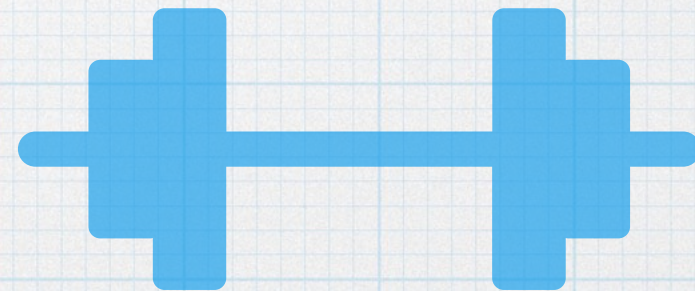
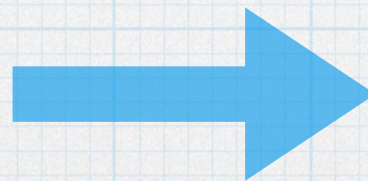
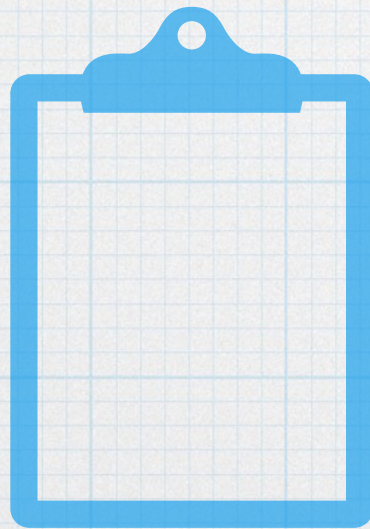


# Using Your Assessment To Build Out A Training Program





# Case Study #1

\* 50 Year Old Female, Teacher

\* Goals:

- \* Lose Weight
- \* Reduce Hip, Ankle and Back Pain
- \* Improve Running Performance

\* Subjective:

- \* Right Ankle Pain: Achy at end of day
- \* Right Anterior Hip Pain: Worse Post Run
- \* Right Low Back Pain: Achy at end of day

\* Objective:

- \* Right Ankle Re-Constructive Surgery 10 years ago
- \* Right Hip Labral Repair 1 Year Ago
- \* Double Mastectomy, Breast Cancer 12 years ago.





# Case Study #1

## \* Activities:

- \* Run/Walk 2-3 x week (3 Miles)

- \* Gym: 2-3 x Week (Recently)

## \* Nutrition/Lifestyle:

- \* Teacher Schedule

- \* Weekly Nutrition Guidance Program

## \* SFMA:

- \* Toe Touch: DN

- \* Painful Right Hip Flexion

- \* SMC Limitation Pelvic Control

- \* Extension: DP

- \* SMC Limitation Pelvic Control

- \* Painful Right Hip Extension

- \* Squat: DN

- \* R Ankle Limited Dorsiflexion

## \* Fitness:

- \* No strength training background

- \* Single Leg Hip Stability Activities Need Work

- \* No Split Position (Painful in L Hip and Toe)

- \* Upper Body Pressing and Core Strength Needs Work



# Program



# Case Study #2

- \* 17 Year Old Baseball Player, R Handed

- \* Goals:

- \* Gain Weight
- \* Improve Strength/Power
- \* Improve Pitching Performance
- \* Reduce Right Shoulder Soreness

- \* Subjective:

- \* Right Shoulder "Achy"
- \* Needs more Velocity

- \* Objective:

- \* Finishing PT for Thoracic Outlet
- \* 163 lbs, 5'10"





# Case Study #1

## \* Activities:

- \* Baseball 3-4 days per week
- \* Gym: 2-3 x Week

## \* FMS/Table Assessment:

- \* OH Squat: 1
  - \* Core Stability
  - \* Shoulder Mobility
- \* Push-Up: 1
- \* Shoulder Mobility: 1/2

## \* Fitness:

- \* No Training History
- \* Overall Strength Needed
  - \* Especially Core Stability
- \* Upper Body Strength



# Program



# Case Study #3

\* 57 Year Old Male, Lawyer

\* Goals:

