

INJURY PROOF PARADIGM

A Movement Based Approach



Posture

Mobility

Movement

Output

Capacity

<p>Definition</p>	<p>The resting position of your joints.</p>	<p>A measure of the range of motion of key joints in your body.</p>	<p>Do you move correctly? Are you coordinated? Are you damaging your body by a movement dysfunction that you don't even know you're doing?</p>	<p>Do you have enough strength to handle the loads being applied to your body? Can you react to a sudden load applied to your body before you buckle?</p>	<p>Your capacity is how your aerobic and your anaerobic energy systems functions. Do your movements become sloppy when you become fatigued?</p>
<p>Impact to your LIFE</p>	<p>The resting position of your joints has huge implications on: the function of your muscles and fascia; your joint mobility; and your nervous system. All these factors alters your ability to move correctly.</p>	<p>Without proper joint mobility you will not be able to move correctly.</p>	<p>The way you move dictates how loads are applied to your body. This is the main focus at FITS, because incorrect movements lead to pain, inflammation, injury and sub-optimal performance. Correct movements give you the ability to be INJURY PROOF and perform to your full potential.</p>	<p>How you move is limited by four important output factors:</p> <ul style="list-style-type: none"> a) your ability to produce force b) your rate of force development; c) your ability to handle large, rapidly applied forces d) your reactive ability 	<p>Without adequate capacity your movements will become dysfunctional, leading to uncoordinated movements.</p>