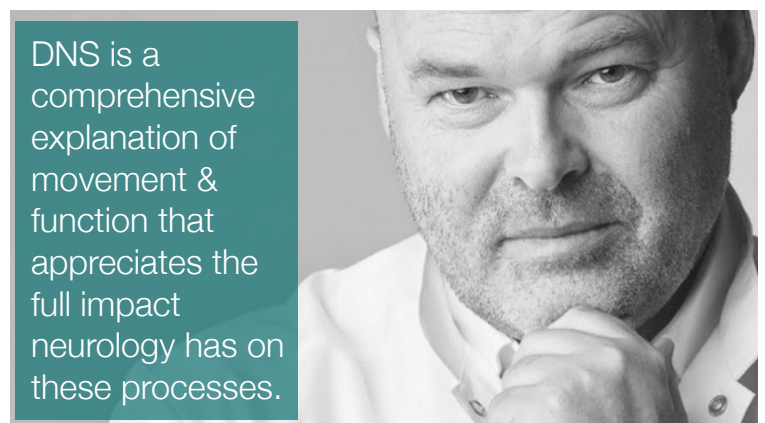




Application of DNS to Strength Training

The ultimate goal of DNS is to improve the patient's ability to move properly (with FJC) in whatever environment their "sport" demands.



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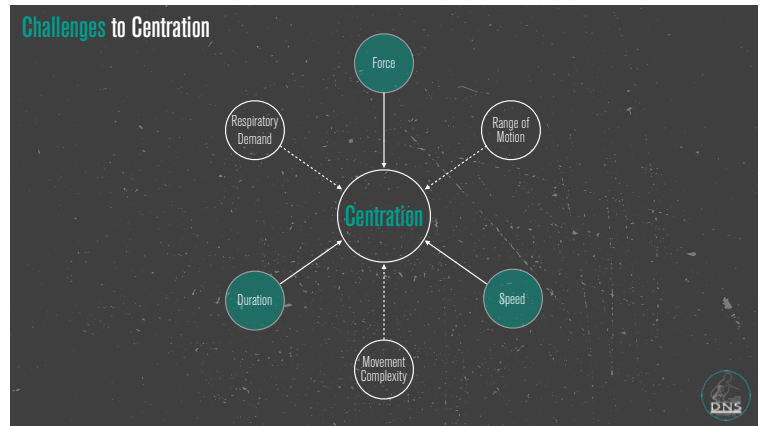
Following completion of a treatment plan, there are three main reasons why someone does not execute properly.

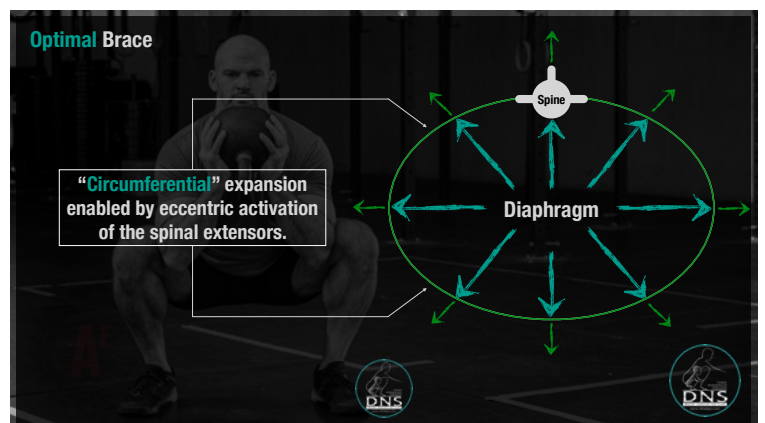
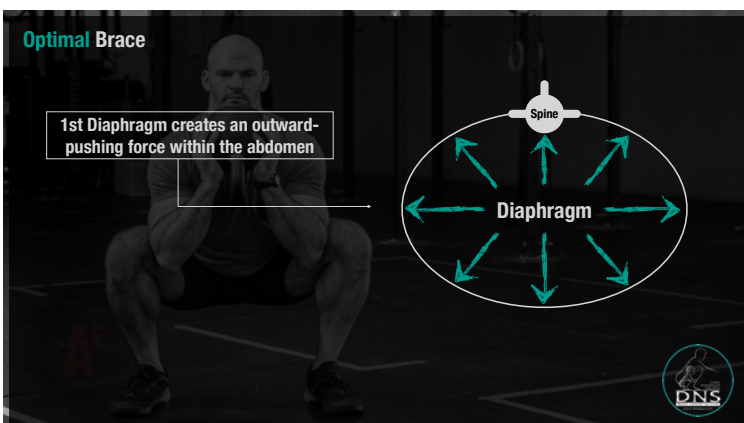
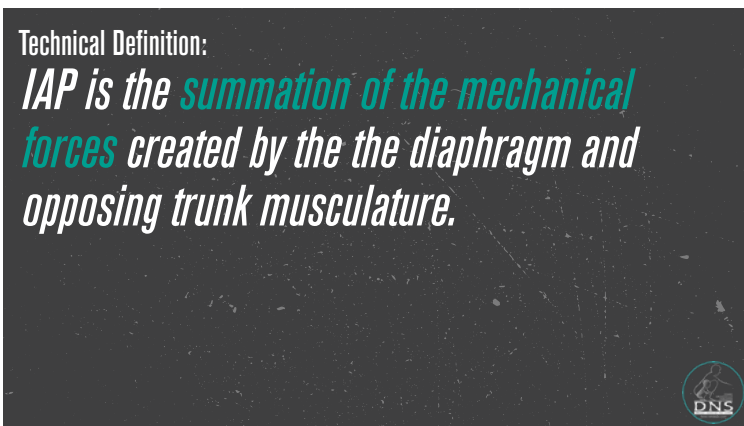
Functional Incompetence

