

Nick Tumminello's
**Joint Friendly
Strength Training**



Objectives

- Understand the concept of JFT
- Learn how to successfully improve performance, physical appearance and overall fitness with “bad” joints
- Discover the TRUTH about pain, posture and corrective exercise
- Discover how to use creative JFT exercises

About Me...

- 12 Years as a Strength Coach
- Director of Performance University
- Regularly work with clients of all levels from NFL athletes to Figure Models to Grandmas
- S&C Coach for Team Ground Control MMA Fight Team
- Regular Contributor to Men's Health, Women's Health, Men's Fitness, etc:
- Contributor to two NY Times Best selling exercise books
- Produced multiple DVDs

The Problem!

- Folks want fitness, performance and/or physique related results!
- Pain and limitation prevents them from performing the traditional exercises that accomplish these desired goals.
- Fit Pro's don't know how to "work around" these limitations
- End using only "corrective exercise" with client.
- Clients end up confused, frustrated, bored and less fit!

Why are we treating everyone like a rehab patient?

Corrective exercise is great but it doesn't get you stronger, bigger, leaner, faster, better looking etc;

The Truth is...

- Aches, pains or injuries do NOT have to cancel your workout
- PT and CE is crucial for recovery
- You can still work-around sensitive spots and still make gains!

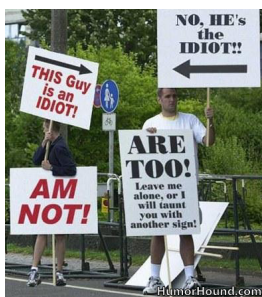
The Solution is JFT!

- JFT exercises that creates minimal stress on the joints while maximizing force to the muscles
- JFT are intense exercises that allow you to get results without furthering possible dysfunctions!
- "Stress without distress" Hans Selye

More Gain, No Pain!

Workout Density – Using JFT & CE!

- Maximize training time!
- JFT works with CE
- Use JFT as primary training exercise
- Use Corrective Exercises as Active Recovery



The TRUTH about Posture & Pain !



Does Poor Posture Cause Pain?

"There is very little research to support a relationship between musculoskeletal pain and 'posture.'"

"Many respected texts and articles by physicians, physical therapists and physical educators have cited the importance of good postural alignment to health, but clinical studies have not supported these beliefs."

"Though I am fully aware of the lack of evidence, I cannot imagine treating any patient without assessing posture or, more precisely, alignment."

Shirley A. Sahrmann, PT, PhD, FAPTA

The Research to Prove it!

"No relationship to exist between forward head posture, forward slouch posture, and the curve of thoracic kyphosis in both symptomatic and asymptomatic people"

J Orthop Sports Phys Ther. 1995 May;21(5):287-95.

"No significant relationship was found between standing pelvic tilt and depth of lumbar lordosis in healthy folks"

Phys Ther. 1987; 67:512-516.

"Clinical assessments of thoracic kyphosis and lumbar lordosis not to be in agreement with the radiological assessments"

Low back pain and posture. Clin Rheumatol. 1999;18(4):308-12

"Of 427 people examined, not even one showed a resting forwards head posture perfectly aligned with the 'ideal' posture postulated by Kendall"

Aust J Physiother. 1997;43(1):7-1.

We should address posture, But...

- Don't get frustrated when it doesn't help!
- If pain was always about mobility issues – Dancers, Yogi's and Gymnasts would never have pain!
- If pain was always about weakness – Powerlifters and Bodybuilders would never have pain!

The TRUTH about dysfunction!

*“There is a big difference
between dysfunction and a
variation of normal”*

Mark Comerford

The Understanding Compensation

Controlled
Vs.
Uncontrolled

(Hip ROM Demo)

The BEST Corrective Program

- Reverse the sitting position!
- 2:1 Posterior to Anterior (glutes, mid shoulders, etc;)
- Loose that gut!
- Get off your butt and move!
- Stand up like you have some pride!
- Train mostly unilateral (left : right asymmetries)
- Do your mobility work!
- Understand awareness vs. ability

The TRUTH About Pain



Not all pain is the same!

- Type 1 Pain = High load
- Type 2 Pain = Low Load

Not all Dysfunction is the same!

- High load Dysfunction
= High Load Solution
- Low Load Dysfunction
= Low Load Solution
(no strength or flexibility needed)

The Missing Piece to Our Assessments and Training!

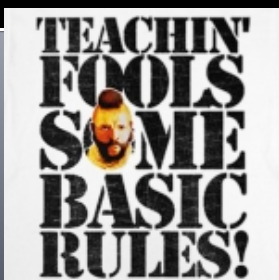
Ask your clients –

- When do you get your pain?
- What makes it feel better / go away?

Pain is different and so is the Training!

- Type 1 Pain = High load
 - Will improve with strength.
- Type 2 Pain = Low Load
 - Needs Therapy. May improve with CE ?

The Rules of Joint Friendly Strength Training



Rule #1

If it hurts, don't do it!

-or modify (see rule #2)

REMEMBER - We are not PT's: We don't treat pain!

Corrective Exercise is great if...

Know your role!

(Trainer vs. Therapist)

- If you are correcting, you are diagnosing!



