

Training for Independence

with Dr. Evan Osar & Robert Linkul

WHAT ARE ADLs?

The Activities of Daily Living

Bathing  Properly washing your face and body	Dental Hygiene  Keeping mouth, teeth, gums clean and healthy by regular brushing and flossing	Toileting  Using a toilet and cleaning oneself appropriately
Eating  The ability to feed oneself	Dressing  Choosing and putting on appropriate clothing	Transfer & Mobility  Safely moving from one location to another (bedroom to living room)

Bald Brothers Unite!

Movement is Life!
PROPER STRENGTH TRAINING FOR THE OLDER ADULT

Five Components
Hinge
Rows
Split Stance
Loaded Carries
Overhead Action

Two Modalities
Fall & Injury Prevention
Power Production

Note
Minimal Horizontal Pushing
Feature Pivot Point Training

IMS™
EST. 2010
INTEGRATIVE MOVEMENT SYSTEM™
PROCESS-PRINCIPLES-BEST PRACTICES

PROCESS, PRINCIPLES, BEST PRACTICES,

PROCESS
ASSESS - ADDRESS - PROGRESS

PRIORITIES
ENGAGE
EDUCATE
EMPOWER

PROGRESSIONS
ROTATE
BALANCE AND WALKING
EYE - HAND COORDINATION

Today's Agenda



- **Dr. Evan Osar** [60 Minutes]
 - Walking: Posture & Balance
 - Feeding: Hand-Eye Coordination & Dexterity
- **Robert Linkul** [60 Minutes]
 - Dressing & Grooming: Full Body Articulation & Coordination
 - Toileting: Hinges & Squats
 - Bathing: Full Body Articulation & Coordination
 - Transferring: Loaded Carries, Agility & Proper Lifting Mechanics



Dressing & Grooming: Full Body Articulation & Coordination

Reminder: We Are Not Occupational Therapist

- Pulley Anti-Arthritic Sit to Stand Rows with Rotation
 - Spud Inc. Strap
- Sandball Stagger Stance RDL Replacement
 - Take It, Leave It
- FB & Band Canister Presses Reverse Curls
 - Thank you Tony Gentilecore
- Band Vertical Bow & Arrow
 - High Anchor
 - Self Anchor (floor)

Toileting: Hinges & Squats

Reminder: We Are Not Occupational Therapist

- Mini-Band Hinge Hold & Row with Rotation
 - Self Anchor
- Band & PVC/Dowel Racked Skier Squat
 - Self Anchor
- Band Anti-Rotation Goblet Sit to Stand
 - Self Anchor
 - Single Arm Racked Position
- Loaded Goblet Sit to Stand Staggered Feet
 - Fatbells or Sandball

Bathing: Full Body Articulation & Coordination

Reminder: We Are Not Occupational Therapist

- Sandball Take It
Leave It Sit to Stand
 - With Rotation
 - Angles90
- Fatbell & Band Single
Arm Pivot Point Row
 - High Anchor & Low Anchor
 - Angles90
- Band Simulated Drag
& Mini-Band Shoulder
Raises
 - Shoulder Height Anchor
 - Two Bands & Angles90
- Fatbell & Band Single
Arm Pivot Point Press
 - High Anchor
 - Self Anchor (foot)



Transferring: Loaded Carries, Agility & Proper Lifting Mechanics

Reminder: We Are Not Occupational Therapist

- Kettlebell Proper Pick Up Progressive Replacement Squats
 - Angles90 Basket
- Kettlebell Proper Pick up & Transfer
 - Suitcase Carry
- Sandball Serpentine Goblet Carry
 - Cones & Hurdles
- NT Loop Kung-Fu Grip Progressive Squats
 - Band at Hip

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Thank You!!

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TOA OnLine Live
The Arthritis Training Solution
October 10th-11th



TOA LIVE

training the older adult

THE ARTHRITIS TRAINING SOLUTION

A JOINT BY JOINT APPROACH TO ADDRESSING AND PROGRESSING YOUR OLDER CLIENTS WITH OSTEOARTHRITIS AND JOINT REPLACEMENTS

OCTOBER 10TH & 11TH
WITH DR. EVAN OSAR AND ROBERT LINKUL

ALL ONLINE
1.2 NSCA CEU APPROVED

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