

2021 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE

#NSCAPT21











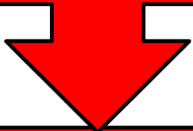
TYPICAL FITNESS & WELLNESS CLIENTS



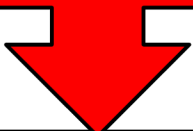
How do you help them achieve their goals/outcomes?

Create a better overall experience

Self Awareness

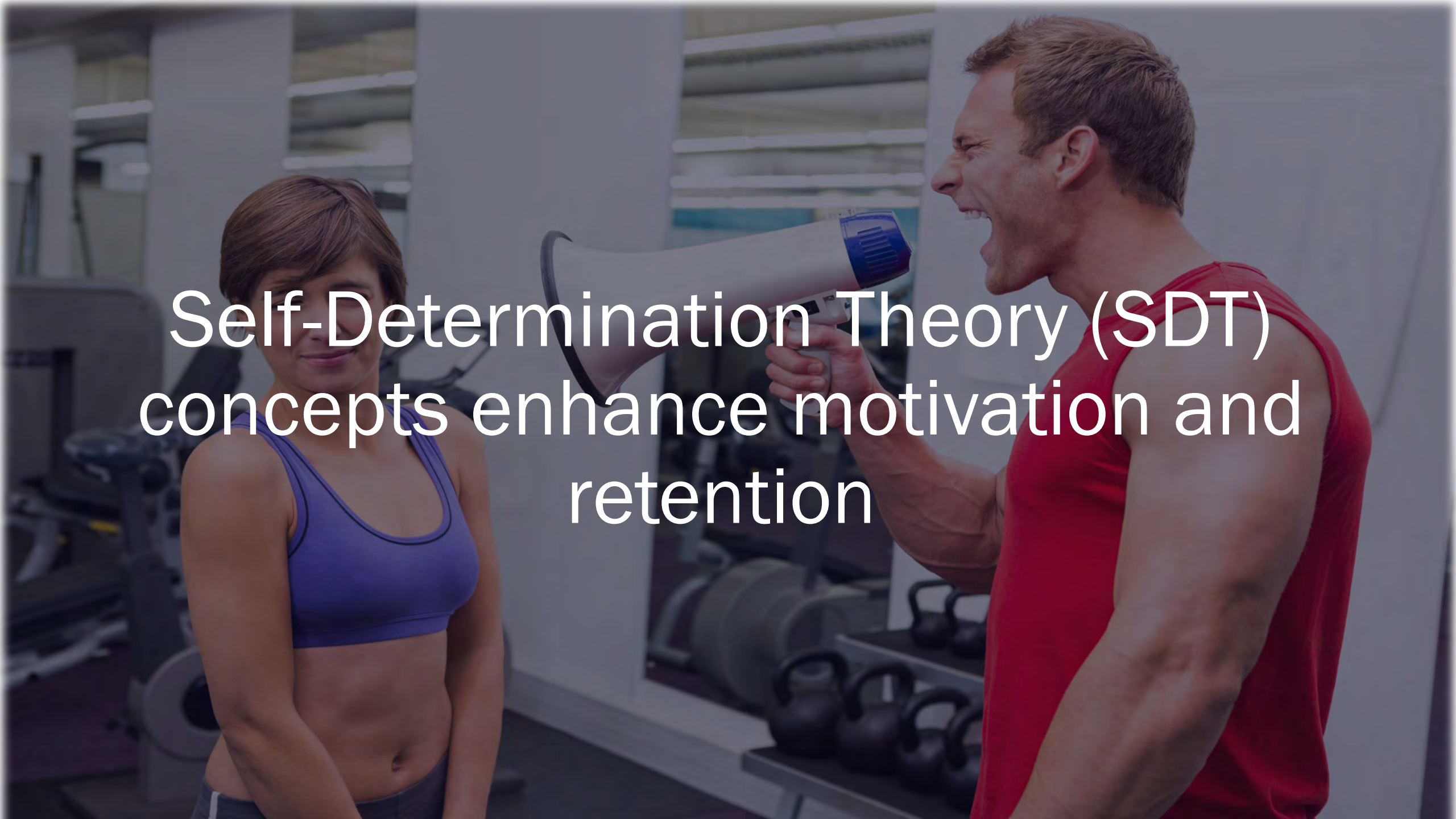


Where is the Opportunity



Positive Outcomes

Self-assessments or
experiences have shown to
increase motivation and
long-term exercise
adherence

A man in a red tank top is shouting into a megaphone in a gym, while a woman in a blue sports bra looks on. The background shows gym equipment like kettlebells and weight racks.

