

UNDERSTANDING CORRECTIVE EXERCISE:

PRINCIPLES AND ASSESSMENT

Corrective exercise is a targeted approach to addressing and improving movement patterns that are faulty or dysfunctional. This practice is vital for enhancing physical performance, reducing the risk of injury, and promoting overall well-being. Corrective exercise is not merely about performing random stretches or strengthening exercises; it involves a systematic and scientific process tailored to the individual's unique needs.

SO — BU

MIND | BODY | SPIRIT | COMMUNITY

PRINCIPLES OF CORRECTIVE EXERCISE

The principles of corrective exercise are grounded in a deep understanding of human biomechanics, kinesiology, and exercise science. These principles guide practitioners in creating effective and personalized exercise programs.

Movement Assessment

A thorough movement assessment is the cornerstone of corrective exercise. This assessment identifies deviations from optimal movement patterns, muscle imbalances, and potential areas of weakness or tightness.

Techniques such as the Functional Movement Screen (FMS) or the Overhead Squat Assessment (OHSA) are commonly employed to gather this critical information.

Identifying Muscle Imbalances

Muscle imbalances occur when there is a disproportion in strength or flexibility between opposing muscle groups. These imbalances can lead to compensatory movements, increased stress on joints, and a higher risk of injury. Corrective exercise aims to restore balance by stretching overly tight muscles and strengthening weak ones.

SOBU

MIND | BODY | SPIRIT | COMMUNITY

PRINCIPLES OF CORRECTIVE EXERCISE

Enhancing Neuromuscular Efficiency

Neuromuscular efficiency refers to the ability of the nervous system to recruit the correct muscles to produce force, stabilize the body, and execute movements. Corrective exercise enhances this efficiency through targeted exercises that improve motor control and coordination.



Progressive Overload and Individualization

Like traditional strength training, corrective exercise programs must incorporate the principle of progressive overload. This means gradually increasing the intensity, duration, and complexity of exercises to continue challenging the body and fostering improvement. Every individual has unique movement patterns, physical history, and goals. Therefore, corrective exercise programs must be highly individualized.

SO — — BU

MIND | BODY | SPIRIT | COMMUNITY

- Many injuries, especially in physically active individuals, stem from poor movement mechanics. By identifying and correcting dysfunctional patterns early, corrective exercise can prevent injuries before they occur.
- Optimal movement patterns are essential for peak performance in any physical activity. Corrective exercise helps athletes and fitness enthusiasts move more efficiently, thereby enhancing their performance.
- Chronic pain, especially in the lower back, knees, and shoulders, is often linked to dysfunctional movement patterns. Corrective exercise addresses the root causes of pain by improving alignment, stability, and muscle function, leading to significant pain reduction and improved quality of life.
- Maintaining proper movement patterns is not only crucial for immediate performance and injury prevention but also for long-term musculoskeletal health.

**THE VALUE OF BEING
ASSESSED FOR
CORRECTIVE EXERCISE**

SOBU

MIND | BODY | SPIRIT | COMMUNITY

LET'S *GO!*

Ready to transform your life?
Transform your life with our holistic fitness approach. Mind, body, spirit, and community - join us today and start your journey to optimize your life!

[JOIN US](#)



References

- Clark, M. A., Lucett, S. C., & Sutton, B. G. (2013). *NASM Essentials of Corrective Exercise Training*. Jones & Bartlett Learning.
- Cook, G. (2010). *Movement: Functional Movement Systems: Screening, Assessment, Corrective Strategies*. On Target Publications.
- Kendall, F. P., McCreary, E. K., Provance, P. G., Rodgers, M. M., & Romani, W. A. (2005). *Muscles: Testing and Function, with Posture and Pain* (5th ed.). Lippincott Williams & Wilkins.
- Page, P., Frank, C. C., & Lardner, R. (2010). *Assessment and Treatment of Muscle Imbalance: The Janda Approach*. Human Kinetics.
- Plowman, S. A., & Smith, D. L. (2014). *Exercise Physiology for Health, Fitness, and Performance* (4th ed.). Lippincott Williams & Wilkins.