

CORRECTIVE EXERCISE CONTINUUM

INHIBIT

Inhibit tension in areas identified as being overactive or shortened through assessments.

Self-myofascial Release Techniques:

- Reduce muscular tension
- Relieve muscle soreness
- Improve circulation

LENGTHEN

Lengthen the muscles with static stretching or neuromuscular stretching techniques.

Stretching Techniques:

- Reduce stiffness
- Increase range of motion
- Improve posture

ACTIVATE

Activate the muscles identified as underactive or weak.

Strengthening Techniques:

- Activate individual muscles
- Improve muscular endurance
- Increase strength

INTEGRATE

Integrate uses dynamic total body exercises that are progressed to solidify and coordinate the changes made.

Integrated Strength Techniques:

- Improve total-body coordination
- Improve movement patterns
- Enhance performance

Nasm Corrective Exercise Study Guide

RC Schank



Nasm Corrective Exercise Study Guide:

Study Guide to Accompany NASM's Essentials of Corrective Exercise Training, 2011 **Study Guide to Accompany NASM's Essentials of Corrective Exercise Training** Brian Sutton, 2011 This study guide will help you evaluate your knowledge and review your strengths and weaknesses so you can be sure you're at your peak as you help your clients prepare for competition or make a change toward a more healthy lifestyle *NASM CPT Study Guide* CORNELL BUFFET, Become a NASM Certified Personal Trainer Faster Smarter and With Total Confidence Passing the NASM CPT exam doesn't have to feel overwhelming With this complete study companion you get a streamlined easy to understand and highly effective roadmap to mastering every domain of the exam and becoming the fitness professional you're meant to be This all in one guide breaks down complex topics into simple memorable explanations delivering 23 power packed chapters 800 practice questions and detailed answer explanations designed to transform your knowledge sharpen your skills and eliminate test anxiety Whether you're just starting your fitness career or leveling up your expertise this book gives you everything you need to pass your exam on the first try Your Success Starts Here Whether you're a first time test taker or retesting with renewed determination this book equips you with the tools strategy and confidence needed to walk into the exam prepared and walk out a certified NASM CPT Start studying smarter today and become the trainer clients trust [Study Guide to Accompany NASM's Essentials of Sports Performance Training](#) Brian G. Sutton, 2009-10-01 Designed to accompany NASM Essentials of Sports Performance Training this study guide is suitable for coursework and for students preparing for the NASM Performance Enhancement Specialist certification exam **The BioMechanics Method for Corrective Exercise** Price, Justin, 2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function [A Practical Guide to the Self-Management of Musculoskeletal Pain in Dental Professionals](#) James Tang, 2018-09-30 Dental professionals spend their working lives in stressful environments and in awkward postures with resultant musculoskeletal problems While there are numerous books on musculoskeletal pain there is nothing specific for dental professionals on the holistic approach to the self management of musculoskeletal conditions This book is a practical guide it combines all the different modalities in a logical and systematic programme firstly by recognising the possible causes of your predicament and secondly by effectively managing it to prevent recurrence **NASM Essentials of Corrective Exercise Training** Nasm National Academy of Sports Medicine, 2021-01-13 This text is a recommended resource for the NASM Corrective Exercise Specialist CES course NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury There are more than 100 corrective exercise techniques in the categories of assessment self myofascial

techniques static stretching neuromuscular stretching dynamic stretching isolated strength training and integrated dynamic movements included in the text **Road to Resolution: The Nutritional Guide (Color Edition)** James Henley,

Rehabilitation Techniques for Sports Medicine and Athletic Training William Prentice, 2024-06-01 Rehabilitation Techniques for Sports Medicine and Athletic Training Seventh Edition is the definitive reference for athletic training students and professionals who are interested in gaining more in depth exposure to the theory and practical application of rehabilitation techniques used in a sports medicine environment Dr William Prentice and his contributors have combined their knowledge and expertise to produce a single text that encompasses all aspects of sports medicine rehabilitation Featuring more than 1 000 full color illustrations 700 high resolution videos and an integrated laboratory manual this newly updated Seventh Edition provides the athletic trainer with a complete guide to the design implementation and supervision of rehabilitation programs for sport related injuries The Seventh Edition includes new and updated information on topics including Pharmacology and the role of medication in pain management and performance Nutrition and its impact on rehabilitation Rehabilitation techniques for the core Roles within the rehabilitation team Pathomechanics and epidemiology of common injuries Psychological considerations and communication with injured patients Tips for documentation from Dr Prentice Included with the text are online supplemental materials for faculty use in the classroom Rehabilitation Techniques for Sports Medicine and Athletic Training Seventh Edition is a comprehensive resource for athletic training students faculty and clinicians physical therapists who manage rehabilitation programs for sports related injuries as well as for strength and conditioning coaches who supervise performance enhancement programs on return to play **Study Guide to Accompany**

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