

1. Our programs need to be three dimensional in that they are homeworkable, homeplayable and homerestable
2. As professionals in function we are trainers, therapists, teachers, coaches and cheerleaders
3. Our treatment and training needs to compliment our home programs
4. Our mind set has to be to have the end in mind from the beginning . . . considering the home program during the evaluation
5. Our homeworkable programs having elements of each of the dimensions of flexibility, strength and endurance
6. Authentic feedback requires measurability
7. "The story will be told in the changed lives of our patients and clients"
8. Understanding the wants, as well as the needs of our patients and clients
9. "Movement is the greatest modality for healing"
10. The most powerful thing about homeworkable is that we are influencing others when we are not with them
11. To take advantage of the power of transformation and encouragement simply requires a willingness
12. "If you want to get better at something you might want to do some of that something"



## FUNCTIONAL DESIGN SYSTEMS

Transforming Knowledge Into Function

866.230.8300 | [www.functionaldesign.com](http://www.functionaldesign.com)

# v4.6 HOMEWORKABLE

The Power of Encouragement

By: Gary Gray, PT



TAPE CONTENTS	PAGE
Contents / Objectives	1
Functional Strategies	2
Functional Understanding	4
Functional Analysis	6
Functional Rehabilitation	8
Functional Training	10
Functional Transformation	12
Functional Fun	14
Key Messages / Information	16

## OBJECTIVES FOR THE HOMEWORKABLE FUNCTIONAL GUIDE

---

To assimilate up-to-date information and knowledge about Homeworkable function.

To learn how to apply effective functional techniques when testing, training, and rehabilitating using the Homeworkable approach.

To understand and appreciate the tri-plane **Chain Reaction™** principles as they apply to Homeworkable function.

## HOW TO USE THIS FUNCTIONAL GUIDE

---

This *functional guide* can be used as a convenient summary of the program's contents to take with you after viewing. You can also use this guide as a notebook; space has been provided so that you can make notes on relevant tracts as you watch them.



**FUNCTIONAL**

Video Digest Series

*The joy of sharing time and devotion with family and friends . . .*

1 Thessalonians 5:11

STRATEGY 1

Strategically challenging and positioning each other for success

STRATEGY 2

Strategically realizing the greatest need of our day is encouragement

STRATEGY 3

Strategically learning how to become a three dimensional encourager

STRATEGY 4

Strategically giving authentic encouragement (Parakletos)



---

---

---

---

---

---

---

---

STRATEGY 5

Strategically designing homeworkable, homeplayable and homerestable programs

STRATEGY 6

Strategically taking advantage of our understanding of functional biomechanics, in order to create away environments of success and encouragement

STRATEGY 7

Strategically utilizing movement, influence and dimensional tweaks in training and conditioning for homeworkable programs

STRATEGY 8

Strategically enjoying the gift of sign language as a form of encouragement

---

---

---

---

---

---

---

---



Functional Understanding roundtable with Dave Tiberio, Bob Wiersma, Brian McEwan, and Gary

Homeworkable is a lot more than what we do at home . . . it is "awayworkable". Our home programs need to have a portability.

Our programs need to be three dimensional in that they are homeworkable, homeplayable and homerestable

Taking advantage of the trilogy of tweaks . . . dimensional tweaks, influence tweaks and movement tweaks - all need to be incorporated into our home programs

Initially challenging ourselves to develop the home program first and compliment the home program with an enhanced clinical program

Having the tweak cheat sheet in front of us

Designing individualized programs . . . specific for the person - how much can we find out about the lives of our patients and clients as soon as possible

Getting our patients and clients goals clearly defined up front

Getting our patients and clients active and animated at home, as well as motivated . . . engaged in the process

Making a home program measurable and valuable

The trilogy of mind, body and spirit

Providing effective methods of accountability

As professionals in function we are trainers, therapists, teachers, coaches and cheerleaders

Accountability is what we all desire . . . it creates the environment for encouragement

Creating clear and achievable expectations and positive feedback

The universal law of three dimensions . . . "if you be messin' with one dimension you be messin' with the other two"

The NeuroMusculoSkeletal system and the mind, body and spirit system



---

---

---

---

---

---

---

---

Coming up with SMART goals . . . Specific, Measurable, Achievable, Relevant, Timed

How can we best create the most effective and efficient **Chain Reaction™** environments when our patients and clients are away from us?

