

SYSTEMATIC INTEGRATION FOR OPTIMIZATION

BY: EVERETT AABERG

The last several articles have all dealt with methods of testing, treating and training in order to improve movement abilities and enhance our bodies' physical performance. Once considered, it is easy to see the need and value to engage in all three activities on a regular and systematic basis within an overall fitness and performance program. When this is realized it also becomes more apparent why there is such a plethora of assessment methods, soft tissue and structural treatment techniques, and exercise training programs available to choose from. However, what is not so obvious is the equal need to have all three of these specialized systems purposefully integrated in order to be fully effective.

Over the years I have seen numerous interesting stand alone systems of assessment that have showed value for identifying all types of limitations that may impede performance. I also have personally known, lectured with, worked together, and learned from some of the best Kinesiologists, Therapists, Chiropractors, and other practitioners that all offered various effective treatment methods to deal with structural deviations, joint dysfunctions, and muscle imbalances. There are also some great trainers and strength coaches out there that are highly experienced and skilled with designing and implementing exercise training programs that also show great promise for improving bio-motor abilities such as strength, endurance, flexibility, speed or power. The challenge comes when attempting to effectively combine any three of these distinctly different services if the providers of each themselves are not working closely in an integrated matter.

Most everyone who has worked to improve their fitness level, rehabilitate injuries, eliminate pain, improve movement and enhance performance has experienced the frustration of attempting to combine the services and advice provided by their Doctor, their therapists, and their trainer. This often segregated approach always leaves the client / patient personally in charge of managing their own overall program and ultimately results in a decreased level of effectiveness and loss of potential benefits as compared to a more integrated approach. For example, it does little good for making progress with injury rehabilitation and offers little chance of improving performance when great treatment is combined with poor training or visa-versa. Neither will treatment or training be successful other than perhaps decreasing symptoms if the underlying cause of repetitive injury or movement compensation is not clearly identified with proper assessment methods.

The TELOS Fitness Center's system of Ortho-Kinetics is the product of numerous years spent in research and trial of combining assessment, treatment and training into a synergistic and integrated system. Our Ortho-Kinetics system includes the contributions of several Doctors, Therapists and top experts in several fields of science associated with human movement and performance. TELOS, (meaning "completed") and Ortho-Kinetics (meaning "Correct Movement") provides a complete system of testing-treating and training that is truly an integrated system from the very beginning and is an ongoing

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process throughout one's life as long as they continue to place their fitness, performance and overall health as a priority.

Attached is the personal Testimony of Preston Trail's Head Golf Professional Cameron Doan. Cameron has sought and experimented with numerous fitness and Golf performance programs over the years and has also personally experienced the Ortho-Kinetic System at the TELOS Fitness Center. Please read his thoughts on this unique system and why he has chosen to continue to utilize it in order to improve his own level of performance and health as well as that of many of his colleagues and clients. We welcome you to also experience this same system that begins with our proprietary A.I.M. (Advance Integrated Movement) Assessment by simply calling our member experience director at 972-386-2554.

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