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so the fitness

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**Solutions to Common
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From the Introduction,
pages 7-16, edited for
space. In his book *How
the Mighty Fall*, author
Jim Collins discusses
cancer and how it is
harder to detect in the
early stages but easier to
treat, and how it
reverses in the advanced
stages where it is easier

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to detect but much
harder to treat.

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who works with the
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Breathing and trunk
stabilization was

previously addressed in
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ticles/corrective-exercis
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training-injuries-3611,
so the remainder of this
article will focus on
restoring the stability
function of the hips and
the shoulders. The
corrective exercise
patterns demonstrated
here were chosen
because they effectively
target the primary
stabilizers that are
needed to address the
most common hip ...

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Thus, when it comes to
corrective exercises,
foam rolling is the most
common for the
Corrective Exercise
Specialist. The foam
roller is thought to
work via two primary
mechanisms: 1) it

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affects local tissue dysfunction, and 2) it influences the autonomic nervous system (Clark et al., 2014).

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Well-illustrated, he then
describes how
professionals can help

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Exercise solutions to
their clients and
patients, either with
quality referrals or
common exercise techniques to
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better and free of pain.
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and shoulder.

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professionals can
effectively assess their
clients and develop
personalized solutions
to improve the way their
clients move, feel, and

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recovery from a workout.

Studies show proper
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intervention can

improve neuromuscular
control, which can
reduce risk of future
injuries.

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integration - to improve
common movement

dysfunctions of the hip
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Dysfunctions of the
movement system are at
the core of most cases of
musculoskeletal injury,
including but not limited
t...

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Dysfunctions of the movement system are at the core of most cases of musculoskeletal injury, including (but not limited to) degenerative joint conditions, impingement syndromes, and chronic myofascial and joint pain.

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professional or clinician
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Dysfunction is a well-
received resource for
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including (but not
limited to) degenerative

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principles for exercise
programs, as well as a
common approach to
program management,
design and
development, conduct,
evaluation, and
improvement planning.
Exercises are an
important ... and
corrective actions in an
After -Action Report
(AAR)/Improvement

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