



STRENGTH TRAINING IS THE THERAPY

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Many health professionals within the areas of physical therapy and sports medicine feel that with the growth of popular exercise notions, strength training has become an important adjunct to rehabilitation. However, this attitude underscores a lack of understanding of the principles and values of enhancing muscular strength. Strength training, especially a program that is properly instructed and applied in cooperation with manually-resisted movements (if needed), are not adjuncts to therapy. Strength training is the therapy.

There is an endless array of passive modalities that are essential to the rehabilitation process. Some of these modalities include: hot/cold treatments, ultra sound, massage, electrical stimulation, relaxation methods, acupuncture, hydrotherapy, stretching, etc. However, these modalities are the adjuncts since they cannot stimulate tissue remodeling (strength, functional enhancement) and cannot meaningfully improve or cure chronic conditions. They are performed to reduce pain and swelling so that the real *physical* therapy (note the emphasis on *physical*), the strength training, can occur. When strength training is prescribed as part of a physical rehabilitation program, many well-meaning health professionals recommend using light weights in order to prevent any further damage to the injured area. While it is natural to be aware of the amount of weight used for a strength training exercise, the amount of weight does not directly cause or make the injured area worse. Excessive force, not weight, is the root cause of the majority of injuries to the body. The amount of force that the muscles and connective tissues are exposed to can be dramatically reduced by performing strength training movements as slow and strict as possible.

According to Arthur Jones, the founder and former CEO of Nautilus Sports/Medical Industries and MedX Corporation, "When it comes to rehabilitation, there is only one intelligent choice: strength training... Other protocols may help to temporarily reduce or remove pain, but only strength training is truly productive and capable of producing the tissue changes that are required for true rehabilitation (a return to normal functional ability). If muscular strength is not addressed with most physical debilities, rehabilitation can be superficial and a waste of the patient's precious window of recovery time.

SPORTSMEDICINE, FOR THE MOST PART, CAN BE SUMMED IN ONE WORD: *EXERCISE*.

EXERCISE CAN BE SUMMED IN TWO WORDS: *MUSCULAR STRENGTHENING*.

MUSCULAR STRENGTHENING CAN BE SUMMED IN ONE PHRASE: *TRAIN INTENSELY, TRAIN BRIEFLY*.

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