

PHYSIO THERAPIST TIMES

EVERY 2 MONTHS

India's first Magazine for Physiotherapists, by Physiotherapists

TRAIN, TRACK AND TRANSFORM

T3 Workout for Enhanced Health & Fitness

MASALA BHANGRA

The high energy Indian dance workout

SLOW Vs FAST RUNNING

Impact on the knee joint

Small Nerve Stimulation

The Future of Proprioceptive Training

GROUP EXERCISES

Creating the ultimate experience

ATP IFC 2015

5 EXERCISES TRAINERS SHOULD NEVER DO

An expert's opinion

PILOXING

The art of fitness

LEGENDS LENDERS LIKERS & LOSERS

Which one are you?

The game ain't over

ZAHEER KHAN

An interview with the legendary cricketer on his passion for fitness

WORLD PHYSIO THERAPY DAY



GROUP EXERCISES

CREATING THE ULTIMATE EXPERIENCE



STACEY LEI KRAUSS, USA

Creator - The willPower Method®, Lead Fitness Advisor - Vibram FiveFingers®, Recipient of the 2014 ECA Best Female Presenter Award, Mindful Music Advisor for Power Music®, Master Trainer for BOSU®, Schwinn® Cycling & Reiki Practitioner. Stacey Lei is a Master Trainer of Peak Pilates®. She is also on the Advisory Board for NAFC and a proud member of the Gatorade Fit Trainer Team. Meet her at the ATP IFC Dec'2015 @ A'bod and learn importance of training from head to toe. To know more about Stacey and her work visit www.willpowermethod.com

Most fitness professionals will admit that group exercise is the heartbeat of a facility. It's the space in the club where a unique environment is created, and our clients stay committed to each other for an entire hour. Once a student falls in love with a particular format or instructor, she may be committed to that class for years.

So then, what's the TRUE responsibility of a Group Exercise (GX) instructor?

From the student's perspective, the GX instructor is charged with the task of wearing nearly a half-dozen hats: an entertainer, a coach,

a role model, physical therapist, a DJ. You're expected to recognize your students by name and remember their personal history. You're responsible for entertaining while educating, adjusting without being too physical, describing movements in a way that speaks to auditory learners, appealing to the visual, and reaching the sensory seekers without over-stimulating the sensory avoiders.

The most successful GX programs in the world have managed client expectations by limiting the responsibility of the instructor with criteria

such as remaining in the front of the room, speaking through a strict script, or in some cases, using body language as the only teaching tool. But, doesn't this limit your coaching capacity? Shouldn't the GX experience be more... human?

So then, to keep our students committed, on a human level, **What is the ultimate GX experience?** Teaching the smartest, safest and functional exercises? Providing a "party" for housewives to escape to? For The willPower Method®, my instructors learn to provide a smart and effective exercise

experience that touches our students on a deeply emotional level.

THE ROLE OF GROUP EXERCISE (GX)

According to biologist E.O. Wilson, "Modern groups are psychologically equivalent to the tribes of ancient history. Being part of a group makes an environment less disorienting and dangerous. It gives people a name in addition to their own and social meaning in a chaotic world." Having a common sense of identity which bonds the individuals is critically important.

Connecting at an emotional and psychological level is powerful motivation.

Support and inspiration guide GX success in any facility. Since a class has a specific meeting time and a respected leader, the session becomes a trusted tool in reaching physical goals, a necessary escape from an otherwise hectic world, and an experience that offers a sense of belonging.

GX has become a pop-culture pathway for people-meeting-people; socialization and connection. Therefore, you must consider the many implications (and opportunities) that you have as an instructor to color and shape the lives of your students. Although you're "only" paid for teaching safe and effective exercise, your responsibility can extend out much further, since you may very well be the best part of your students' day.

From a foundational level, your students come to you to guide them to the "best exercises" and the most popular and efficient trends. So, you need to begin your process by choosing the content and your method deliver.

HOW MUCH CONFUSION IS ENOUGH?

Trends in exercise certainly wax and wane, but here's one that continues to evolve. **The Muscle Confusion theory** states that by changing your workouts constantly, your body won't plateau, and therefore new movement patterns will continually shock your system into new growth. This training principle gained mainstream popularity through the P90X workout.

The Confusion Technique (which is not scientifically founded) has found a home in GX formats in the form of boot camps, circuit training and equipment-free movement workouts with a continual variation or evolution of choreography. Through variation, there's not only muscular challenge - but also mental challenge by way of constantly learning new movement patterns.