Self-Determination Theory (SDT)
concepts enhance motivation and
retention

Clients who were taken through a FMS were more likely to sign up for a training package than ones that did not.



A man in a red tank top is shouting into a megaphone in a gym. A woman in a blue sports bra is standing next to him, looking on. The background shows gym equipment like treadmills and kettlebells.

Creating a better experience!

Competency and Mastery



EXERCISE RELATED INJURIES

10-year linear increase
in exercises related injuries

Injuries classified as non-equipment exercise
(NEE) and strength training activity (STA)
reporting to EMERGENCY ROOM.

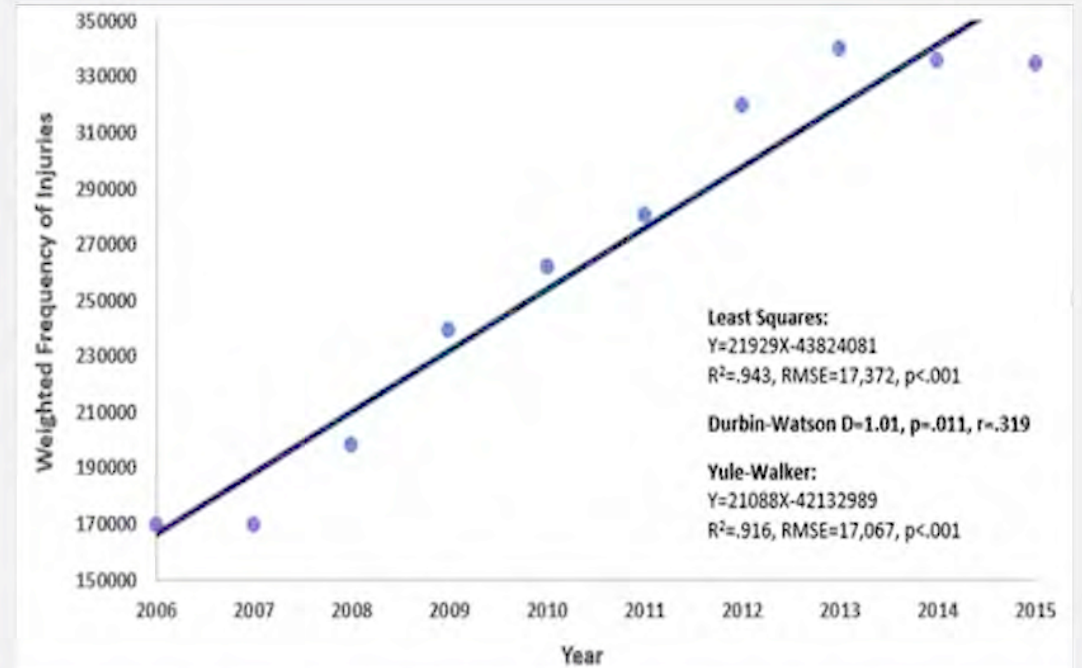


Figure 3: 10-year trend line for estimated NEE/STA injuries presenting to EDs in US adults, 2006-2015.

When people move **POORLY**,
moving **MORE** is not the answer.



TYPICAL FITNESS & WELLNESS CLIENTS



I want to get: healthy fit lean

A red arrow with a silver shaft is shown in mid-flight, having just hit the bullseye of a target. The target consists of several concentric red rings on a white background. The arrow's fletching is visible on the left, and its tip is embedded in the center bullseye.

