

FUNCTIONAL STRENGTH TRAINING

Functional strength training has goals of training our bodies to perform the types of movement and tasks that we use everyday. This can be running, jumping or throwing for an athlete to lifting, walking or bending for typical daily activities. Any gains made with specific functional training have the most carry over or transfer to activities at home, work or the playing field.

Functional strength training focuses more on training or rehabilitation with emphasis on movement patterns and muscle groups opposed to isolating a single muscle. Whether we are an elite athlete or a 90 year old geriatric, we still move in multiple planes and must have muscles work in groups. Doing a hamstring curl or leg extension on a machine may make the muscle stronger but may not always help someone who is having problems going up and down stairs or going from sit to stand. It typically does not make an athlete run faster or perform their sport better. This is because isolation of a muscle is not how the body functions when performing these tasks. Not that machines are bad, but as a patient or athlete progress they should go from a machine to a more functional based protocol.

Centerpointe Chiropractic and Physical Therapy treats advanced athletes to weekend warriors to senior citizens following functional based protocol. The goals are simple, to make your movements or activities as pain free as possible and return you to your pre-injury level. You will always be instructed on a home exercise program upon being released from care.

Lou Rossi, DC and Matt Trnka, PT are certified by the National Strength and Conditioning Association. They provide treatment for injured athletes, injured workers and from children up to the geriatric population. We always work with your orthopedist, primary care physician or athletic trainer. Call **330-723-2225** for your appointment or with any questions.