

## HEALING IS A CHAIN REACTION®

*Why lasting change may require restoring motion far from the symptom.*

Pain deserves attention, but the painful site may not tell the whole story. The body distributes motion and force through linked joints, tissues, and nervous-system strategies.

*When one region cannot contribute, another may absorb more demand. Compensation is often the body's intelligent attempt to keep the task possible.*

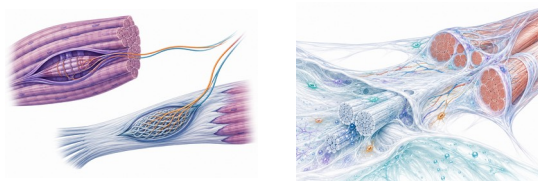
*Rehabilitation should respect the symptom—and investigate the system.*

### THE WHOLE BODY SHARES THE TASK.



#### THE CHAIN REACTION®

The environment and task drive motion. Segments influence one another. Force is accepted, transformed, and redirected.



**COACHING PEARL™**  
*Treat the painful tissue with respect. Assess the whole Chain Reaction® to understand why that tissue may be carrying the demand.*



#### CAUSE MAY BE REMOTE

A shoulder problem may be influenced by the foot, hip, pelvis, or thorax.



#### COMPENSATION IS INFORMATION

The body is showing how it currently solves the task.



#### TIMING MATTERS

Adequate motion at the wrong time may still increase stress.



#### THREE PLANES MATTER

Real movement rarely remains in one anatomical plane.

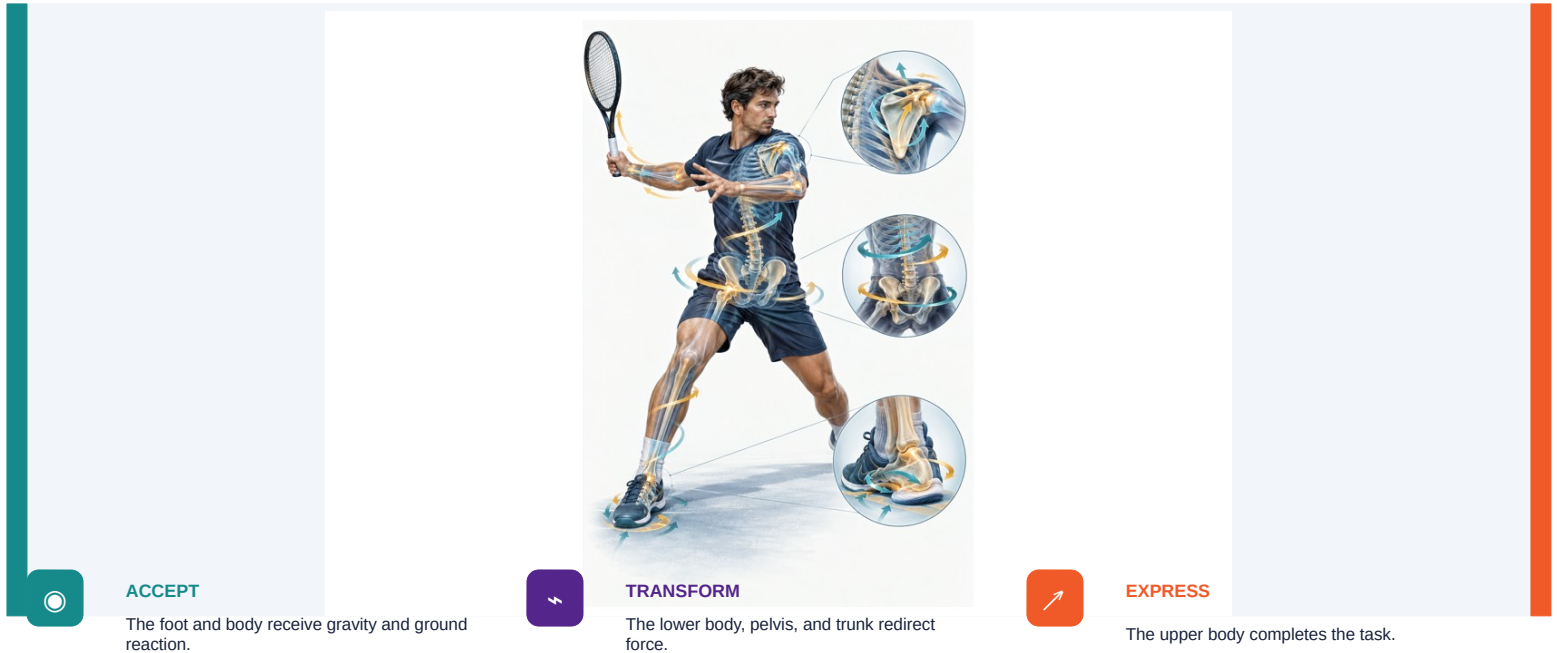


#### THE PERSON MATTERS

History, confidence, goals, and environment shape the response.