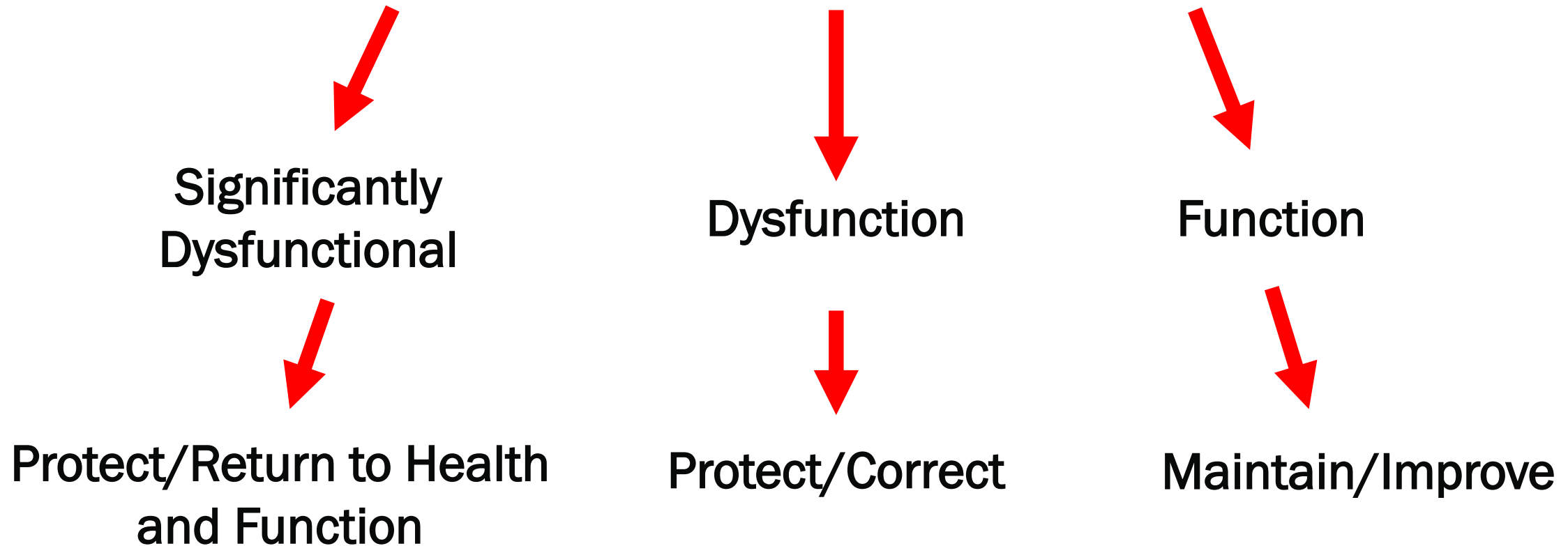
WHERE IS YOUR
BIGGEST OPPORTUNITY
FOR SUCCESS?

SCREENING, TESTING & ASSESSING

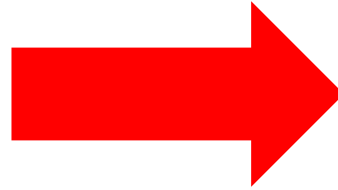
Functional Movement systems philosophy centers around screening, testing and assessing movement.



