



CORRECTIVE EXERCISE AND THE NEW NASM CES

Creating individualized corrective exercise programming and NASM CES.

Agenda & Introductions



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

Prentiss Rhodes | DC, NASM-CPT, CES, PES, CSCS

NASM Master Instructor

20+ years in the fitness industry

Clinician – Trainer – Studio Owner – Product Manager

Conner Hansen | NASM-CPT, CES, PES, AFAA-CICI

NASM Program Advisor

8 years in the fitness industry

BS Exercise & Wellness – Performance – Studio Owner

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



NASM Corrective Exercise Continuum



WHAT IS IT?

Started with professional athletes,
but works for anyone

Simple-to-use system

Put simply: targeted flexibility and
strength exercises based on
individual assessment

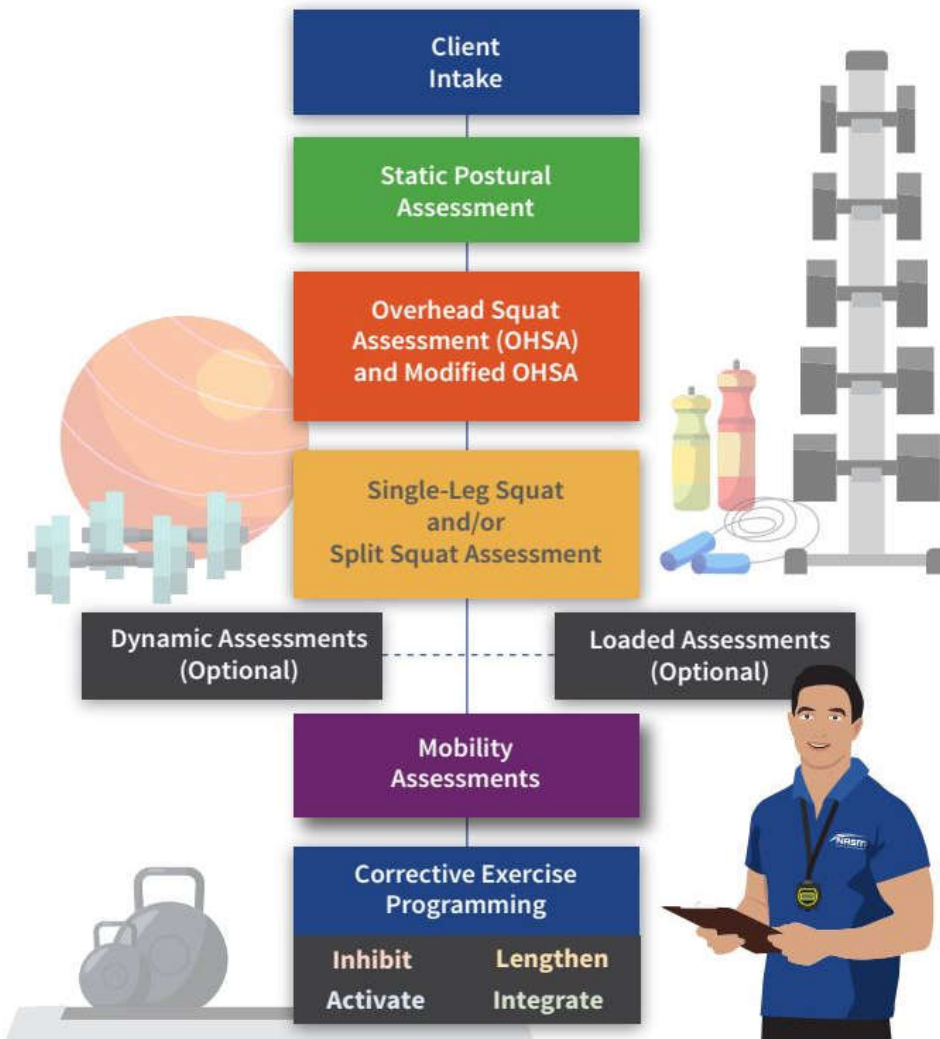
WHAT DOES IT DO?

Optimize Movement Quality
and Efficiency

Enhance Recovery

Improve Injury Resistance
and Durability

CES Assessment Flow



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

Corrective Exercise Continuum Objectives



Address Overactive Tissues

Inhibit

- Myofascial Techniques



Lengthen

- Static Stretching
- Neuromuscular Stretching
- Dynamic Stretching



Address Underactive Tissues

Activate

- Isolated Strengthening



Promote Intermuscular Coordination

Integrate

- Integrated Dynamic Movement



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

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?



Corrective Exercise as an Individualized Warm-up



Example of corrective exercise as part of a warm-up sequence

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

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