



CORE CONVERSION

Lenny Parracino, CMT, FAFS
Fellow of Applied Functional Science

Welcome

- Objectives
 - Discuss the **Unifying Principles** that govern human function with an emphasis on the CORE complex
 - Apply Unifying Principles to test/condition the CORE's function
 - Practice solutions for different types of clients

As to methods, there are many and then some but principles are few, the person who grasp's principles can successfully select his/her own methods.

What is Function?

- **Function** is everything that the person **needs** and **wants** to do in order to be optimally efficient and effective – i.e. it is all and only that which is needed at the right time, in the right amount, for the right result ... Nothing wasted and everything gained.

Function is LIFE, what is YOUR life like?

NEEDS → WANTS

*True **nature*** of LIFE is based in fluidity,
interconnectedness, and mystery*

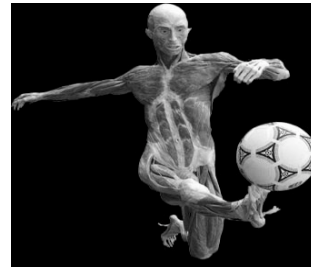
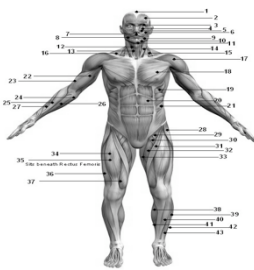
vs.

static, separate, controllable.

**it is impossible to change the laws of nature*

**“FUNCTION without structure is a ghost and
STRUCTURE without function is a corpse”**

Stephen Wainwright and Steven Vogel, biologists



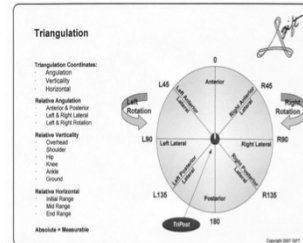
**“There is nothing so sad as the destruction of
a beautiful theory by an ugly fact”**

-Thomas Henry Huxley

Natures Principles

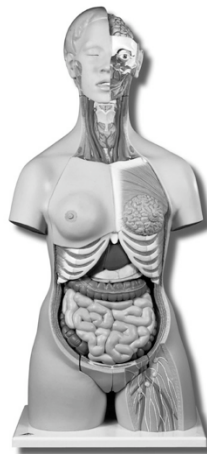
- Your professional anchors

1. Individuality
2. Forces
3. Movement
4. Dynamic
5. Driven



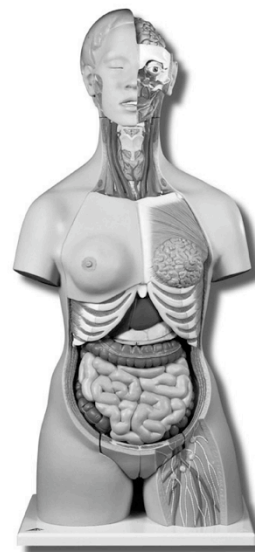
Core Basics

- The CORE is your entire torso including your internal organs.



What is the CORE's Function?

- Protection
- Support
- Circulation
- Foundation (engine) for movement



Core Complex

Assessment / Conditioning Process

- 1) Subjective Analysis (isolated to individuals needs / wants)
- 2) Gait Patterns: Thoracic Specific (global)
- 3) Balance Reach (integrated-isolated)
- 4) Excursions (isolated-integrated)
- 5) Structural tests***** **not shown but to be respected as a PIECE of the puzzle**
- 6) Fundamental Movements (global)
-FORMS THE BASIS OF ENHANCEMENT MOVEMENTS AND SKILLING
- 7) Summary – Plan-Reassess-Manage



Observe for patterns!!

“The test is the exercise and the exercise is the test”

-Gary Gray

Core Complex

- Gait Conversions
 - Normal
 - Core rotation walk
 - Core lateral flexion walk
 - Core flexion / extension walk



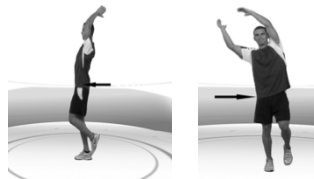
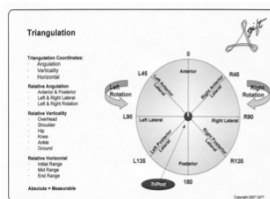
Keep in mind...

EFFICIENT MOVEMENT is a synchronous action with disassociation –
It is a sequence of segments within a given function.

Core Complex

- Balance Reach Conversions
 - **Driver: Hand**

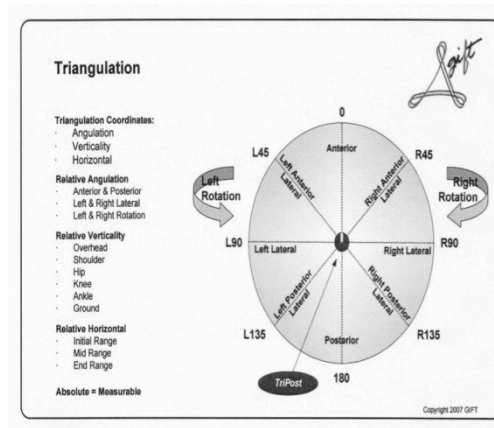
- Anterior reach
- Same side lateral reach
- Same side rotational reach
- Posterior reach
- Opposite side lateral reach
- Opposite rotational reach



Challenge:
Positional differences?...what is the need?

Core Complex

- Excursions
 - Flexion
 - Extension
 - Lateral flexion
 - Rotation



Core Complex

- Fundamental Movement Conversions
 - Reaching (upper and lower)
 - Positional challenges
 - Standing, seated, kneeling, supine, prone, side-lying
 - Combination challenges
 - Specific
 - Global
 - TYPE 1,2 MOVEMENTS

Putting it all together

- 1) Prepare the soft tissues for more intense movement
 - 1) **Isolated?**
 - 2) **Isolated-integrated?**
 - 3) **Integrated-isolated?**
 - 4) **Fundamental?**
 - 5) **Enhancement / Skilling?**
- 2) Integrate successful movements into **fundamental** exercises before **enhancement** exercises or **skilling!**
- 3) Reassess, progress based on Unifying Principles!

FUNCTION will teach you FUNCTION

THANK YOU!

For more information, please contact...

Lenny Parracino, FAFS
Fellow of Applied Functional Science
Gray Institute Faculty

1035 Aviation Blvd.
Hermosa Beach, CA 90254
P: 805.404.1066
EM: lparracino@gmail.com
www.aimsportsmedicine.com

GrayInstitute

www.grayinstitute.com

aim
sports medicine

www.aimsportsmedicine.com