Opportunity: Health and Function



Screening creates the opportunity



Body Comp.: Opportunity



Normal



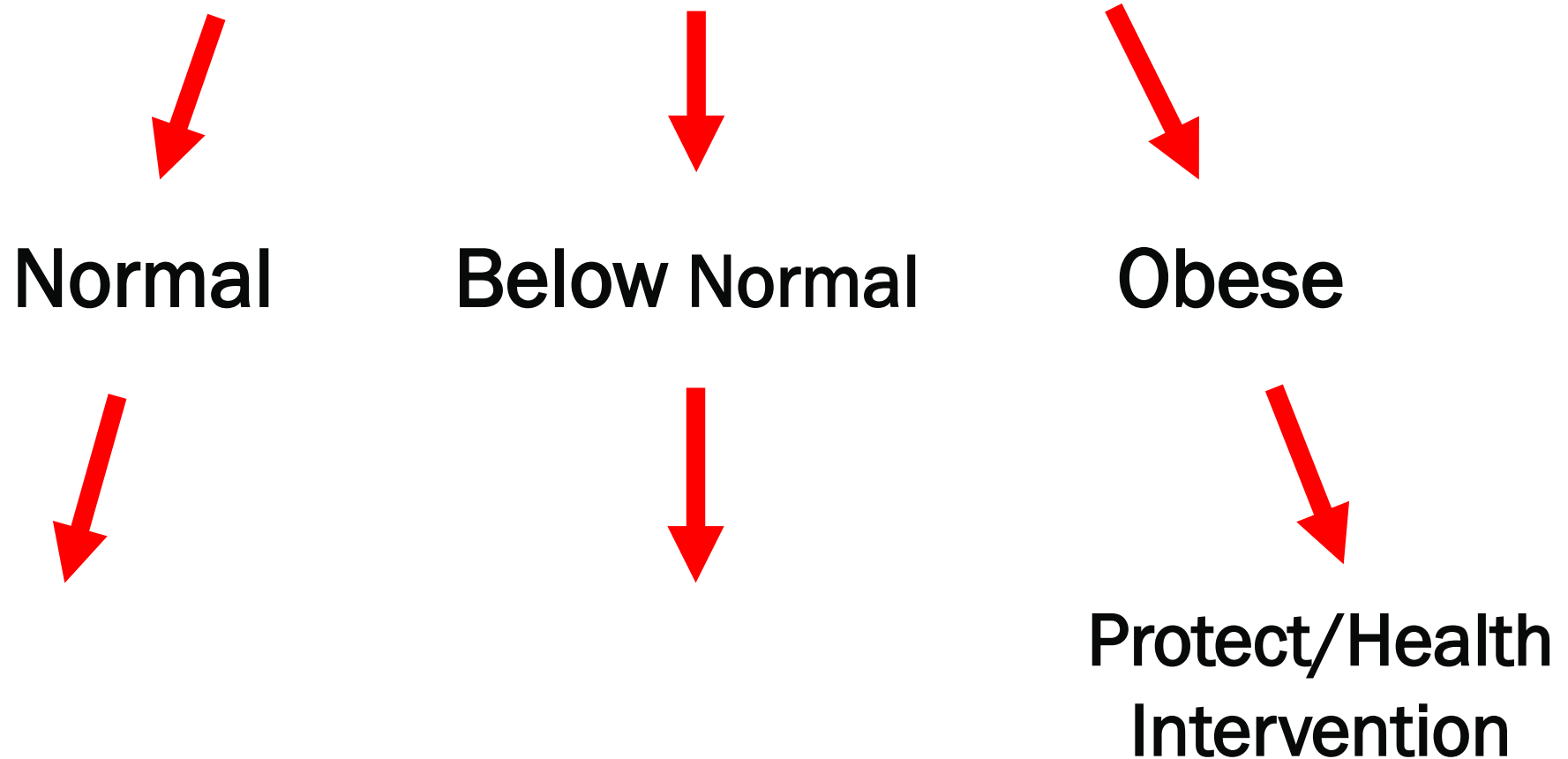
Below Normal



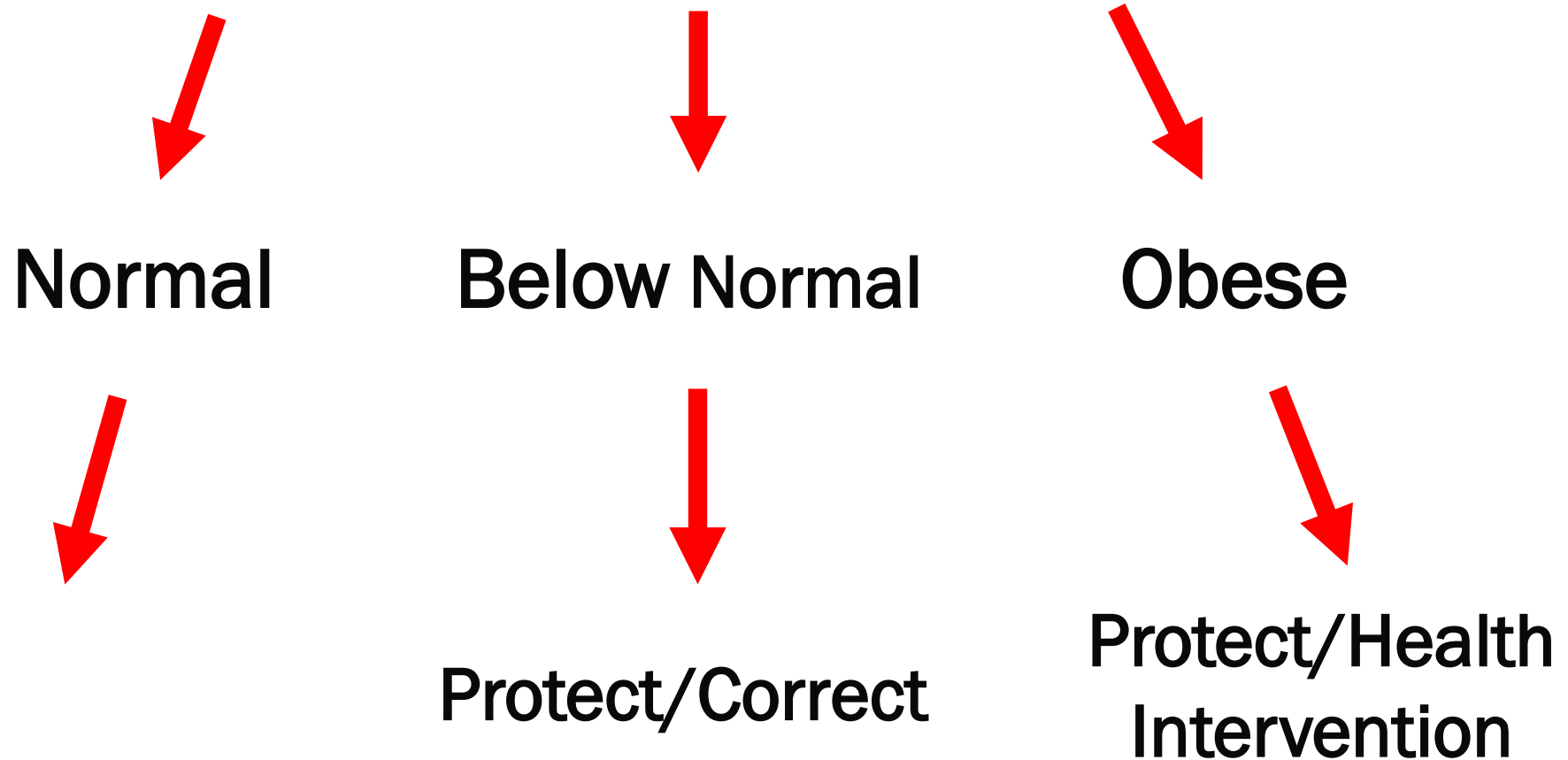
Obese



Body Comp.: Opportunity



Body Comp.: Opportunity



Body Comp.: Opportunity



Normal



Below Normal



Obese



Maintain/Improve

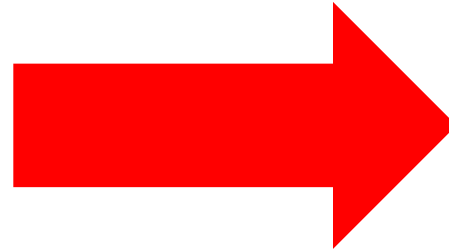
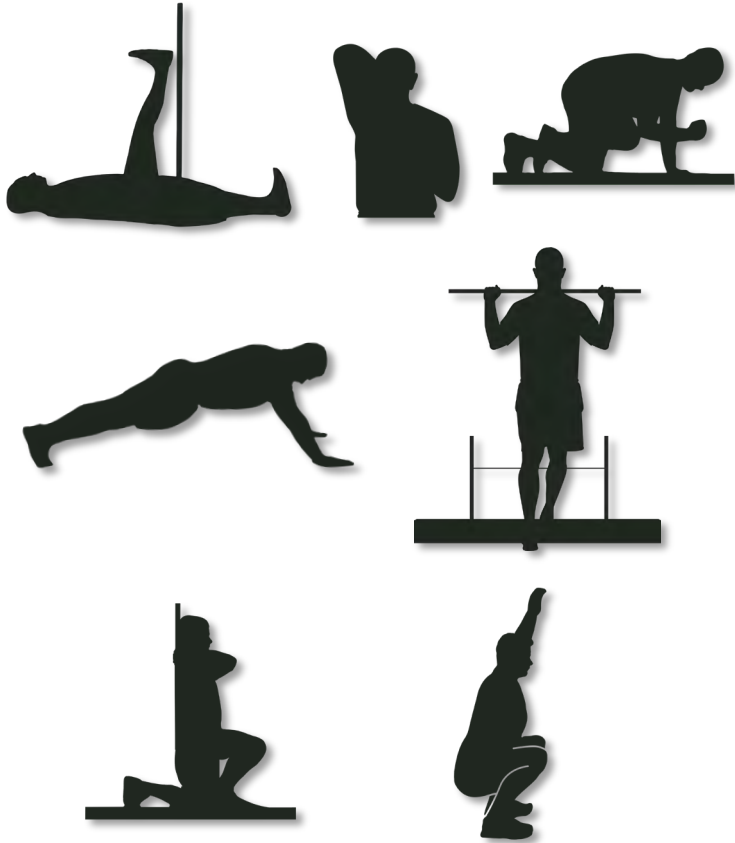


Protect/Correct



**Protect/Health
Intervention**

Screening creates the opportunity



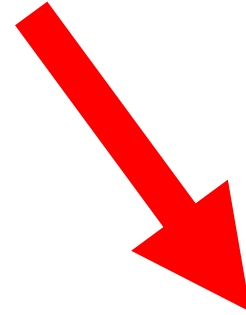
