

4th World Physical Medicine and Rehabilitation Conference

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Training is Rehab, Rehab is Training - How daily movement and specific weight training exercise can influence the speed of any injury

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There is a giant gap between the training world and the rehabilitation world. Many manual therapists are taught minimal exercise therapy modalities that are usually out dated and tend to have little to no adherence by the patient. The training world consists of many coaches who do not understand proper movement mechanics and have no idea what a manual therapists is trying to achieve in the clinic setting. For decades these two industries have been referring to each other with zero communication or understanding. Today, we need to bridge the gap between the two and understand that true rehabilitation is training, and training is rehabilitation. Understanding what exercises work compared to the ones that feed into the fire of pain is essential. It's also imperative to understand that in order to perform an exercise to receive the full benefit the joints involved with the movement need to be able to move efficiently without any sort of compensation. The moment we can create a healthy and well functioning articulation we then can see and reap the dividends of any exercise. Too many rehabilitation professionals do not know how to progress a patient to a certain point with their exercise knowledge, whereas the trainer tends to throw many advances training exercises to quickly, leaving the patient in a constant battle of being pain free, and in pain, jumping back and forth from the gym floor to the clinic room. This presentation will cover all aspects of this paradox and finally reveal what both the manual therapist and trainer need to focus on to finally see the result the are looking for.

Biography

Rafal Matuszewski has been in the fitness and rehabilitation industry for 11 years. His passion is movement. He believes that there are fundamental patterns as humans we should be able to perform. But, in today's world, we live in, we are set up for failure. Being able to squat, crawl, climb, lunge, push, pull, and of course lifting things off the floor are all movement qualities we used to possess, but quickly lose as we age and become inactive. He coaches patients and clients from the ground up. Build the fundamentals first, then challenge the system. The last 11 years of his career he's worked with many different patients and clients. From weight loss, strength, performance, rehabilitation, you name it, they all have different goals and outcomes, but they all follow the same training principles for building foundational movement patterns. With his experience as a trainer and working directly with Chiropractors at his clinic, he is bridging the gap between rehabilitation and the fitness industry. Rafal has also published an international selling ebook called The IronClad Body Training System, that reflects on the constant battle of training with an injury or injuries and figuring out the best way to train pain free and finally see the progress that most people want. His book is currently selling in Canada, United States, Australia, Singapore, Indonesia, Germany, Bulgaria, England and Ireland. This past year Rafal has also won Canada's Best Trainer of Year 2019 award through IMPACT Magazine and has been nominated once again for 2020 and hopes to bring home this prestigious award a second year in a row.

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