Poor Skill Application

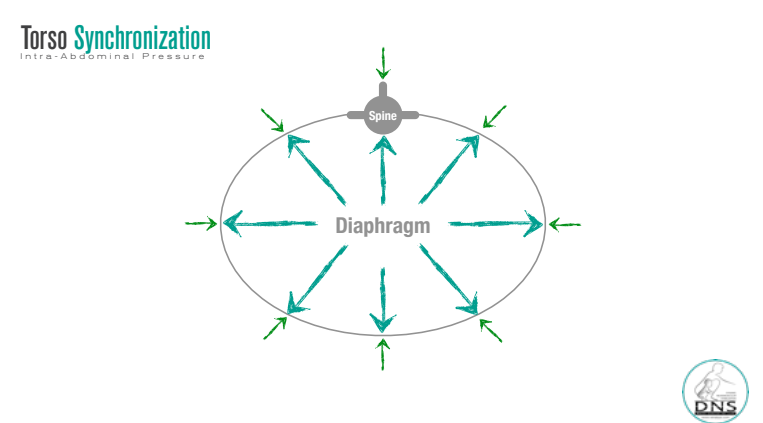
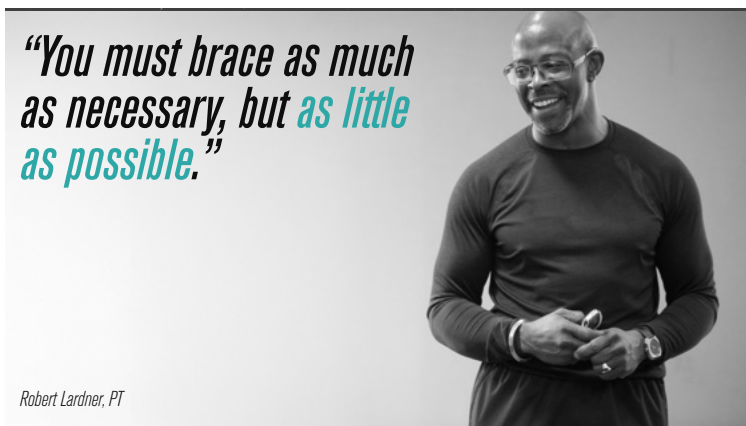
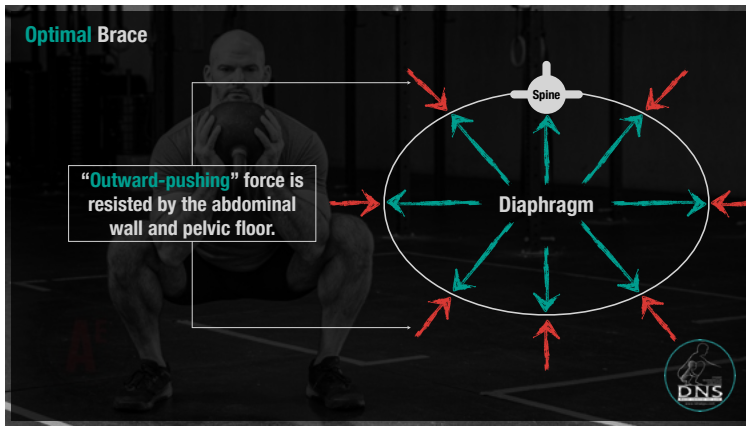
Limited Functional Capacity







Application of DNS to Strength Training



Why is **IAP** so important?