Where is your Biggest Opportunity for Success?



ID Cause and Treat



Protect and Correct



Maintain and Develop



A man in a grey long-sleeved shirt and olive shorts is assisting a woman in a purple t-shirt and grey leggings with a leg stretch. The woman is lying on her back on a light grey floor, with her right leg extended straight out and her left leg bent at the knee, foot flat on the floor. The man is kneeling on the floor, leaning over her, with his hands on her right thigh and knee to assist with the stretch. The background is a plain, light grey wall.

Time Management?

TYPICAL FITNESS & WELLNESS CLIENTS



FITNESS



HEALTH



WELLNESS



TYPICAL **FITNESS** CLIENT

“I want
to get
healthy.”



HEALTH

- ☒ HR
- ☒ BP
- ☒ RR
- ☒ Temp

MSK HEALTH

- ☒ Balance
- ☒ Body Comp
- ☐ FM Patterns
- ☐ Health Hx

TYPICAL **FITNESS** CLIENT

“I want
to get **fit.**”



HEALTH

- ☒ HR
- ☒ BP
- ☒ RR
- ☒ Temp

MSK HEALTH

- ☐ Balance
- ☒ Body Comp
- ☐ FM Patterns
- ☒ Health Hx

TYPICAL **FITNESS** CLIENT

“I want
to **lose**
weight”



HEALTH

- ☒ HR
- ☒ BP
- ☒ RR
- ☒ Temp

MSK HEALTH

- ☒ Balance
- ☐ Body Comp
- ☐ FM Patterns
- ☒ Health Hx







Identify who needs your services?

