

# Vanderbilt Orthopaedic Institute Presents the Injury Prevention & Human Performance Program (IPHP)



## IPHP is designed to

1. Breakdown your body's most primitive movement patterns
2. Determine if any movement imbalances or irregularities are present within your body (we find your weakest link)
3. Develop an individualized program to help improve on your weakest link
4. Get you doing the activities you want to do with improved performance and a decreased chance of injury

## Why should I be concerned with movement patterns & muscle imbalances?

- Over time, due to our particular lifestyles our bodies tend to become less efficient by making up compensatory patterns of movement. (This means that our body will find a way to perform a movement even if it is not the optimal way of moving)
- If our movement patterns are irregular then this can lead to decreased performance within our lifestyles or even worse, lead to injury.
- You need to have proper movement (mobility & stability) before you can perform any type of strenuous activity. If you continue to perform (exercise, work, play) with those improper movements then you are only increasing your chance of further issues down the road (including injury).



## Benefits of the IPHP Program

- Improves Human Performance
- Reduces the potential for future injuries
- Provides a scoring system to help assess the individuals movement patterns
- Identifies physical imbalances or "weak links"
- Provides a plan of corrective exercises to improve on mobility, stability and strength

## What does the IPHP Program Entail?

- Screening process using the Functional Movement Screen (FMS)<sup>TM</sup>
- Review of your movement screen and recommendations for training
- Develops a plan consisting of corrective exercises that allows you to improve on your weakest link.
- Option of having one on one sessions to work on your corrective exercises (additional cost)

## An examples of how the screen can be used:

- An individual comes in to begin the IPHP program. She wants to train for an upcoming half marathon. She has had knee problems in the past and wants to make sure that her body can withstand the training she will be doing. The screening process showed that she has an imbalance present on one side of her body. She meets with a member of the IPHP and goes over her corrective exercises and is consulted not to begin training until the imbalances is gone. She signs up for 1 session a week for 4 weeks and plans on performing the corrective exercises along with her workout routine that was allowed by her specialist 3 other days during the week. She plans on retesting in at week 5.
- If our individual would have began training for her 1/2 marathon before getting into the IPHP program she would have been training on top of the imbalance that was currently present. This would have led to decreased performance and more than likely an overuse injury.