The oxymoron of *significantly insignificant* . . . transferring the responsibility from us to them

Our treatment and training needs to compliment our home programs

The analogy of the piano lesson

The oxymoron of *independently dependent*

The more we know the functional principles and concepts behind our tweaks, the more effective we are in designing, progressing, motivating and encouraging

Our mind set has to be to have the end in mind from the beginning . . . considering the home program during the evaluation

Keeping our tool box near by . . . taking advantage of technology such as digital cameras, video, printers and personalized homeworkable notebooks

Our homeworkable programs having elements of each of the dimensions of flexibility, strength and endurance

The importance of sequencing and choosing the tweak to facilitate the SMART goal

Making the goals measurable, both from a purely objective standpoint, as well as a proficiency and quality rating

Authentic feedback requires measurability

Provide an environment for success and encouragement

Personalized programs that are measurable and encouraging are the best form of marketing and differentiation

“The story will be told in the changed lives of our patients and clients”

The encouragement boomerang

Our lives become significant when we influence the lives of others

---

---

---

---

---

---

---

---

---

---



Using the analysis in order to get to the end game of the functional goals

What roads do we want to travel to get the job done?

Try to find the root causes of the dysfunction and pain

What happens early on sets up our patients and clients expectations as well as determines the strategies for the home program

Understanding the wants, as well as the needs of our patients and clients

How can I be significant to you today and forever? . . . the forever gift is the empowerment of taking care of oneself

The Example of a Lumbar Facet Irritation

The early design of a home exercise program begins to lead us to understand and identify potential biomechanical causes

Unloading the facet joint from the bottom up in the transverse plane, frontal plane and sagittal plane

Unloading the facet joint from the top down in the transverse plane, frontal plane and sagittal plane

A dosage prescription of how much sagittal, frontal and transverse motion do we want to facilitate

What gift can I give them? . . . What am I going to have them do?

What drivers will I use to get what I functionally want?

The strategy of gapping the facet joint

- Bottom up in the sagittal plane - posterior rotation of the pelvis and sacrum
- Top down in the frontal plane - opposite side lateral flexion
- Bottom up and top down in the transverse plane - opposite rotation of the pelvis and same side rotation of L5

"It is not magic . . . it is biomechanics"

Combining stretching, strengthening and endurance into the home program . . . Mostability

Left anterior box lunge with right hand anterior reach at knee height and left hand left rotational reach at shoulder height

The measurable goals of increased reps, increased lunge distance, increased reach distance, and improved motion, and decreased pain



---

---

---

---

---

---

---

---

Going after three dimensional thoracic reaction

Left stride with left hand overhead posterior/right lateral wall reach

Anticipating the need for "bail outs"

Bailing out in the sagittal plane and with vertical ground reaction forces

Understanding the blessing of "Causative Cures"

Right anterior/left lateral step down and return with right hand anterior/left lateral reach at knee height

The need for ongoing functional analysis

Upon reassessment, I get to see the results of their home exercise program . . . Is the quality getting any better? Is the range getting any better? Is the endurance getting any better? Is the strength getting any better? Is the pain getting any better? . . . and I get to encourage them.

Packaging the home program for quality

No two patients and no two clients have ever been prescribed the same home exercise program

Example of a disk problem with a left listed pelvis with radicular pain and spasm

We need to use the drivers of function to drive their function

Staying away from dominating reaction in the frontal plane

Staying away from "going through the back"

Assess their response to:

- Left anterior lunge
- Right posterior lunge
- Left anterior lunge with right hand, right rotational reach at shoulder height
- Left anterior toed in lunge with right hand, right rotational reach at shoulder height
- Right posterior lunge with right hand, right rotational reach at shoulder height
- Right posterior toed in lunge with right hand, right rotational reach at shoulder height
- Left anterior toed in lunge
- Right posterior toed in lunge

Looking for: "what gift can I give you today?" Initially tweaking the dosage and the speed, and looking for success

"Movement is the greatest modality for healing"

Gary's expression of appreciation and thankfulness for his associate, Brian McEwan, P.T.

---



---



---



---



---



---



---



---



Debrief with Bob Wiersma, Executive Director, Functional Rehabilitation Network (Follows Training and Conditioning)

- The things we need to get rid of
- Enhancing what they will do, introducing new opportunities to facilitate function, getting rid of inhibiting influences
- Folding our hands and listening to our patients and clients
- Creating the home program together . . . consciously creating the awareness of creating subconscious reactions
- Developing a partnership
- Homerestable . . . enhancing one's restability with what they do before they rest and while they rest
- Making tools into toys . . . using toys as drivers to facilitate the desired **Chain Reaction™**

---

---

---

---

---

---

---



- Creating variety, fun, motivation and encouragement
- Understanding dosage . . . “dose them so they can dose themselves”
- Discussion of triggers for home exercises
- Example of the triggers of getting out of a chair, brushing our teeth, any postural change
- The most powerful thing about homeworkable is that we are influencing others when we are not with them
- Being thankful when someone indicates that they don't need us any more.