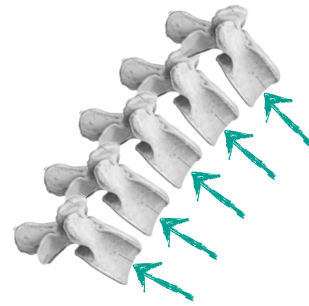
Synchronization

Stabilization

Decompression



Anterior **Stabilization**
Intra-Abdominal Pressure



Why is **IAP** so important?

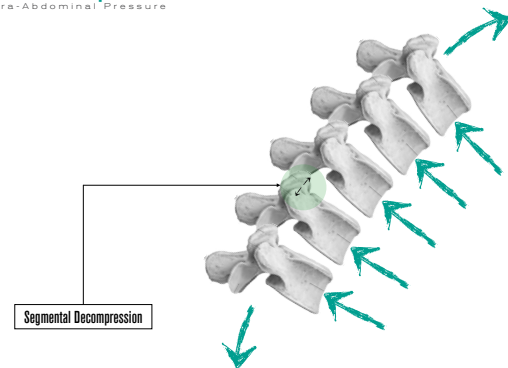
Synchronization

Stabilization

Decompression



Spinal **Decompression**
Intra-Abdominal Pressure

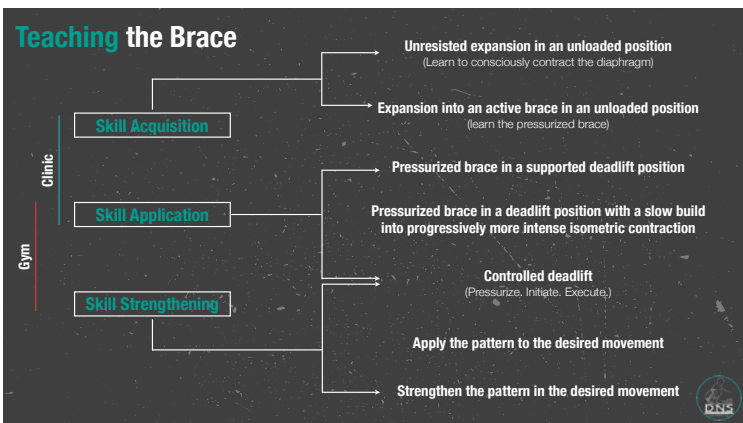
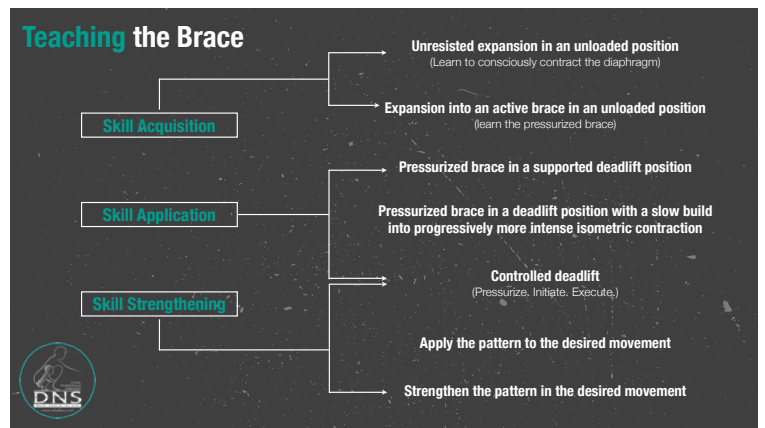
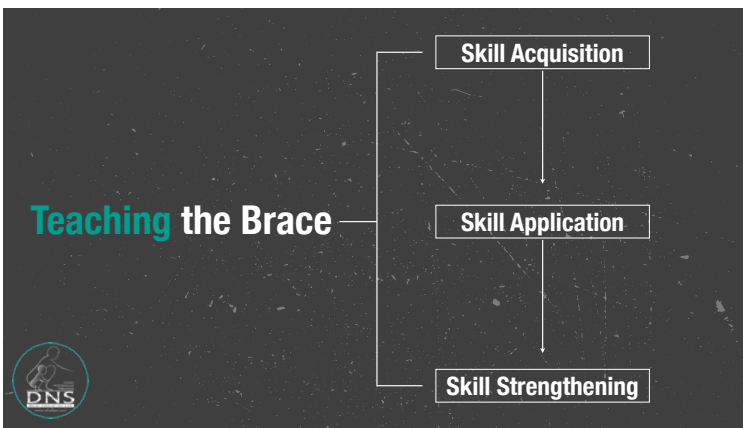
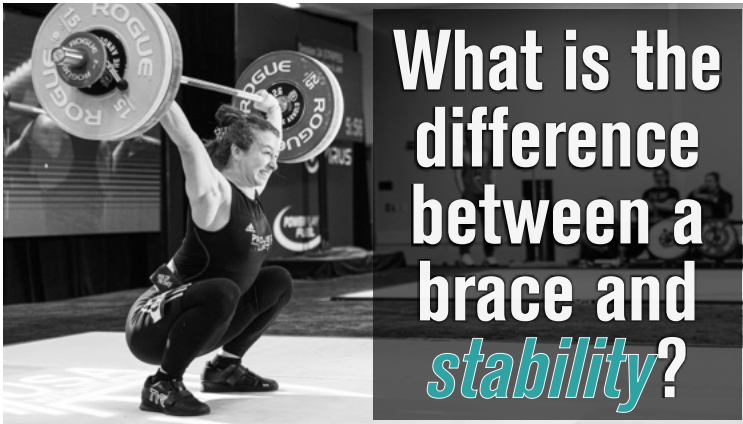


