CORRECTIVE EXERCISE AND THE NEW NASM CES

Creating individualized corrective exercise programming and NASM CES.
AGENDA

Review Corrective Exercise and Movement Quality
Impact on Performance and Recovery
What’s New in NASM CES
Promotion Code & Giveaway

Q&A – use GoToWebinar questions feature, moderated questions answered at the end

INTRODUCTIONS

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NASM Master Instructor
20+ years in the fitness industry
Clinician – Trainer – Studio Owner – Product Manager

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NASM Program Advisor
8 years in the fitness industry
BS Exercise & Wellness – Performance – Studio Owner

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Poll #1

Where are you in your fitness journey?

A. Studying for my CPT exam
B. Already working as a personal trainer
C. Already a corrective exercise specialist working with specialty clients
D. Not a trainer, fitness is my passion
<table>
<thead>
<tr>
<th>WHAT IS IT?</th>
<th>WHAT DOES IT DO?</th>
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<tbody>
<tr>
<td>Started with professional athletes, but works for anyone</td>
<td>Optimize Movement Quality and Efficiency</td>
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<td>Simple-to-use system</td>
<td>Enhance Recovery</td>
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<tr>
<td>Put simply: targeted flexibility and strength exercises based on individual assessment</td>
<td>Improve Injury Resistance and Durability</td>
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</table>
The right process begins with assessment → reveals individual’s preferred movement strategies

View clients/athletes statically and in motion

Use varied levels of challenge

Assess mobility of specific regions

Results guide program design
Each phase addresses particular HMS components

Can be 10-15 min warm-up or full recovery workout

Individualized flexibility exercises improve mobility

Individualized strength exercises recreate the ideal force couple

Remember, effects are temporary! Lasting improvements require dedication and consistency over several months

## Corrective Exercise Continuum Objectives

### Address Overactive Tissues

<table>
<thead>
<tr>
<th>Inhibit</th>
<th>Lengthen</th>
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<tbody>
<tr>
<td>Myofascial Techniques</td>
<td>Static Stretching</td>
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<tr>
<td></td>
<td>Neuromuscular Stretching</td>
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<tr>
<td></td>
<td>Dynamic Stretching</td>
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</table>

### Address Underactive Tissues

<table>
<thead>
<tr>
<th>Activate</th>
<th>Promote Intermuscular Coordination</th>
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<tr>
<td>Isolated Strengthening</td>
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### Integrate

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<td>Integrated Dynamic Movement</td>
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Poll #2

Do you use a formalized movement preparation process for your clients/athletes?

A. Yes, I create individualized warm-ups
B. I let my clients choose what feels right to them
C. What’s a warm-up?
**Example of corrective exercise as part of a warm-up sequence**

<table>
<thead>
<tr>
<th>INHIBIT Myofascial Rolling</th>
<th>LENGTHEN Static Stretching</th>
<th>LENGTHEN Dynamic Stretching</th>
<th>ACTIVATE + INTEGRATE Task-Specific Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 to 15 minutes of myofascial rolling to increase muscle temperatures, decrease tissue viscoelasticity, increase inhibition, and other factors.</td>
<td>&lt; 60 seconds per muscle group</td>
<td>&gt; 90 seconds per muscle group</td>
<td>5 to 15 minutes</td>
</tr>
<tr>
<td>Stretch major muscle groups and specific muscle groups to the activity.</td>
<td>No need to go to the point of discomfort or pain.</td>
<td>Use full range of motion with a controlled movement at moderate speeds.</td>
<td>Practice movements that are associated with the sport or task at velocities close to the actual movement.</td>
</tr>
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RESTFUL SLEEP FOR THE WIN!

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What’s NEW?

Mobile-friendly interactive course
(more than an online text book)

Custom infographics and digital resources

Lecture and demo videos that highlight important concepts and outline the assessment process

All chapters updated with current science and technique

Completely new chapters on:
- Mobility Assessments
- Self-care and Recovery
- Real-World Application of Corrective Exercise

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