

# Stability, Mobility and Movement Training for Law Enforcement Officer's

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## Objectives

- Discuss the importance of building an appropriate training base.
- Basic terminology
- Discuss training philosophy
- Hands-on

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## Developing a Foundation for Efficient Movement



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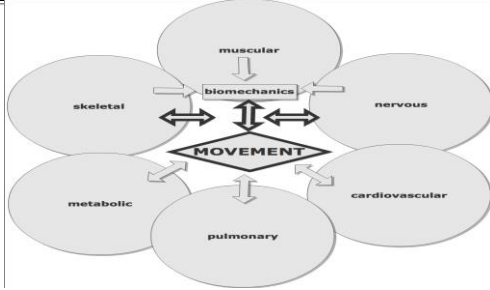
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# What is Movement?



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# Movement Performance

- A *movement pattern* emerges as a function of the ever-changing *constraints* placed on the learner
- These behaviors and adaptations can lead to injury and/or training limitations



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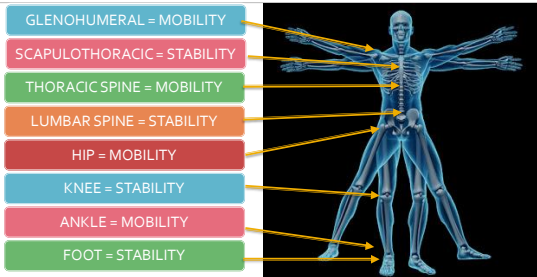
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# Stability and Mobility



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## Challenges

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## Health/Injury Profile

- Individual health/injury profile
- Common issues:
  - Lower back, knees, shoulders, and hands



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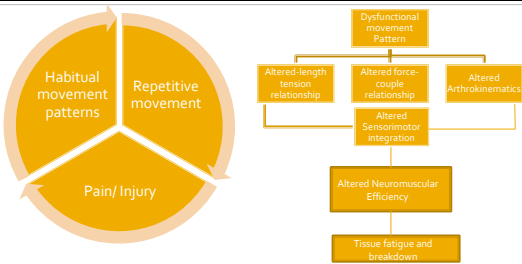
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## A Vicious Cycle



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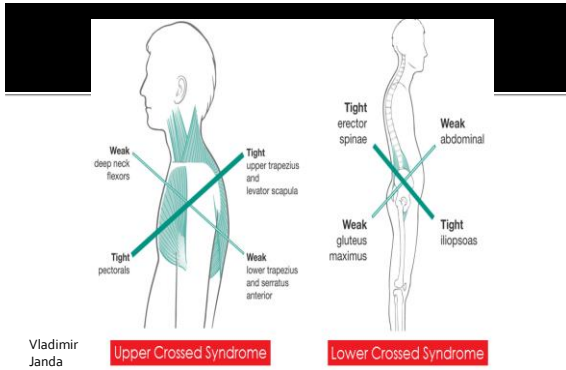
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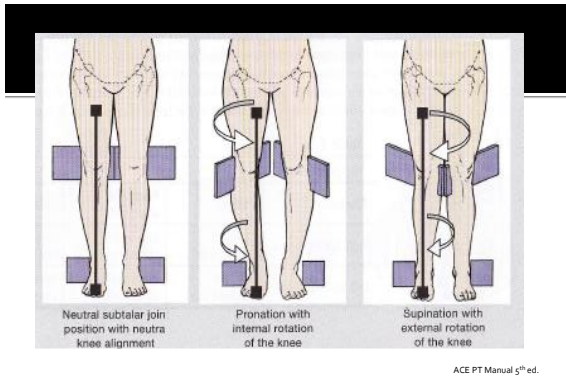
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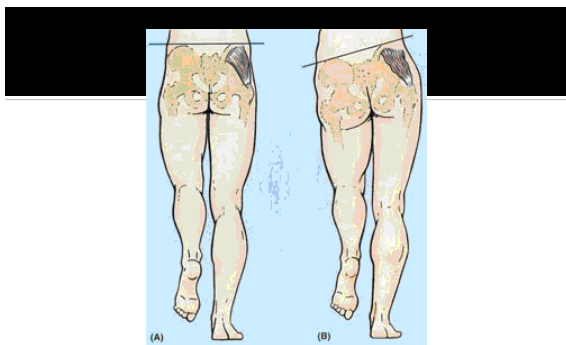
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# From ZERO to HERO!!!



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# Practical Application

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# Basic Training Approach

Maximize Operational /Occupational Readiness via the application of these performance training principles in a structured and systematic manner.



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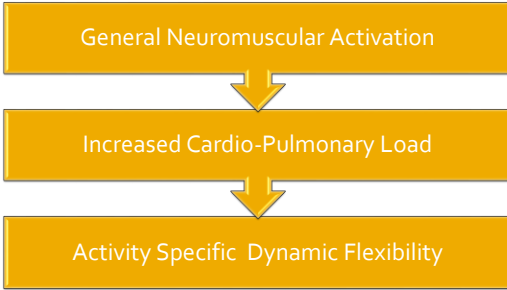
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## The Integrated Warm-Up



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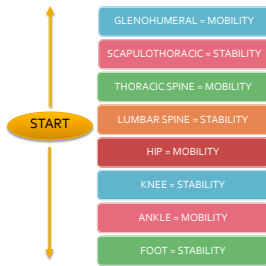
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## General Neuromuscular Activation



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## Increased Cardiopulmonary Load

- General movement that cause progressive increase in HR, BR, and perspiration rate.



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## Activity Specific- Primary Movements

1. **Bending and lifting**
  - (e.g., Hip hinge, squatting, single-leg stance and lunging)
2. **Pushing movements**
  - (e.g., vertical and horizontal)
3. **Pulling movements**
  - (e.g., vertical and horizontal planes)
4. **Trunk movements**
  - (e.g., anti-rotation, flexion, extension, rotation)

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## Hands -On

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## Activation

- Supine hip tilts
- Supine shoulder Ext. rotation
- Bridge progression
- Prone progression
- Quadruped progression
- Plank progression
- Standing balance and weight shifts

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## Cardiopulmonary Load

- Calisthenics
  - Jumping jacks
  - BW squats
  - Walkover lunges
  - Push-ups
- Aerobic Activity



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## Activity Specific

- Drop squats
- Hip hoppers
- Get off the ground
- SAQ Progressions



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