Typically, constant variation from workout to workout keeps the instructor "on her toes" so that she doesn't become bored or complacent. Unfortunately, the current GX trend is showing that instructors have become reliant upon new choreography as a form of self-motivation, and as a crutch to revitalize and inspire their students. It seems, when there's no new choreography provided, the instructor is at risk of becoming "flat".

The drawback to a constant variation exercises: the instructor rarely masters the movement enough to teach it with absolute proficiency. In many cases, the instructor will watch herself in the mirror (rather than her students) in an effort to demonstrate it correctly. In the absence of repetitive sequencing, the instructor may not have the opportunity to observe her clients' movement patterns. Instructors becomes enslaved in memorization

rather than focused on personal interaction. Instead of moving around the room to make eye contact or correct faulty movement patterns, coaches are distracted with sequencing and counting. This recipe leads GX instructors to a destined demise; replaced by video, Wii or a (eek!) hologram.

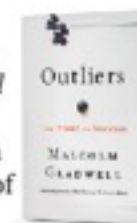
THE POWER OF REPETITION

The ancient Romans said, "Repetitio mater studiorum est", or "**Repetition is the mother of all learning.**" Joseph Pilates, a brilliant innovator and developer of Contrology® (known to us as The Pilates® Method) was quoted as saying "**Repetition produces results.**"



Both your mom and my mom, taught us: "**Practice makes perfect.**"

In the book **Outliers**, author Malcolm Gladwell explains that it takes roughly ten thousand hours of practice to achieve mastery in a field. If his conclusion is true, why not leverage this concept to develop superior movement quality from our GX students?



When a skill is practiced or rehearsed over days, weeks and months, the brain perceives that activity as becoming easier. Practice naturally forces the skill to a subconscious level where it becomes permanently stored for recall and habitual use at any time. It may even become reflexive in nature.

For example, when learning how to ride a bike, the more attempts a child makes, the more the brain reinforces the particular skills necessary to manage the bicycle, stay balanced, in motion, or how to stop without falling.

After enough practice, the child doesn't need to stop and contemplate each part of the process. Every time the child rides, the skill is reinforced, enhancing the child's confidence. Even years later, with no additional riding practice, it's possible for this person, now an adult, to get on a bike and ride because it was so firmly encoded in the brain. **This is the power of learning by repetition.**

The same can be said with core engagement and other functional movement patterns. The beauty of repetitive exercise patterns: once the skill is learned, it can be mastered, and stored for future use.

Providing a class based on repetition gives students a safe zone for learning. But, teaching repetition requires critical thinking skills to deliver content inspired with fresh, motivational cues and variations. With a foundation of smart, safe and efficient exercises willPower instructors provide meaningful, refreshed, and powerful learning opportunities for both themselves and their students by avoiding boredom and mindless repetition. We do this by shifting teaching strategies and incorporating framing techniques.

CARRY MEANING WITH METAPHOR

A metaphor is a figure of speech in which a comparison is made between two different things that actually have something important in common. The word metaphor derives from a Greek word meaning to "transfer" or "carry across." Metaphors used in the exercise setting provide instructors with a unique way to "carry across" the desired movement, or the quality of a movement.

Metaphors can help you describe and students visualize situations in their world. Metaphors are tools that allow you to create images of action; enabling you to colorfully describe concepts such force production, grace, flow, and alignment.



Repetition is the mother of all learning.

For example, a possible metaphor for reaching the arms up overhead with applied force might be "pushing the weight of the world off your shoulders".

A useful metaphor for "pushing the ground away" (with your hands) during plank might be "pushing away a bad habit". The intrinsic force that your client may be provoked to has the potential to make the workout more intense and more efficient, as well as mentally gratifying.

A metaphor for one legged balanced might suggest "Even if you don't feel supported in your life, you remain connected, grounded and stable like a tree that stands alone." Not only are metaphors a powerful way to portray

your understanding of a movement to others, they're also a helpful way to develop your own teaching style. You will develop a platform to bring your coaching personality to life with authenticity and passion. The connection you will make is much deeper and personal than "no pain no gain" or singing together to a fun pop song.

