Fitness remodeling

Commandant
Ronald NYS
Physical Training Officer
NCO School ZEDELGEM
(BRUGES)

Flowchart Groundcrew Personnel

[Flowchart diagram with decision points and flow paths]
I. INTRODUCTION

Basics of FR

COMPLEMENTARY NON – MEDICAL TRANSFORM

BASIC FUNCTION

Level 1: General remodeling

Level 2: Specific remodeling  WITHOUT

Level 3: Specific Remodelling  WITH

Basics of FR

1. All personel in training.
2. Long period injured.
   - Arthritis.
   - Hypertension.
   - Low Back.
   - High cholesterol.
   - Obesity.
   - Depression.
   - Age Wave.
   - Generation X.
3. Top sporters.

Basics of FR

• Intake

• FR – training plan

• Remodeling test
Basics of FR

- Continu training
- Pre-set objectives
- Improved operational condition

Since Prague 98

- Mental training
- Polar Fitness Test
- Prototype TAS
- Introduction MPT

Since Prague 98

**INTAKE**
- Objectives
- Motivation
- Planning
- Obstacles
- Resources
- Responsibility
- Reward

**POLAR FITNESS TEST**
- Cardio condition
- Simple
- Own Index

**PHYSICAL CONDITION**
II. MFT IN FR

- Objectif
- Definition
- Motion management
- Target groups
- Method
- FR Cell
- Training
- Coordination
- Observations
- Expectations

Objectif.

- DYSFUNCTION
  - Adequate Trg-programme
  - Optimal intensity & progress
  - Re-adaptation

- PREVENTIF

Definition.

- Medical Training Therapy
- Prevent + treat
- Neuro-musculo-skeletal
- Analytically
- Functionally

Motion Management

General Fitness Remodeling
Target groups

THERAPEUTIC
- Neuro-musculo-skeletal
- Acute / chronic
- Functional disorders

PREVENTIF
- Controlled rest
- Pre-operative

Method

PHYSIO – ASSESSMENT

- FUNCTION ANALYSIS
- TREATMENT
- MFT – PROGRAMME

Method - Physio assessment

FUNCTION ANALYSIS

- ANAMNESIS
  General
  Special
  Additional
  Tractus
  Family

- CHOICE

Method - Treatment / Concept

PHYSICAL CONDITION

- Objectif
- Method of training
- Training programme
- Progress

Method Treatment / Evolution

A

B

C

D

INITIAL fitness workload level

HIGHER level of workload

LOWER level of workload

Method MFT programme

Impact

Evolution

PHYSIO THERAPIST
Method - MFT programme

- Physio
- Physio + FR instructor
- FR instructor + Physio

Method - MFT programme

IMPORTANT!

- FREE OF PAIN
- AVOID
  - PAIN AFTERWARDS
  - STIFFNESS
  - INCREASE OF INFLAMMATION

Cell

- KNOW HOW
- EQUIPMENT
- COMPUTER

Training

- SPORTS OFFICER
  - Motion management
  - Grey area

- PHYSIO + FR-INSTRUCTOR
  - Specialized
  - MFT
  - Context
  - Traumatology

Coordination

PERMANENT
**Coordination**

**DAILY**

**Coordination**

**WEEKLY**

**Observations**
- 90%
- Success
- Psychological
- Relaps
- Weight control

**PERFORM BETTER**

**Expectations**
- INTRODUCE
- PASS ON
- OPTIMALISATION
- CISM

**III. CONCLUSION**

- CONDITION + INJURY
- LINK
- A-SPECIFIC CONDITION

**GREY ZONE FILLED IN**

**THANK YOU**