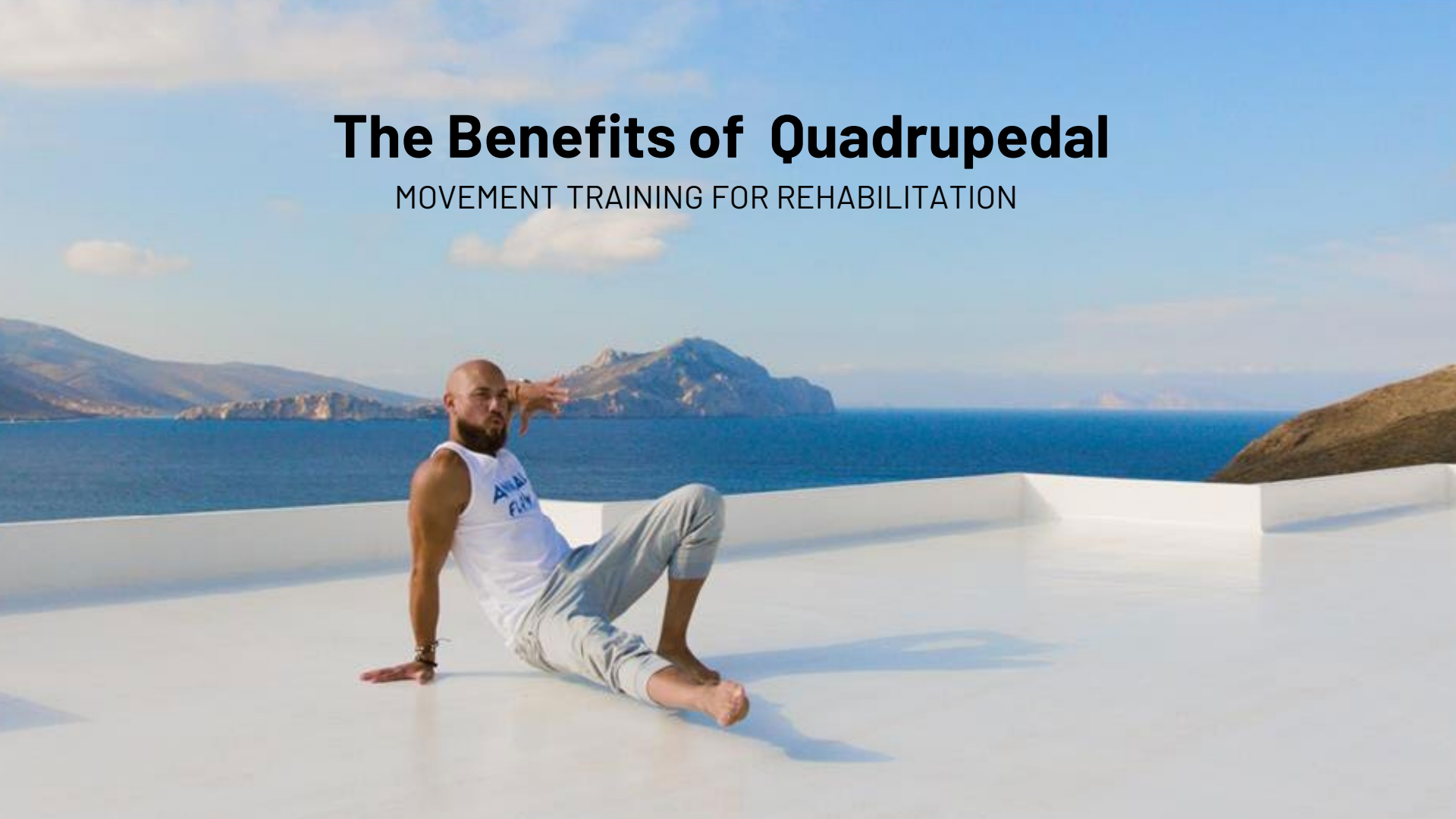


The Benefits of Quadrupedal

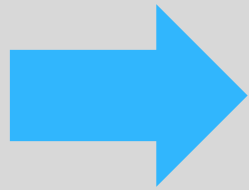
MOVEMENT TRAINING FOR REHABILITATION



Disclosures

- I work for the Animal Flow Company
- Owner of Flo Fitness LLC.

