

Exercise: How long will it take to feel a difference?

Could I be feeling a difference from just two or three training sessions? Over the years I have gotten this question quite often from new clients. The differences they notice are usually little things like finding it easier to bend down to pick something up or to put on a seatbelt then turn around with ease and look behind them as they back up the car. My first reaction to this question was to consider what single aspect of the training process could be most responsible for the quick results. My conclusion was that there was no single aspect but many factors involved in this new found improvement in function. I believe those factors allowed those clients to break out of the daily movement rut that we often can fall into.

The daily movement rut? If you think about its easy to fall into a movement rut. We get out on the same side of the same bed, put shoes on in the same order, get into the same car and turn to attach the same seat belt before we back out of the same driveway. Once at work we continue with much of the same motions that we performed the day before and the day before that. Even our recreational pursuits will often take on a nature of routine that lacks in variety of movement. In starting a training program that includes foam rolling, active warm-up, muscle activation, and balance work leading into a multi-plane strength and conditioning workout followed by cool down period with stretching the daily movement the rut is broken and improved function begins.

Why does it work? One of the aspects that continually amazes me about the human body is its innate ability to mask or protect its weak points. It truly appears that with each movement we make our subconscious control systems are making continual assessments of the body's capacities and limitations. If even one joint, or muscle is weak, tired or producing pain the body makes adjustments in posture and movement characteristics to compensate for the problem often without the person even being aware that the adjustments are being made. It truly appears to be a fabulous self correcting process that our bodies are almost continuously capable of performing! There may be instances, however, when our body needs help and the help needs to come in the form of a system like the one described above that allows the body to adapt simultaneously to multiple challenges like strength and balance or stability and mobility.

When comprised of the required content and performed with proper technique the results never cease to amaze me.

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