---

---

---

---

---

---

---

---



Utilizing the movement, influence and dimensional tweaks in training and conditioning for homeworkable programs

The desire to measure success and document success

- Left lateral lunge for distance
- Left lateral lunge for speed and repetitions (Reps. per time and times per rep.)
- Left lateral lunge for reps
- Left lateral lunge with dumbbells in hand
- Left lateral lunge with eyes closed
- Left lateral lunge with cervical rotation
- Left lateral lunge with right foot (sock footed)
- Left lateral lunge to varied distances
- Left anterior/left lateral lunge
- Left anterior submaximal lunge with bilateral anterior ankle height reach with dumbbells in hand

The Tweak of Sequencing

Functional 3D hamstring stretching

- Right stride stance on right heel with right leg rotation
- Right stride stance on right heel with right leg rotation with bat driven trunk rotation
- Right anterior lunge
- Right anterior lunge with bat driven trunk flexion, right and left lateral flexion, and right and left rotation
- Right anterior, same side lateral, same side rotational lunge with bat driven left rotational swing (right handed swing)

Transitional Exercises

The transition from horizontal to vertical

“Pre-Pee” Exercises

- Supine single knee to chest and bilateral knee to chest
- Supine bilateral knee to chest with left and right rotation
- Supine single knee to chest with opposite side rotation
- Side lying hip abduction and trunk lateral flexion
- Prone trunk extension
- Prone trunk extension with right and left trunk rotation
- Sitting trunk flexion, trunk flexion with rotation, trunk flexion with lateral flexion



---

---

---

---

---

---

---

---

“Post-Pee” Hip and Thoracic Mobilization

- Hip mobilization with self Functional Manual Reaction (FMR)
- Frontal plane pivoting, transverse plane pivoting, and sagittal plane pivoting with hands on pelvis
- Stride stance position with 3D hand reaches
- Shoulder to overhead alternate reaches anterior, same side lateral, opposite side rotational, same side rotational, opposite side lateral, and posterior
- 3D Lunges with overhead posterior reach Matrix

The Use of Drivers

- The use of a towel, feather duster, vacuum cleaner

Toothbrush Driver Exercises

- 3D cervical range of motion
- 3D cervical matrix with lunges
- Single leg balance with toe touch anterior nose reach
- Single leg balance with toe touch with sagittal, frontal and transverse plane toothbrush driver
- Single leg balance with toe touch with sagittal, frontal and transverse plane toothbrush driver with frontal plane pelvis driver
- Single leg balance with circular head driver (superior invisible BAPS®)

3D Reach, Lunge, Lunge with Reach, Balance with Reach, Matrix with Wall

- The use of a wall as a safety net and/or as a driver
- 3D Shoulder to overhead reach with wall
- 3D Lunge Matrix with wall
- 3D Lunge with Reach Matrix with wall
- 3D Single leg balance with Reach Matrix with wall

Creating opportunities for success and encouragement

---

---

---

---

---

---

---

---



The Power of Transformation is revealed in a number of ways

Transformation is a lot like grace . . . to receive grace all we need is a willingness

To take advantage of the power of transformation and encouragement simply requires a willingness

The power of encouragement is three dimensional

- Verbal encouragement
- Written encouragement
- Gesture encouragement

The power of encouragement can be effectively expressed through sign language

“I am proud of you”

Introduction of Cindi Gray

---

---

---

---

---



---

---

---

"I am proud of you"

"I appreciate your effort"

"I am thankful for your trust in me"

"I am praying for you"

"I am hoping for you"

"I am cheering for you"

*That's awesome!*

Gary's expression of gratitude and love for Cindi

"I love you very much"

---

---

---

---

---

---

---

---



RESEARCH ROUNDTABLE WITH DR. DAVID TIBERIO

deVreede PL, Samson MM, van Meeteren NLU, Duursma SA, Verhaar HJJ. Functional-task exercise versus resistance strength exercise to improve daily function in older women: A randomized, controlled trial. J American Geriatrics Society, 2005, 53(1): 2-10

King AC, Pruitt LA, Phillips W, Oka R, Rodenberg A, Haskell WL. Comparative effects of two physical activity programs on measured and perceived physical functioning and other health-related quality of life outcomes in older adults. 2000, 55(2): M74-83.

Encouragement comes in many forms . . . even in the form of research

The encouragement of positive reinforcement through research and even the encouragement of negative reinforcement for redirection through research

Functional exercises versus traditional exercises in enhancing daily activities

ADAP - Assessment of Daily Activities Performance

“If you want to get better at something you might want to do some of that something”



---

---

---

---

---

---

---

---

The long term carryover of function itself

Function begets Function

Strength, flexibility, and bodily pain

Functional flexibility and functional strengthening (mostability) related to bodily pain

The gift of pain and the gift of feeling good

The need to embrace pain

The oxymoron of *independently dependent* and *insignificantly significant*

“Lord, make it less of me and more of You”

To our patients and clients . . . make it less about me and more about you . . . and I am proud of you.

**A special thanks to Dr. Dave Tiberio**

---

---

---

---

---

---

---

---

---

---