Outcomes



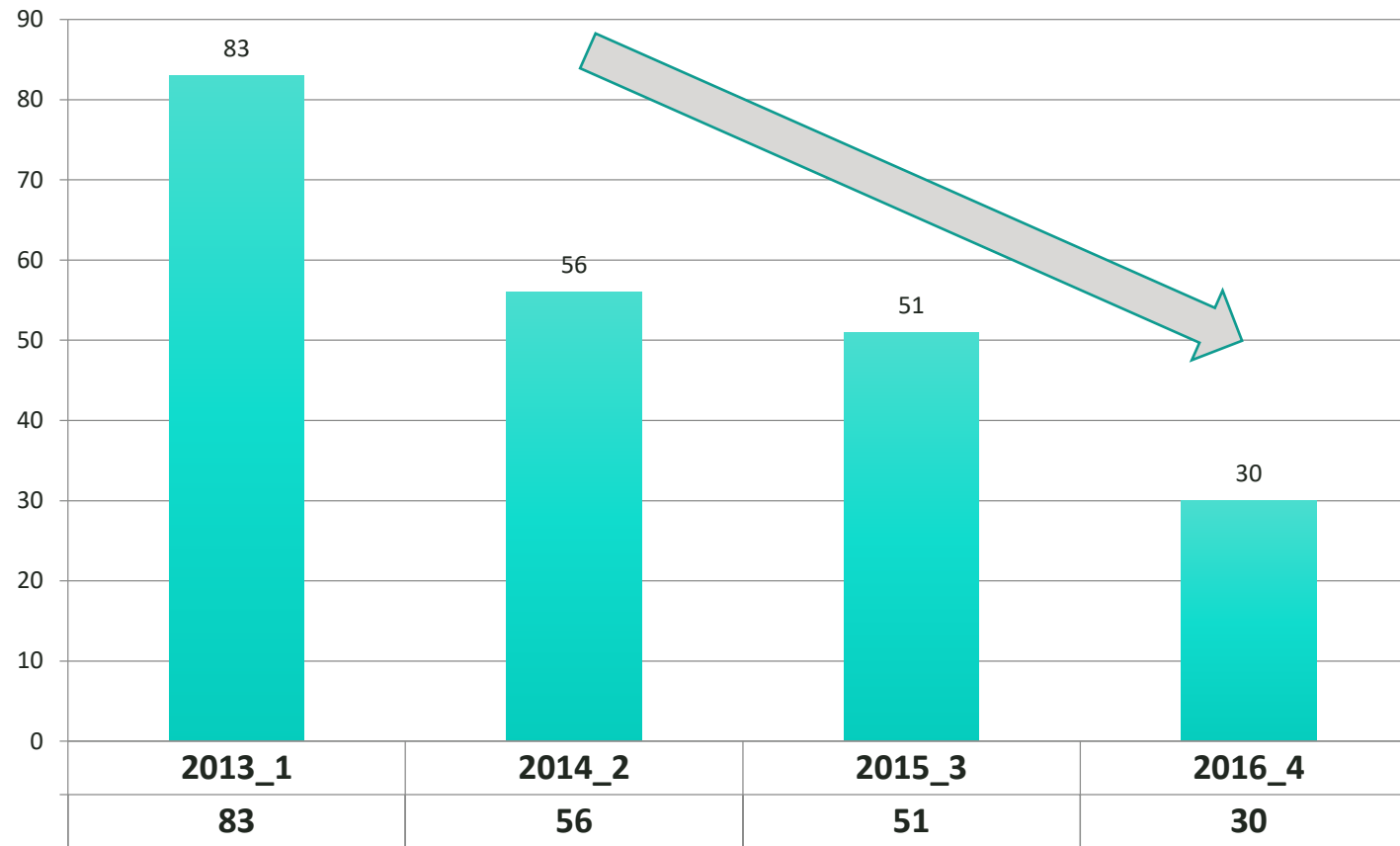
Casey J. Stoneberger – Physical Therapist

Reported a savings in Workers Compensation costs of \$8,000,000 since implementing a preventative program utilizing the FMS in 2016.



Outcomes

Number of Time Loss Injuries by Year



Align w/ Medical



25%-30% have pain with
Movement Screening



Discharge Standards and Risk Factor Management Improve Quality



Teyhen et al 2020

Improve Quality

Discharge Standards and Risk Factor Management

Soldiers may *appear* ready...but 70% have at least 5 known risk factors at time of Discharge and Return to Duty!

