

FMS Score - 9/21

- Overhead Squat - 1 - could not keep dowel overhead, right foot turned out
 - Hurdle Step - 2 Left, 1 Right - could not keep right foot straight and stop foot from collapsing
 - In-Line Lunge - 1 - right hip less stable in deep lunge
 - Shoulder Mobility - 2 Left, 1 Right - less internal rotation of right shoulder, external left
 - Active Leg Raise - 2 - good trunks strength and hamstring mobility
 - Trunk Stability Push Up - 2 - strong core in the sagittal plane
 - Rotary Stability - 2 Left, 1 Right - had to flex spine drastically to touch knee and elbow
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- The tale of two sides, the story of Jeff Epstein:
 - Jeff's history consists of not being able to walk 4 blocks without feeling numbness and tingling down his legs. He has spinal stenosis and his spine curves to the right. He has no pain sitting but only with standing and walking.
 - Jeff's symptoms and his body patterns lined up perfectly.
 - Jeff stands and walks with his right foot externally rotated and left foot straight. He gets most of his gait power from his left leg. Jeff's right foot collapses with each step.
 - The turn out of the right foot means Jeff is externally rotating his right hip and therefore turning off his glutes and also causing a smaller gait locomotion limiting his hip extension.
 - The left leg is stable but gets all the strength from the quadriceps.
 - This leaves his right hip extensor very tight, and his left quad very tight.
 - The spinal curve to the right means most of his weight is shifted to his right naturally putting pressure on his right QL, PSIS, and lower back for stability, aggravating his stenosis, as his right glutes cannot take the brunt of the stability, and the spine is compressed, especially on the right side.
 - The quad, hip flexor, and glute firing patterns were all validated in muscle testing.
 - Jeff also needs to improve his thoracic spine extension ability.

The program (video taken by assistant) is designed to improved stability and mobility of joints, even out asymmetries, improve posture, and prepare the body to move and accept load. Specifically by releasing tension in the upper back and thoracic spine, glutes, quads, and TFL. Extending and articulating the thoracic spine, stretching the hip extensors, quadriceps, waking up the glutes, waking up the external hip rotators, strengthening the glutes uni laterally with feet straight, and finally doing some standing gait patterning.

***See page 2 for exercise prescription.**

Exercise Prescription - to be done 3-5 days a week, or right before longer walks

Soft Tissue Prep - :30 - :45 each spot

- Foam roll upper back
- Put foam roller on mid back and extend upper back while keeping a posterior tilt of pelvis on ground prevent lumbar hyper extension. Aim to touch head to ground behind you without over curving the lower back. 10-15 reps up and down the upper back.
- Foam roll glutes crossing one leg over the other
- Foam roll both quads on elbows
- Foam roll each hip flexor and TFL, more time on right side

Lower Body Mobility

- On one knee and one foot forward rock back and forth into hip extension. Push hands down on foam roller to keep core engaged and clench glute of stretched hip. :8 holds, 10 reps on right side and 5 reps on left.
- Standing stretch for quads and hip flexors. Stand tall and grab back foot keeping space between foot and butt. Actively push hip flexor into extension keeping slight posterior pelvic tilt and hold. Hold for :60 on left and :30 on right.
- Quadricep and hip flexor stretch. Kneel on one knee with foot raised on bench behind you, and other foot forward. Make sure to hold posterior pelvic tilt, press down with hand on foam roller to activate core, and squeeze glute of kneeling leg. Rock body forward so hip is extended. Keep rocking back and forth for at least :60. Repeat on other leg.
- Bilateral hip bridges squeezing glutes up into air. Have assistant put some pressure on outer knees to cave them in and push knees against resistance, feet must stay straight and push from big toes.
- Clam shells for 25 each side, have assistant put finger on gluteus medius (insert joke here)
- Gait re patterning - Put one foot on bench and stand straight on other leg. Shift weight back onto standing glute and squeeze butt. Then lift knee off bench and push knee into hand to activate core. Breathe and make sure standing foot is straight. 10 on each side.