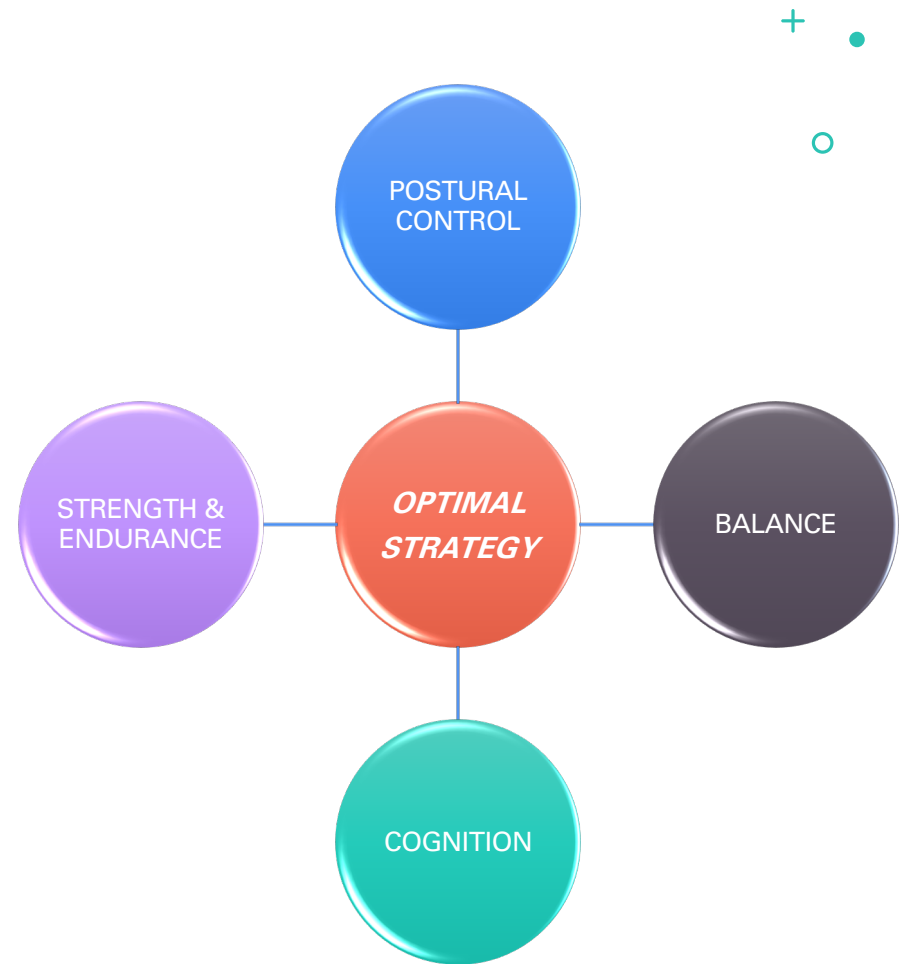


EXERCISE FOR INDEPENDENCE

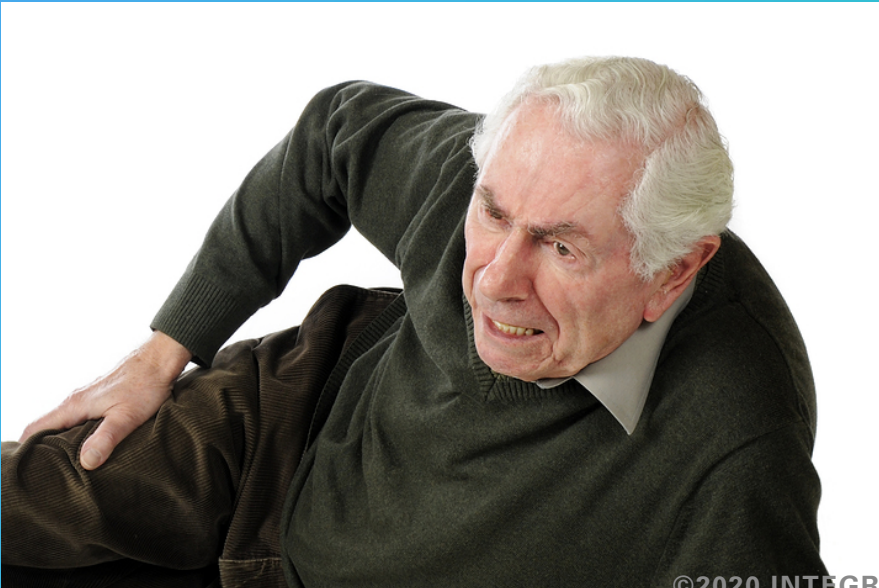
An elderly couple is walking on a beach at sunset. The man, on the left, is wearing a black t-shirt and light-colored trousers, and is gesturing with his right hand while holding the woman's hand. The woman, on the right, is wearing a light blue zip-up jacket and grey trousers. They are walking towards the right side of the frame. The background shows the ocean with gentle waves and a sunset sky with orange and pink hues. The beach is wet, reflecting the light from the sky.