Fit Pro Vs. Therapist

FITNESS PROFESSIONAL

- Prevents injury in the gym
- Improves stability
- Increases mobility
- Enhances functional movement
- Avoids painful

Fit Pro uses assessment to optimize exercise selection

THERAPIST

- Treats pain
- Diagnoses specific dysfunctions possibly related to the pain

PT uses assessment to create a treatment diagnosis

Rule #2

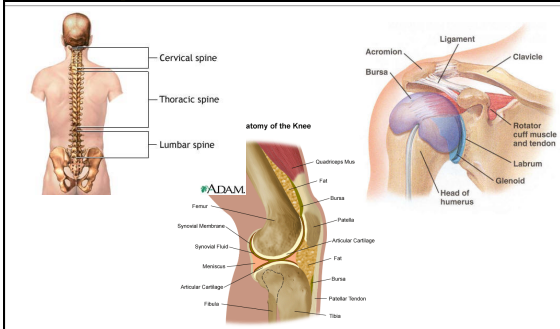
Variation is okay!

- ROM
- Load
- Speed

Joint Friendly Training

The Exercises

JFT Exercises and Not-So JF for the Knees, Back and Shoulders



Joint Friendly Strength Training

How to Get Stronger Legs with Bad Knees

Who are these exercises used for?

- Clients with bad knee's aggravated by traditional squats and lunge variations
- Clients who still want stronger, good looking legs
- Clients who are athletes
- In-season Athletes

JFT Exercises for the Lower Body Exercises

- Knee Push Out Up Squat
- Twisting Lunge
- 1L ½ Squat ½ DL
- Reverse Lunges (variations, Vs. Forward Lunge)
- Anterior Lunge
- RDL (1L or 2L)
- 1L Hip Lift (Bent Leg or Straight Leg)
- Hip Thrust (2L or 1L)
- Sled Training (pushes, pulls, rev pulls)
- Mini Band around knees

Joint Friendly Strength Training

How to Get Stronger Legs with a Bad Back

Who are these exercises used for?

- Clients with a bad back aggravated by traditional squats and deadlift variations
- Clients who still want stronger, good looking legs
- Athletes who still want to lift heavy
- Clients who are athletes
- In-season Athletes

JFT Exercises for the Lower Body Exercises

- 1L off bench squat
- All Lunges variations
- RFESS
- Sumo Squat/DL
- 1L Hip Lift (Bent Leg or Straight Leg)
- Hip Thrust (2L or 1L)
- Sled Training (pushes, pulls, rev pulls)
- Human Sled

No So JFT Exercise – Pistol Squats

- No functional carryover to sport
- Only looks cool!

Use Single Leg Knee Tap Squat instead!




Not So JFT Exercise – Tire Flips



Joint Friendly Strength Training

How to Get A Stronger Torso with a Bad Back



Back Injury Made Simple!

Disc Injury = Flexion Intolerant
Facet Injury = Extension Intolerant
Spondy = Extension intolerant

**Not So JFT Exercises –
Hip Cross Over, Iron Cross & Scorpion**

- Lumber Spine is NOT designed for large rotation
- T-spine is designed for rotation : use a top down approach!
- Only 3-5 degrees per segment = 15 total
- Many top researchers advise against these type motions.

"Rotation of the lumbar spine is more dangerous than beneficial and rotation of the pelvis and lower extremities to one side while the trunk remain stable or is rotated to the other side is particularly dangerous."

Shirley Sahrmann
Diagnosis and Treatment of Movement Impairment
Syndromes - Pg.72

JFT Exercises for the Torso

- Go beyond simple planks!
- SuperDog (Spinal Facet – No extension)
- Roll Outs (SB, MB, etc;) (Spinal Disc – No flexion)
- Hip and T-Spine Internal Rotation
- Tight Rotations
- Anti-Rotation Training

Other JFT Torso Training Points

- No spinal flexion within 1hr of waking up
- Expanded disc space
- Spine buckles at lower loads

- No spinal flexion with clients over 40yrs of age +, Unless sport specific

Joint Friendly Strength Training

How to Get A Stronger Upper-Body with Bad Shoulders

JFT Exercises for the Upper Body

- Neutral Shoulder Position (Shoulder Demo)
- 2:1 Pulling to pushing
- Impingement Screen
- No OH push work
- Angled Press (variations)
- DB Upper Cuts
- Floor Press
- Push Up w/ Band
- Band Press
- Angled Pull
- Add Rotation to UB (singing vs. screaming)

Not So JFT Exercise (kind of) – SB Bench Press

- Lifting weights on a Swiss Ball is down right dangerous because the ball can pop and cause you or your client major injury!
- The Sacramento Kings (NBA Basketball team) found this out the hard way.. – “Starting forward Francisco Garcia, who’s contract is worth \$29.6 million over 5 years, will miss at least four months of the season after an exercise ball accident broke his right wrist. Garcia, who weighs 195 pounds, was laying on his back on an exercise ball, lifting 90 pound weights in each hand, when the ball burst.”
- “The exercise balls have been removed from the Sacramento Kings weight room, co-owner Joe Maloof ordered an e-mail sent to the NBA’s other 29 teams, hoping to spread the word about unforeseen dangers that can arise when performing even basic workouts with an inflatable exercise ball commonly found in many gyms and homes.”

I DON’ T Recommend stuff like this...



THANK YOU!!!



Get the 2-DVD set **HERE** or at
NickTumminello.com

