



# ***2022 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE***

**October 25 - 28, 2022 | ONLINE | 2.0 CEUs**



# ***CONFLICT OF INTEREST STATEMENT***

I have no actual or potential conflict of interest in relation to this presentation.

# ***CHAIN REACTION TO ECCENTRIC LOADING***

Rocky Snyder, CSCS, NSCA-CPT

# ***TRAINING THE ENTIRE SPECTRUM***

Most strength training takes the muscle from neutral to concentric and back to neutral. What about the other end of the spectrum?

# ***TRAINING THE ENTIRE SPECTRUM***

There is no I in “TEAM”

Isolation movements are good though the joints and tissues need to know how to play with others.

# ***WHERE BONES MOVE***

- » Muscles lengthen and eccentrically contract
- » Other muscles passively shorten
- » Patterns emerge
- » Foot pressures change
- » Altered postures normalize
- » A new “center” is created



# ***ASSESSING THE FOOT***

Can it pronate?

Can it supinate?

Where is its resting posture?

# FOREFOOT/REARFOOT OPPOSITION

Sagittal Plane



Frontal Plane



Transverse Plane



**Pronation Mechanics**

# FOREFOOT/REARFOOT OPPOSITION

Sagittal Plane



Frontal Plane



Transverse Plane



**Supination Mechanics**

# ***ASSESSING THE KNEE***

Can it flex & externally rotate?

Can it extend & internally rotate?

# ***ASSESSING THE PELVIS***

Where does it sit and how to get it back to center?

# ***3 PLANES, 4 MOTIONS & 8 OPTIONS***



- » Anterior & Posterior Tilt
- » Lateral Translation (Shifting)
- » Lateral Tilt (Hiking & Dropping)
- » Rotation (Left & Right)

***HOW MUST THE SOFT TISSUE  
REPPOND?***

# ***ECCENTRICALLY LOAD MUSCLES IN 3D***

- » Gluteals
- » Quadriceps
- » Hamstrings
- » Adductors
- » Pectorals
- » Rotator Cuff



# ***A NEW LOOK AT THE SAME OLD THING***

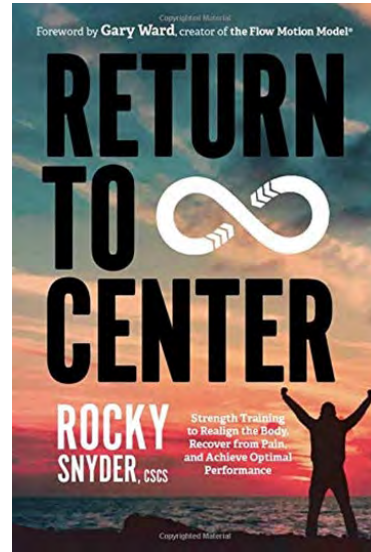
- » Lunge (loading the hip flexor)
- » Step Up (loading the VMO)
- » Single Leg Deadlift (loading the glutes)
- » Single Arm Pressing (loading the anterior sling)
- » Single Arm Pulling (loading the posterior sling)

# ***YOU SO TOTALLY ROCK!***



- » Thank you for listening & participating
- » What can you take home?
- » Questioning what we do is essential for growth

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