

# CORRECTIVE EXERCISE CONTINUUM

## INHIBIT

Inhibit tension in areas identified as being overactive or shortened through assessments.

### Self-myofascial Release Techniques:

- Reduce muscular tension
- Relieve muscle soreness
- Improve circulation

## LENGTHEN

Lengthen the muscles with static stretching or neuromuscular stretching techniques.

### Stretching Techniques:

- Reduce stiffness
- Increase range of motion
- Improve posture

## ACTIVATE

Activate the muscles identified as underactive or weak.

### Strengthening Techniques:

- Activate individual muscles
- Improve muscular endurance
- Increase strength

## INTEGRATE

Integrate uses dynamic total body exercises that are progressed to solidify and coordinate the changes made.

### Integrated Strength Techniques:

- Improve total-body coordination
- Improve movement patterns
- Enhance performance

# Nasm Corrective Exercise Study Guide

**Scientia Media Group, Jason Rush**



## **Nasm Corrective Exercise Study Guide:**

Study Guide to Accompany NASM's Essentials of Corrective Exercise Training, 2011      **NASM CPT Study Guide**  
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**Study Guide to Accompany NASM's Essentials of Corrective Exercise Training** Brian Sutton, 2011. This study guide will help you evaluate your knowledge and review your strengths and weaknesses so you can be sure you're at your peak as you help your clients prepare for competition or make a change toward a more healthy lifestyle.      A Practical Guide to the Self-Management of Musculoskeletal Pain in Dental Professionals James Tang, 2018-09-30. Dental professionals spend their working lives in stressful environments and in awkward postures with resultant musculoskeletal problems. While there are numerous books on musculoskeletal pain, there is nothing specific for dental professionals on the holistic approach to the self-management of musculoskeletal conditions. This book is a practical guide; it combines all the different modalities in a logical and systematic programme, firstly by recognising the possible causes of your predicament and secondly by effectively managing it to prevent recurrence.      NASM Essentials of Corrective Exercise Training Nasm National Academy of Sports Medicine, 2021-01-13. This text is a recommended resource for the NASM Corrective Exercise Specialist CES course. NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. There are more than 100 corrective exercise techniques in the categories of assessment, self-myofascial techniques, static stretching, neuromuscular stretching, dynamic stretching, isolated strength training, and integrated dynamic movements included in the text.      Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition National Academy of Sports Medicine, 2007-05-11. Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training, this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam. It includes matching, vocabulary, short answer, and multiple choice exercises. Answers are also provided.      **NASM Study Guide** Nasm

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