

# Functional Physio

Functional training or treatment is a word that gets thrown around in plentiful supply, but what does it mean?

Having completed the year long GIFT program (Gray Institute for functional transformation) under the tutelage of world renowned Physical Therapists Gary Gray and Dr David Tiberio, I now have a fair idea. Functional training be it preventative, rehabilitation or for enhancement of performance involves looking at each individual athlete and working on specific issues to them and their activity.

Too often clients with musculoskeletal injuries are routinely given the same treatment and exercise programs. Would a 50 year old sedentary office worker require the same treatment as a 20 year old professional tennis player for low back pain? The answer is that they may require the same treatment initially, however the progression of rehabilitation needs to be specific to their activity.

The functional approach to treatment/training is based on the laws of gravity, ground reaction force, mass and momentum and applied in all planes of human movement. These are physical scientific laws that are constant and need to be incorporated into any functional program. To functionally train your core for golf you need to be in an upright position at some point. Very rarely do players hit golf shots on their backs with legs in the air!

Depending on your activity or injury, a rehabilitation program is designed upon the transformational zones of your sport to affectively treat injuries and improve performance. The body needs to be looked at as a 'whole' in all 3 planes of movement (sagittal, frontal and transverse), focusing on one area does not give you all the answers.

#### References:

- [www.grayinstitute.com](http://www.grayinstitute.com)