Does anyone have this
in their athletic training
rooms?



How about this?





Stick Mobility is a training system that improves your:

Mobility

Stability

Strength

It combines joint mobilization, strength training, and deep fascial stretching to increase athletic performance.

Workouts improve range of motion, muscle activation, coordination, and body awareness





WHY US?

- **WHAT'S NEXT??**



What is QMT?

- Incorporates postures and movements mimicking the neurodevelopmental sequences and animal movements.
- Hands and feet in contact with the ground (closed kinetic chain) Examples (crawling, rolling, postural transitions).
- Using the animal movement to improve the communication, coordination and function of the human.

Quadrupedal Movement

Quadrupedal means using all four limbs for walking or running.

One of the first actions of locomotion that we'll ever undertake as humans is a "*crawling motion*"

moving on all four limbs across an even or uneven surface, usually around six months to 1 year old

Benefits of QMT

Increase in active range of motion
(mobility) (Buxton, et al.)

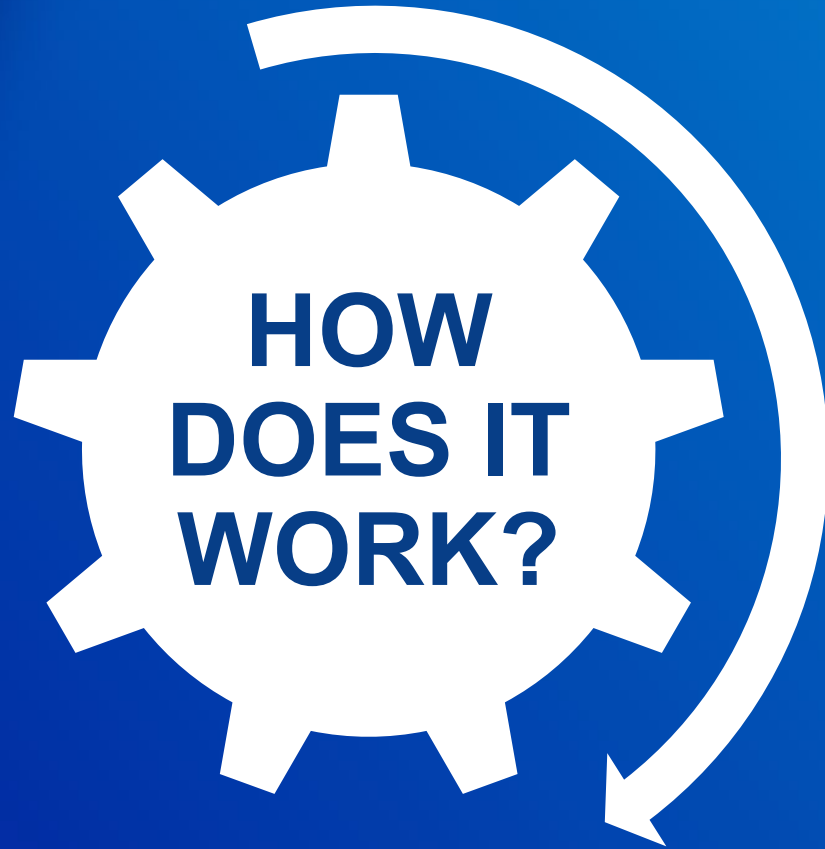
Improve trunk stability and muscle activation
(stability) (Pyka, et al.)

Improve joint repositioning sense
(proprioception) (Yusuf, et al.)

Improve cognition (Yusuf, et al.)