Dr. Evan Osar
Robert Linkul



THE PROBLEM





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THE RESULT

- ✓ PHYSICAL
LIMITATIONS
- ✓ SOCIAL ISOLATION
- ✓ LOSS OF
INDEPENDENCE

THE SOLUTION

- ENGAGE
- EDUCATE
- EMPOWER



THE STRATEGY

APPLY THE PRINCIPLES

A-B-C

APPROPRIATE PROGRESSION





THE PROCESS



I. ASSESS

IMS™ ASSESSMENT
STRATEGY



II. ADDRESS

IMS™ CORRECTIVE
EXERCISE
STRATEGY



III. PROGRESS

FUNCTIONAL
MOVEMENT PATTERNS
& PROGRESSIONS

THE FUNDAMENTAL MOVEMENT PATTERNS

SQUATTING

LUNGING

BENDING

ROTATING

PUSHING/PULLING

BALANCING / WALKING / CARRYING



THE PRINCIPLES

ALIGN



BREATHE



CONTROL



DEBBIE



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- + • 71 years of age
- • Cervicogenic balance issues
- Spinal stenosis
- Bilateral hip joint replacements



ELLIS

- 79 years of age
- Multiple strokes
- Diabetic neuropathy
- Spinal stenosis
- Osteoarthritis

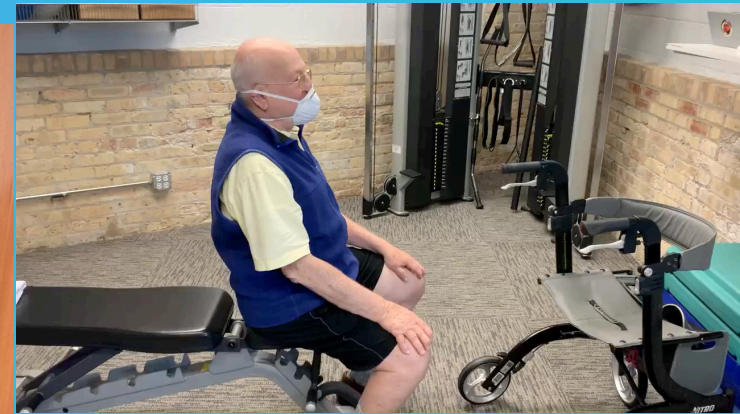


BALANCING / WALKING

- *STATIC*
- REACTIVE
- PROACTIVE



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BALANCING / WALKING

- STATIC
- REACTIVE
- PROACTIVE**



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BALANCING / WALKING

- STATIC
- REACTIVE*
- PROACTIVE

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WALKING

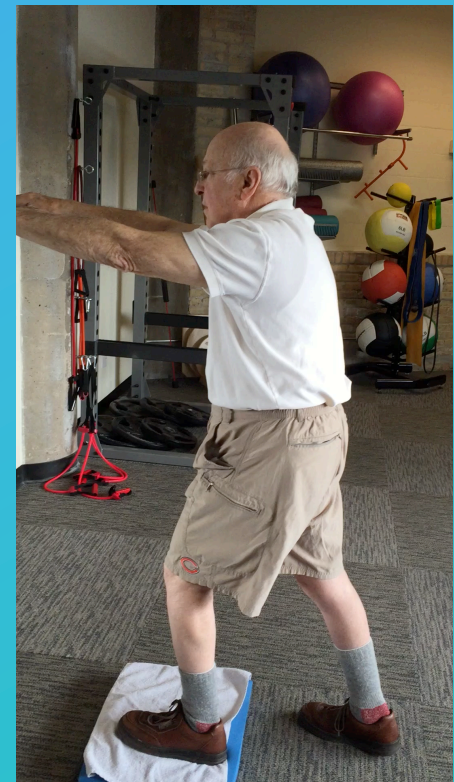
- ***ALIGN***
- AXIAL ROTATION
- APPROPRIATE PROGRESSIONS

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WALKING

- ALIGN
- AXIAL ROTATION*
- APPROPRIATE PROGRESSIONS



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HAND-EYE COORDINATION

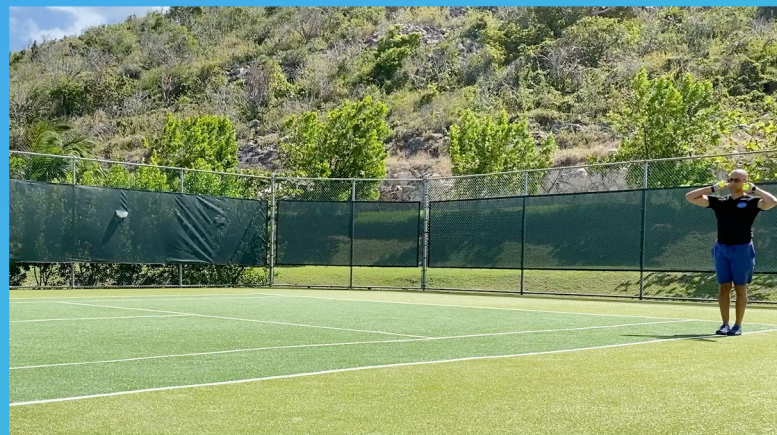
- VISUAL
- REACTION SPEED
- COGNITION



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17

PROGRESSIONS



CONCLUSION

✓ PROBLEM

✓ PROCESS

✓ PROGRESSIONS





THE ARTHRITIS TRAINING SOLUTION

- A Joint-by-Joint Approach