## FOLLOW FORCE THROUGH THE BODY

*A local symptom can emerge from a distributed movement strategy.*



### ASSESS THE RELATIONSHIPS

*Change one link and observe what changes elsewhere.*



#### FOOT

Does the calcaneus and midfoot load in three planes?



#### HIP

Can the femur and pelvis share rotation?



#### PELVIS

Can it translate and rotate with the task?



#### THORAX

Can the trunk flex, extend, rotate, and laterally flex?



#### SCAPULA

Can it move on the rib cage?



#### ARM

Can the shoulder and elbow manage the remaining force?



#### TIMING

Does each contribution occur when the task needs it?

### LOOK BEYOND THE SYMPTOM—WITHOUT IGNORING IT

Whole-body assessment adds context. It does not dismiss local tissue injury, medical findings, or the need for referral.

### CLINICAL PEARL™

*The site of pain may be the victim, the cause, a compensation—or some combination. Assessment helps determine the strategy.*

## RESTORE CONTRIBUTION ACROSS THE CHAIN

*Each region needs enough motion, control, strength, and timing to share the task.*

### WHAT CONSISTENCY BUILDS



#### FOOT MOBILITY

Loading begins with adaptable contact with the ground.



#### HIP ROTATION

The hip helps manage motion above and below.



#### PELVIC MOTION

Translation and rotation connect lower and upper body.



#### THORACIC MOTION

The trunk positions the scapula and redistributes force.



#### SCAPULAR CONTROL

The shoulder blade must adapt to the rib cage.



#### TASK TIMING

Contributions must occur in the correct sequence.

### TOMORROW MORNING™

*Make the program easier to continue.*



#### IDENTIFY THE TASK

What movement reproduces or challenges the symptom?



#### OBSERVE THE WHOLE BODY

Do not begin and end at the painful joint.



#### CHANGE ONE DRIVER

Alter foot position, reach, direction, or rate.



#### FIND THE THRESHOLD

Create challenge without provoking a protective response.



#### REBUILD THE SEQUENCE

Restore contribution from the ground through the task.



#### RETEST

Confirm that the meaningful movement improves.

“

*The goal is not to force every joint to move more. It is to restore enough contribution, in the right direction and at the right time, for the system to share the task.*



#### EARLY CHANGE

Coordination and confidence may improve before visible tissue change.



#### RESEARCH INSIGHT

Strength, capacity, and connective tissue require repeated exposure and recovery.



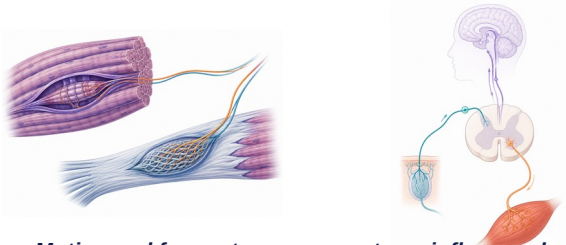
#### COACHING TRUTH

The best program is not the most impressive. It is the one that can be practiced, assessed, and progressed.

## THE SCIENCE OF INTERDEPENDENCE

*Human movement reflects linked kinematics, kinetics, sensory information, and task-specific coordination.*

### THE SCIENCE BEHIND THE INSIGHT



**Motion and force at one segment can influence demands elsewhere, but the relationship depends on the task and the individual.**

#### KINEMATICS

Segment positions and motions create changing joint relationships.

#### KINETICS

Forces and moments are absorbed, transferred, and redirected.

#### COORDINATION

The nervous system organizes the chain according to purpose and available options.

### SELECTED REFERENCES

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- Ellenbecker TS, Roetert EP. Br J Sports Med. 2003;37:62–66.

### YOUR CONTINUATION PLAN



#### RETURN

Resume after interruptions without guilt or overcorrection.



#### REPEAT

Practice the smallest dose that preserves the intended response.



#### REFLECT

Notice symptoms, quality, confidence, and transfer to daily life.



#### REASSESS

Let new information guide the next strategy.



#### PROGRESS

Change one variable at a time and keep success repeatable.



### CHAIN REACTION®

A painful shoulder may be influenced by foot loading, hip rotation, pelvic motion, thoracic mobility, scapular mechanics, or timing. Local and whole-body findings must be considered together.

**Consistency gives each part repeated opportunities to contribute—and the whole system repeated opportunities to coordinate.**

### ABOUT BOB FANELLI

Bob Fanelli, M.S., FAFS

Applied Biomechanist • Exercise Physiologist  
Movement Educator

For more than 35 years, Bob has integrated science, assessment, coaching, and service to help people develop human capability.



SCIENCE + POSSIBILITY + SERVICE

### THE PRISM FRAMEWORK™

The Prism Framework™ helps people understand how their bodies respond—and how purposeful practice expands possibility.

Consistency is not a demand for perfection. It is a relationship with a process that keeps learning with you.