

Training the Untrained Athlete

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Topics to Be Covered

- Common Problems with “Weekend Warriors”
- Functional Anatomy
- Real Life (i.e., walking, running, golf, tennis, etc.)
- Assessments
- Exercises

Common Problems with “Weekend Warriors”

- Overly pronated feet
- Lack of dorsiflexion
- Medial knee
- Anterior pelvic tilt
- Excessive lumbar lordosis
- Excessive thoracic kyphosis
- Forward head

Functional Anatomy

- Gravity and Ground Reaction Forces

Real Life Examples

- Walking, Running, Golf, Tennis, etc.
- Get the body to rotate better to dissipate forces!

Assessments

- Foot and Ankle: *Toe Out Torso Rotations*
- Hips: *Toe In Torso Rotations, Lying Leg Rotation*
- Spine: *Lying Spine Rotations*

Corrective Exercises

- Foot and Ankle: *Golf Ball Roll, Calf Massage, Foot And Toe Stretch and Heel Toe Rocking, Big Toe Pushdowns*
- Hips: *Roller or Ball on Butt, IT Band, Hip Flexors, Hip Rotators, Abductor Stretch, Side Lying Ankle Lift, Toe In Trunk Twist*
- Spine: *Tennis Ball On Lower Back, Two Tennis Balls On Upper Back and Abdominals, Lying Trunk/Hip Rotations, Step and/or Lunge With Rotation*

Please direct questions to Justin through:

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