When using metaphor to communicate movement quality, you'll connect with your student's intellect and emotion in a unique and intimate way. You'll tap into your students' innermost fears and desires - without actual discussion. Making eye contact and (in some cases) applying hands-on adjustment will gradually increase your intimate connection, and create a deep emotional exercise experience.

your understanding of a movement to others, they're also a helpful way to develop your own teaching style. You will develop a platform to bring your coaching personality to life with authenticity and passion. The connection you will make is much deeper and personal than "no pain no gain" or singing together to a fun pop song.

GX AS A COMPLETE EXPERIENCE

For a generation of stressed-out working adults, exercise is as much about emotional release as it is physical training.

"My weekly willPower session is more effective, and less expensive than a therapy session," says Erika, a pharmaceutical sales rep and married mom of two. "There's something about these classes that feel safe," says the 37-year-old. "The workout is strong, but I know exactly what to expect. I know where I excel and what I need to practice." Erika has been taking the same willPower workout with the same instructor for nearly 5 years. Erika, who is a self-proclaimed Type-A personality thrives in the space of repetition, where she's motivated by monitoring her progression. ("I did 47 pushups today! I'm almost at 50!") She adds: "And there's the emotional component. I can't cry at work. I'm not distraught enough to cry in the shower.

I won't just burst into tears in front of my husband or daughter. So, this is my place to get it all out." Shedding emotional tears offers physical advantage: they contain manganese, potassium, and prolactin: a hormone which helps lower cholesterol, control high blood and boost the immune system.

Was The willPower Method® developed so that clients would have a safe haven for emotional release? Not necessarily - but experiencing deep emotion during exercise may be a healthier environment than crying while sitting at your kid's soccer game.

From a physiological standpoint, experiencing emotion while exercising is naturally productive: Exercise releases endorphins which interact with serotonin and dopamine, the chemicals that impact mood.

Endorphins act as analgesics; they reduce the perception of pain, and also act as sedatives. They're naturally released in response brain chemicals called neurotransmitters. The neuro-receptors that endorphins bind to are the same receptors that bind narcotics.

As an example, for a fit person, the feeling after a run, called a "runners' high" is often described as "euphoric." Although there is no absolute scientific definition of this feeling, it most likely results from the pain-relieving endorphins. The word "endorphin" is derived from "endogenous", meaning "from within" and "morphine", a chemical substance that elevates mood and it reduces pain.

Combining emotion with strong cardio-conditioning work differs from experiencing

emotions in a yoga studio. Rather than creating an idealized or meditative state of mind, willPower instructors start with what they actually have: working intensely with thoughts and emotions as they arise and managing the situation. Instructors remind their students "The workout begins the minute you want to quit... just like in life - when things get out of control - this is when you need to dig in and commit to becoming a stronger you. This is self control. This is willPower."

Combined with healthy and natural chemical release process, students experience calming, inspired and productive thought processes. A combination of repetitive, endorphin releasing exercise layered with guiding metaphors keep both the instructor

and the student physically, mentally and deeply emotionally committed to the workout experience.

The body, thinking mind and honest emotions must to work in concert to fully experience optimal health. This is recipe for cultivating self-control, confidence, vigorous interest, and self-esteem. A regular practice naturally creates more focus, clarity, and stability in our state of mind. The goal of willPower Method®, workouts is to provide a smart exercise experience that touches our students on a deeply emotional level, and encourages them to grow smarter and stronger, from the inside out.

PAIN MANAGED!

Without any surgery

CONDITIONS WE TREAT

- Back pain
- Neck pain
- Sciatica
- Cancer pain
- Frozen shoulder
- Trigeminal neuralgia
- Postherpatic neuralgia
- Ischemic limb pain

KNOWLEDGE. EXPERIENCE. RESULTS!

Expertise in all latest interventional pain Management procedures done in ultramodern Laminar airflow operation Theatre, IITV, Nerve locator, RF Machine, Inhouse Pharmacy, Inhouse Physiotherapy Center.

Address: 2, Chaitanya Society, Opp. IIM New gate, Nr. ISRO Colony, Vastrapur, Ahmedabad-15.

Dr. Hemaxi H Ambani, M.B.M.D

Interventional Pain Physician

M: +91 94285 95301

Ex. Asst. Professor: Civil Hospital & B.J. Medical college, Ahmedabad

Fellow: Comprehensive Pain Management centre, Atlanta, USA

Physiotherapists are welcome to discuss difficult to treat cases or any other pain management related guidance or discussions.

FOR APPOINTMENT:
 Ph: 079-26301986/26308976 M: +91 94285 95302
 Email: hemaxiambani@hotmail.com
 Web: www.shivampainmanagement.com