

MORE THAN A STRETCH.

Developing flexibility you can use.

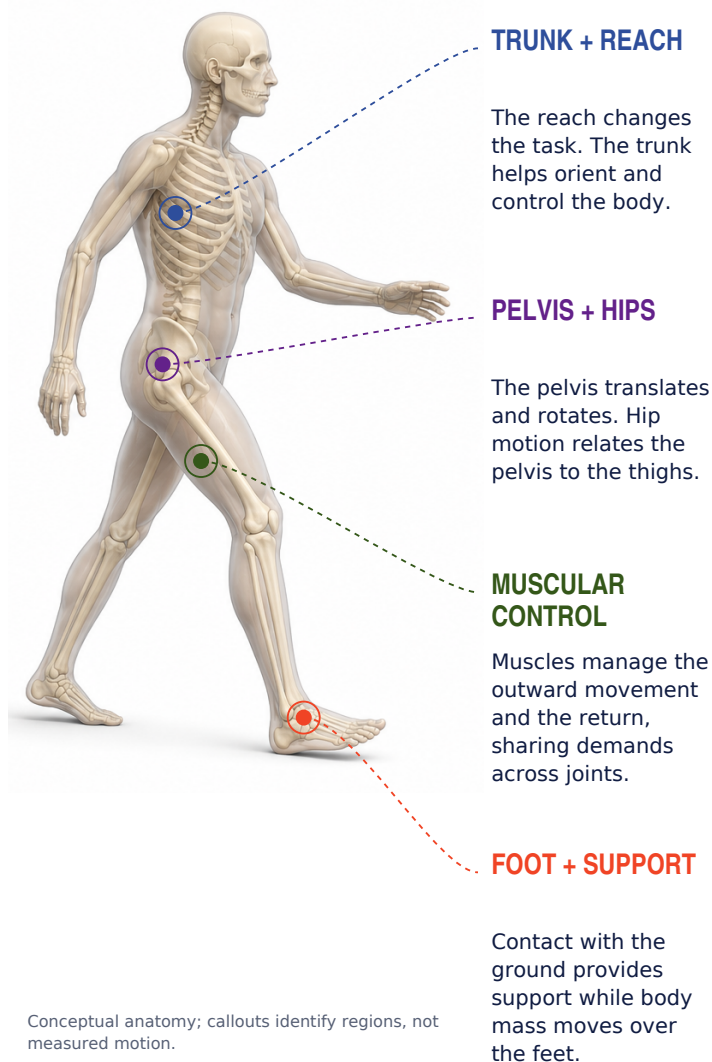
Feeling a stretch tells you something about an exercise. It does not tell you everything the exercise is training.

MOTION IS ONLY PART OF THE STORY.

To reach, turn, or change direction, your body must coordinate available motion with support, muscular control, and the demands of the task.

AN UPRIGHT REACH IS A WHOLE-BODY TASK

One movement. Several coordinated demands.



AVAILABLE RANGE IS NOT THE SAME AS USABLE MOVEMENT.

AVAILABLE RANGE

How far can the joint move under the conditions of a particular test or exercise?

A useful capacity.
Not the whole task.

USABLE MOVEMENT

How does the person access and control motion while completing an activity?

A coordinated skill.
We reassess its use.

WE WANT BOTH.

We may improve range, practice using it, or work on both together. The assessment helps determine where to begin.

FUNCTIONAL FLEXIBILITY

Motion that can be accessed, controlled, and used within a meaningful activity.

PROPRIOCEPTION

Sensory information about body position and movement helps the nervous system coordinate the task.

MOTION + CONTROL

A movement can challenge mobility and stability together, rather than treating them as separate jobs.

LOAD + RETURN

In AFS, econcentric function describes coordinated deceleration and acceleration within movement.

PRISM PRINCIPLE: THE GOAL IS NOT JUST MORE MOTION. IT IS MOTION YOU CAN USE.

YOUR 7-VISIT JOURNEY



FROM RANGE TO REAL LIFE.

A change in position changes the demands.

WHY TRANSFER NEEDS ATTENTION

A supported exercise may make hip motion easier to explore. Standing adds a different base of support, loading demands, and coordination across the body.

Proprioceptors are involved in both. The difference is the information and movement demands, not whether the nervous system is participating.

FLEXIBILITY IN MOTION

A useful description of functional flexibility.

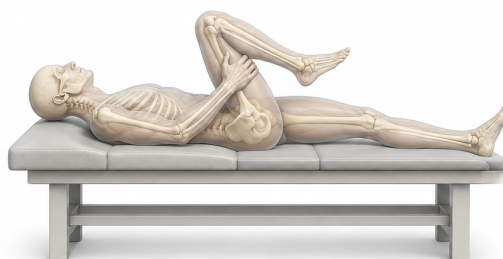
Agility adds another demand: responding to a changing situation and rapidly adjusting speed or direction. Flexibility alone does not define agility. [2]

RESEARCH INSIGHT

In a study of 24 young men, six-week improvements in passive hip range did not automatically increase hip motion used in the functional tasks tested. [1]

TWO CONTEXTS. DIFFERENT MOVEMENT PROBLEMS.

SUPPORTED HIP MOTION



The surface supports much of the body. The hip can be explored with fewer upright balance demands.

UPRIGHT REACH



The feet support body mass. Hip motion is used with trunk control and a moving reach.

Illustrations compare contexts, not equivalent ranges or a prescribed progression.

HOW OUR PROGRAM CONNECTS THE TWO

1 MAKE MOTION ACCESSIBLE

Choose support, position, and range that fit your assessment.

2 PRACTICE CONTROL

Use appropriate reaches, steps, and returns to manage motion and load.

3 ADD RELEVANT DEMANDS

Adjust direction, speed, resistance, or reach for the capability we are developing.

4 CHECK THE ACTIVITY

Reassess the task that matters to you. More range and better function are separate outcomes.



PRISM PEARL™

Gaining motion creates an opportunity. Practice helps make it useful.

[1] Moreside & McGill (2013). Hip flexibility and transfer. J Strength Cond Res. 27:2635-2643.

[2] Sheppard & Young (2006). Agility: classifications, training and testing. J Sports Sci. 24:919-932.

Movement teaching: Gary Gray, Functional Flexibility / Eiconcentrics; Applied Functional Science®, Gray Institute®.

YOUR 7-VISIT JOURNEY

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SYSTEM

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INFORMATION

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REACTION

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TRANSFORMATION

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PRESCRIPTION

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ADAPTATION

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POSSIBILITY