Teaching the **Brace**

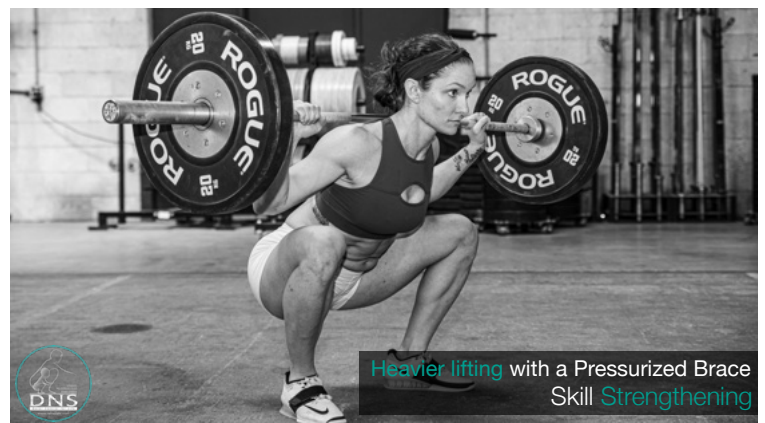
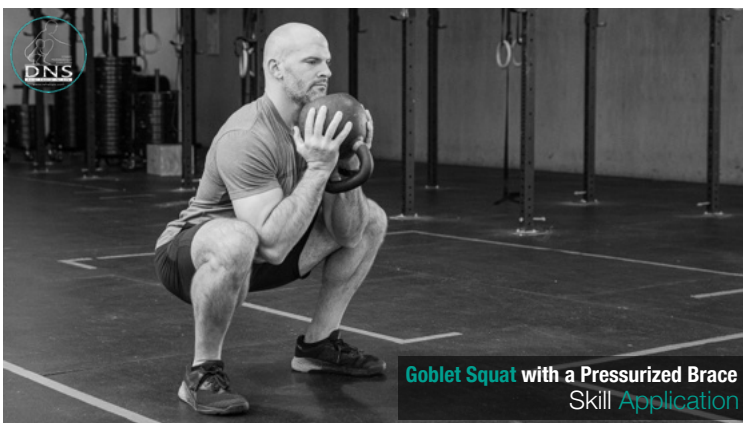
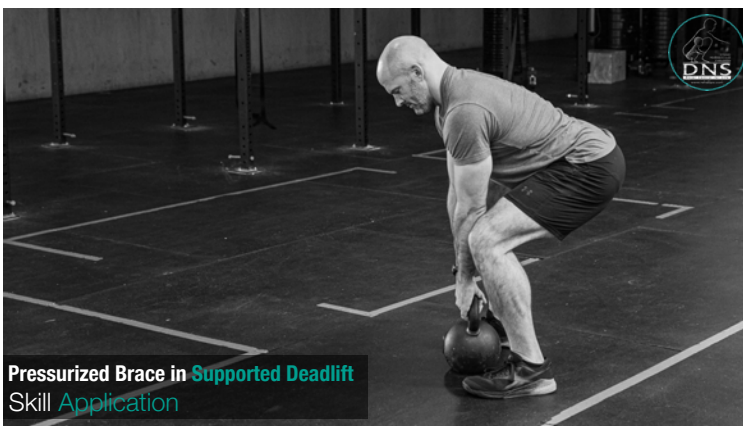


