

Functional Circuits

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This course is fun. It's also full of exercise ideas for varied functional issues our clients have. Functional training continues to be a health and fitness buzzword and for good reason. Functional movement patterning is critical to healing clients and keeping them injury free.

We'll offer a sample circuit with each station representing a functional skill (endurance, fall recovery, sit-to-stand, reaching and turning skills, balance, core, reaction time, agility, posture, etc) and a variety of regressions/progressions of several exercises to assist with that function.

There will be several options for each functional station. Exercise suggestions will include posterior chain, fascial line training, leveraging instability and building a base, CET (Corrective Exercise Training), LMT (Loaded Movement Training), Suspension Training, HIIT (High Intensity Interval Training), the Heavy Concept, transverse plane/rotation, games, the new trend of variable squats, and SMW (Slow Motion Walking). Not all will work for your situation so we'll work toward several ideas for each function.

We will involve Proprioception, Balance, Reaction Time and Locomotor Skills during the course. We have all served clients who have poor body awareness, balance, reactive movement and locomotor skills. Stations we set up can have a base-building exercise prior to functional exercise. For example, we can start the Stability/Instability Station practicing vertical trunk control progressing through contralateral, unilateral and ipsilateral upper extremity movement. Then, after the base is determined, the LMT skills can begin.

The options are limitless. Here are some other ideas.

Fascial Chains can be included. The research on fascial chains (or lines) tells us that muscle and fascia are completely integrated and always function together passively, actively and under load and resistance. Fascial Line Training can be applied in the circuits setting. As part of the Alignment Station we can focus on the posterior lines and provide exercises that will allow extensors to function more effectively.

We can incorporate Press Push Pull. Many clients come to us with limitations and asymmetries in upper-quadrant movement, specifically affecting their ability to press, push and pull. These are simple skills that we can address at the Strength Station.

Corrective Exercise is another buzz word concept we can incorporate. Corrective Exercises in the circuits give you a corrective pathway in order to meet each client's demands. The Balance Station can include the CET progression from Relax the tissue to Stretch the tissue to Strengthen the tissue.

Transverse Planes can also be included. The transverse plane of motion is vital to ADLs, and even more vital for health maintenance, yet this is the plane of motion that is most often overlooked. Unsurprisingly, this is also the plane of motion where injury is most likely to occur. Rotational and multiplanar movement can be included in any of the stations to assist with function.

Exercises can include seated, standing and horizontal options although we'll focus on vertical (standing). Progressions and regressions of exercises will be reviewed. Equipment can be used or not.

This class throws structure to the wind – come and play!