Identification of Risk Factors Prospectively Associated With Musculoskeletal Injury in a Warrior Athlete Population

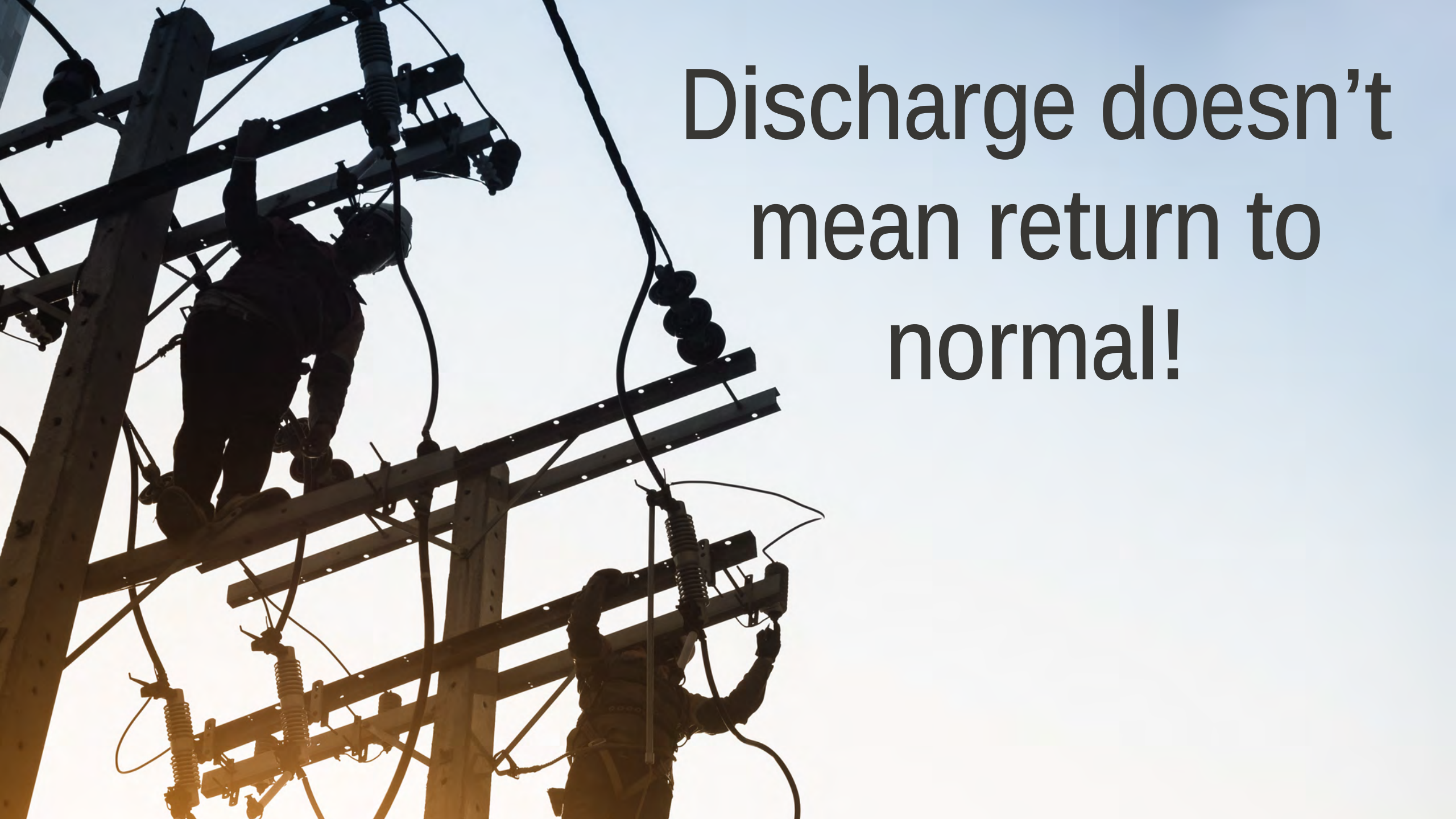
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Teyhen et al 2020

No Predictors Variables Present	Sensitivity:	Specificity:
≤9	0.0112	1.0000
≤8	0.0251	0.9965
≤7	0.0894	0.9699
≤6	0.2179	0.9149
≤5	0.3659	0.7926



**Discharge doesn't mean
return to play!**

A low-angle shot of two power line workers silhouetted against a bright, hazy sky. The workers are positioned on a wooden utility pole, surrounded by a complex network of metal cross-arms, insulators, and power lines. The lighting creates a strong contrast, highlighting the intricate structure of the power infrastructure.

Discharge doesn't
mean return to
normal!

Thank You

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