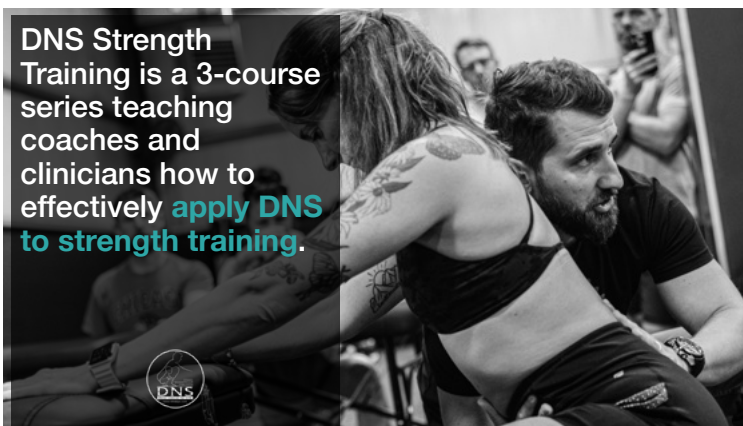
What is a **Brace**?



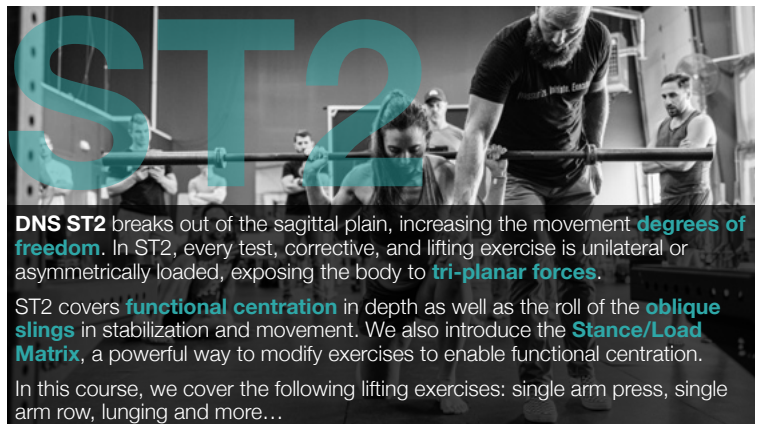
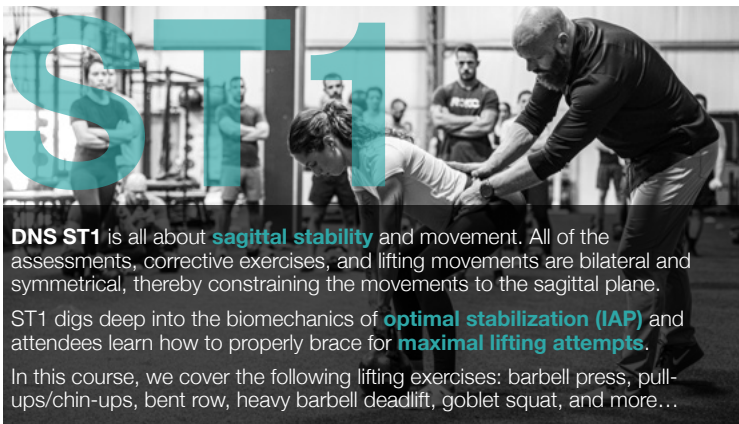


Application of DNS to Strength Training





Application of DNS to Strength Training



Testimonial



*Chelsea Dillon, **DNS-SC***

Find a DNS ST course near you!