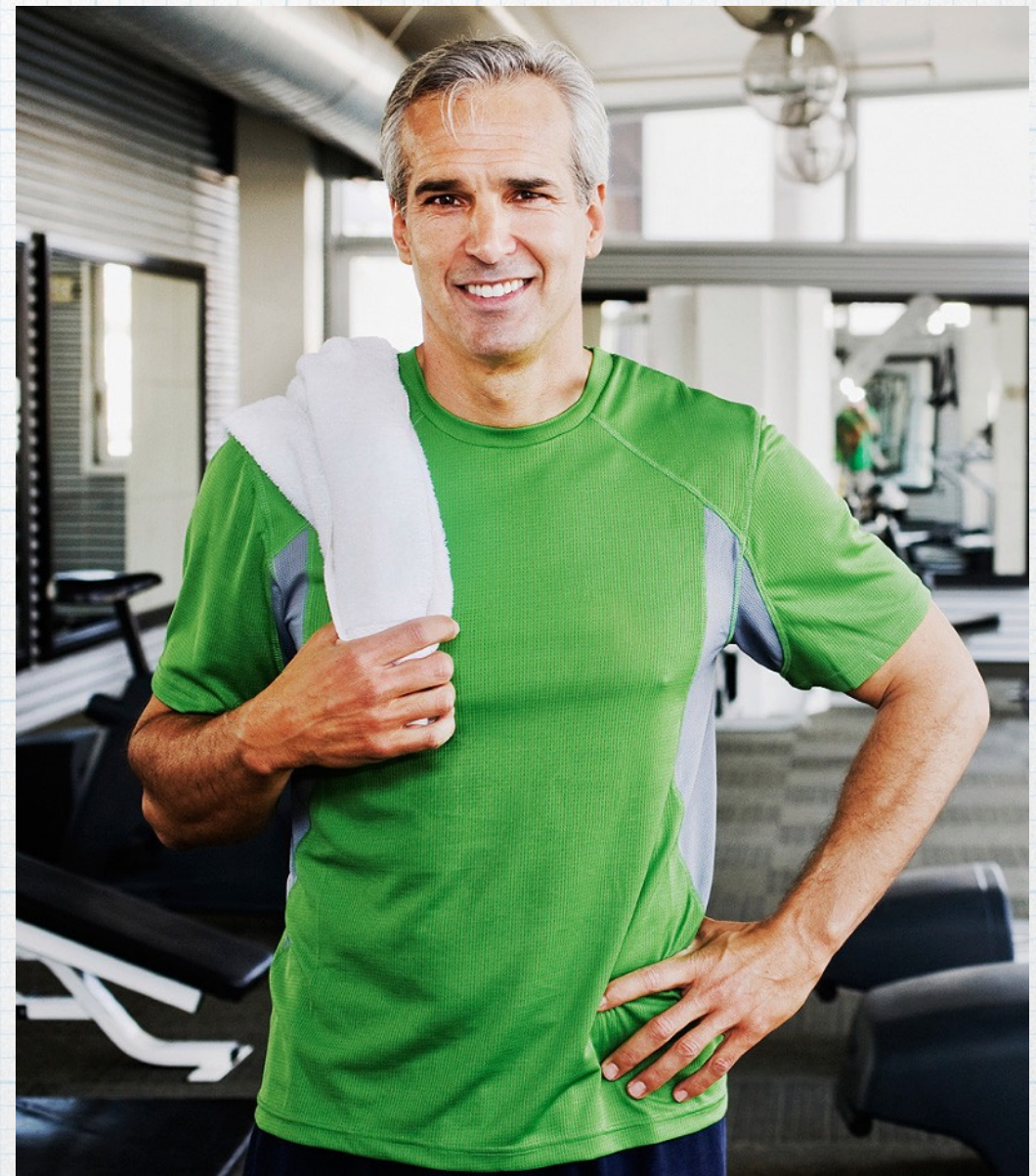
- \* Lose Weight/Improve Body Comp
- \* Reduce Knee Pain Bilaterally
- \* Improve Sleep and Daily Energy

\* Subjective:

- \* Both Knees Achy Daily (Stairs, Long Standing)
- \* Work 14+ Daily

\* Objective:

- \* 8 Total Knee Surgeries
- \* 244 lbs, 6'4"
- \* Resting HR: 70 BPM





# Case Study #1

## \* Activities:

- \* Gym: 2x Week

## \* SFMA:

- \* Toe Touch: DN

- \* Leg Raise DN

- \* SM: DN Bilaterally

- \* Rotation: DN Bilaterally

- \* SQUAT: DN

## \* Fitness:

- \* Extensive Training History. Football/Gym

- \* Knee Pain with Impact

- \* No Pain while Squatting

- \* Basic Levels of Strength OK

- \* Low Aerobic Fitness



# Program