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Static and dynamic postural assessment: Bridging the gap between theory and practice

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Problem Statement: With the revolution witnessed nowadays in the fields of functional and high intensity training and the increase of clients' interest in losing weight and getting quick results, we see people jump into such programs after completing their membership application, whether for the first time, or after a layover period. Looking at statistics, we realize that the percentage of injury is increasing and that many clients discontinue their workout, because of injuries or lack of results. Postural correction works on placing the body in its optimal position for a better force production and a more efficient power output and quality of movement. This session will show you techniques that proved to be efficient in helping improve posture either in a static position, or dynamically while performing functional movements. We will go through assessment techniques to identify tight, inhibited and weak muscles, then move on to a practical application thanks to flexibility, resistance and activation exercises that will help improve posture.

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