamic/Ballistic Movements
 - KB Swing/Clean/Snatch

Force Absorption/Production

- Change Of Direction
- *Artistic/Eclectic Blend Of The Approaches*

Case #1 M.K.

410 lbs



Hadn't seen the field in 1 yr



Case #1 M.K.

- Issues
 - Surgically Repaired Achilles
 - Difficulty With Push Off During Gait Secondary To Pain
 - Shoulder DJD
 - Unable To Reach Overhead Without Pain



CASE #1 M.K.

- Trained Diligently For 1 Year
- Able To Sprint And Perform Single Legged Bounding
- Able To Perform Pull-ups (3-5 reps x 5)
- Perform Get-ups W/ A 48kg KB

Case #1 M.K.

Approximately 1 Year
Later



After A 2 Year Absence
From The NFL

- Signed With The Baltimore Ravens As A Long Shot To Make The Team As A Reserve Nose Tackle



Case #1 M.K.

- Not Only Does He Prove The Doubters Wrong By Making The Team, He Earns The Starting Job At Nose Tackle

Case #1 M.K.

Case #2
Z.Y.

- Short Track Speed Skater
- Defending 1500m Olympic Gold Medalist
- Olympic and World Record Holder

Case #2
Z.Y.

- Roughly 2 Weeks Out From The 2014 Winter Olympics She Had Been Unable To Skate In A Productive Manner Secondary To Low Back Pain For 2 Weeks
- Team Was Considering Leaving Her Behind

Case #2
Z.Y.


- Established Integrated Stabilization Of The Spine
- Focused On Stability/Contr of Movement
- Returned To Ice With Minimal Pain In 2 Days





**Case #2
Z.Y.**

- Foundational Base/Proper Load Training
- Day 3 – Skating W/O Pain



**Case #2
Z.Y.**

- Day 4-5 – Able To Keep Pace With The Guys
- Team Decides To Take Her To Sochi




**Case #2
Z.Y.**


- Easily Advances To The 1500M Finals
- Becomes The Reigning And Defending 1500M Short Track Speeding Olympic Champion

Gratitude

- Art Horne And The BSMPG Staff



- You In Attendance



Questions

