

CORRECTIVE EXERCISE

Corrective Exercise is a movement enhancing strategy that leverages an understanding of anatomy, kinesiology, and biomechanics to address and fix movement compensations and imbalances to improve everyday movement and reduce the risk of future injury. It is used to help assess and determine the root cause of imbalances and the overall quality of movement during workouts and in everyday life. Corrective exercise can be used to help combat repetitive motions that occur daily, that leave you more at risk for injury, joint dysfunction, or pain. For example; sitting, driving, working on the computer, manual labor, reaching, bending

To build a house, or indeed to rebuild a damaged house, the foundations must be laid first and laid solidly effort a successful long-term project. Understanding how to do this, what the foundation consists of, and what processes must be put in place are all key in creating a successful outcome. The greater the desired performance of the building, and the desire for a trouble-free the process, the more solid the foundations must be. In much the same way, creating and sustaining long-term human health, function and performance requires an analogous understanding of how our foundations are built, what they consist of, and what processes are entailed in their development and functioning.

Once the issue is identified, we can then develop an exercise routine utilizing foam rolling, stretching, targeted isometric, concentric, eccentric exercises and global functional movements. By providing individualized routine to address the dysfunction, proper movement can be restored which will lead to pain relief and improved performance. Thanks to these strategies you will be able to move better, which will open a plethora of new exercises and activities you enjoy and may not have been able to do otherwise.

PILLARS OF CORRECTIVE EXERCISE

1. Inhibit overactive muscles.
2. Lengthen (stretch) shortened muscles
3. Activate underactive muscles.
4. Integrate with multi-joint movements.

<https://neurosciencenews.com/body-movement-brain-20560/>

<https://www.mdpi.com/2411-5142/5/4/74/htm>

[https://www.bodyworkmovementtherapies.com/action/showPdf?pii=S1360-8592\(15\)00052-2](https://www.bodyworkmovementtherapies.com/action/showPdf?pii=S1360-8592(15)00052-2)

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<https://www.nature.com/articles/s41598-020-77571-4.pdf>