Increase protraction strength (Kabanova)





Fascia and its Functions

Stress reduction

“Fascia helps reduce stress in a particular muscle, joint or bone, by spreading forces across the body”

Energy conservation

“Fascia also helps to conserve energy. By stretching and loading (like an elastic band) it helps harness momentum created from movement, so rather than using energy wastefully, energy can in effect be recycled thanks to the elastic properties of fascia”

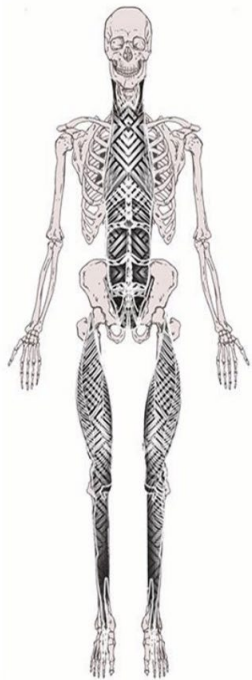
Fascia and its Functions

Communication and reaction time

Research suggests that connective tissue like fascia has a large proprioceptive input to the nervous system, i.e. it is sensitive and communicates! Indeed there may be up to 10 times more proprioceptors in fascia than in muscle (Stecco et al 2010). Proprioceptors effectively provide input to the CNS, which in turn provides information about what positions the joints are in, how fast the joints are moving, and how much stress or tension the joints are experiencing.

Front Lines

Superficial Front Line



Flexion Chain



AF Examples

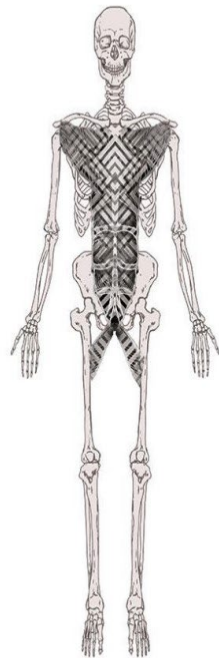
STATIC BEAST



FRONT KICKTHROUGH



Front Functional Line



Anterior Oblique Sling

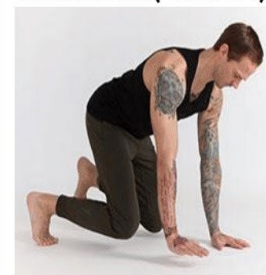


AF Examples

SIDE KICKTHROUGH



CONTRALATERAL BEAST
ACTIVATION (LIMB LIFT)



Back Lines

Superficial Back Line



Extension Chain



AF Examples

WAVE UNLOAD



STATIC CRAB



Back Functional Line



Posterior Oblique Sling



AF Examples

FRONT STEP



CONTRALATERAL CRAB
ACTIVATION (LIMB LIFT)



Bio-Motor Abilities



Examples of QMT

Exercises we use at The Wat



- Crab w/ Contralateral Limb Lifts
- Beast w/ Contralateral Limb Lifts
- Underswitch
- Lateral Ape V3

Crab

w/contralateral limb lifts

Posterior oblique sling
activation

Shoulder retraction and
Depression

Hamstring and Glute
stability

Thoracolumbar Fascia
Engagement



Beast

w/ limb lifts

Shoulder External
Rotation & Protraction



Rotary Stability



Transverse Abdominis
Engagement



Anterior Oblique Sling
Activation



Underswitch

Shoulder Internal/External
Rotation



Transverse Plane Motion



Closed Kinetic Chain



Heel Lift for Hip Rotation



Lateral Traveling Ape

version 3

Hip Mobility



Heel Lift for Hip Rotation





Adductor Flexibility



Shoulder Stability



How we program QMT into our rehab

		WESTFIELD ATHLETIC TRAINING																					
Name:	Injury:	Date of Injury:	Sport:																				
Dates:		Dates:		Dates:																			
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Soft Tissue		Soft Tissue		Soft Tissue																			
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Activation/Core		Activation/Core		Activation/Core																			
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Mobility/Flexibility		Mobility/Flexibility		Mobility/Flexibility																			
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Modalities:		Modalities:		Modalities:																			



“Make time for prevention or lose time with injuries”

Chris Flores, ATC

THANKS YOU

DO YOU HAVE ANY QUESTIONS?

Contact:

cflores@westfieldnj12.org

[@flo_fitness](#)

