



**CLINICAL STRENGTH 102
SUPPLEMENTARY
MATERIAL**

MODIFIABLE VARIABLES TO MANIPULATE THE ATTRIBUTES OF "STRENGTH"

DRIVER	ANTI-ATROPHY	HYPERTROPHY	FORCE PRODUCTION	MUSCULAR ENDURANCE	POWER
SESSION ORDER	FREQUENCY	TOTAL VOLUME	INTENSITY	REP VOLUME	AFAP!
INTENSITY	IMMEDIATE	4TH ORDER	3RD ORDER	5TH ORDER	2ND ORDER
WEEKLY VOLUME	ANY	55-90%	80-110%	30-80%	30-75%
SESSION SETS	>100 REPS	30-75 REPS	10-20 REPS	>75 REPS	18-30 REPS
SESSION REPS	VARIED	1-13 SETS	2-20 SETS	2-7 SETS	4-30 SETS
REST	VARIED	6-30 REPS	1-6 REPS	12-50+ REPS	1-5 REPS
RECOVERY	VARIED	30S-3M	2-5M	30S-3M	2-5M
EXERCISE CHOICE	<24H	~48H	~24H	~24H	<24H
	ANY	ISOLATION	MOVEMENT	GOAL SPECIFIC	MOVEMENT

"Strength" Modifiable Variables

ADAPTATION	ANTI ATROPHY	HYPERTROPHY	FORCE PROD	MS ENDURANCE	POWER
DRIVER	Frequency	TOTAL Volume	Intensity	REP Volume	AFAP!
Session Order	Immediate	4th order	3rd Order	5th order	2nd Order
Intensity	Any contraction	55-90%	80-110%	30-80%	30-75%
WEEKLY volume	100 minimum	30-75 reps	10-20 reps	>75	18-30 reps
SESSION Sets	varied	1-13	2-20	2-7	4-30
SESSION Reps	varied	6-30	1-6	12-50+	1-5
Rest	Varied	30s-3m	2-5m	30s-3m	2-5m
Recovery	<24H	~48H	~24H	~24H	<24H
Exercise Choice	ANY - within restrictions	Isolation	Movement	Goal Specific	Movement

This is adapted from Dr. Andy Galpin's work and is available at www.andygalpin.com

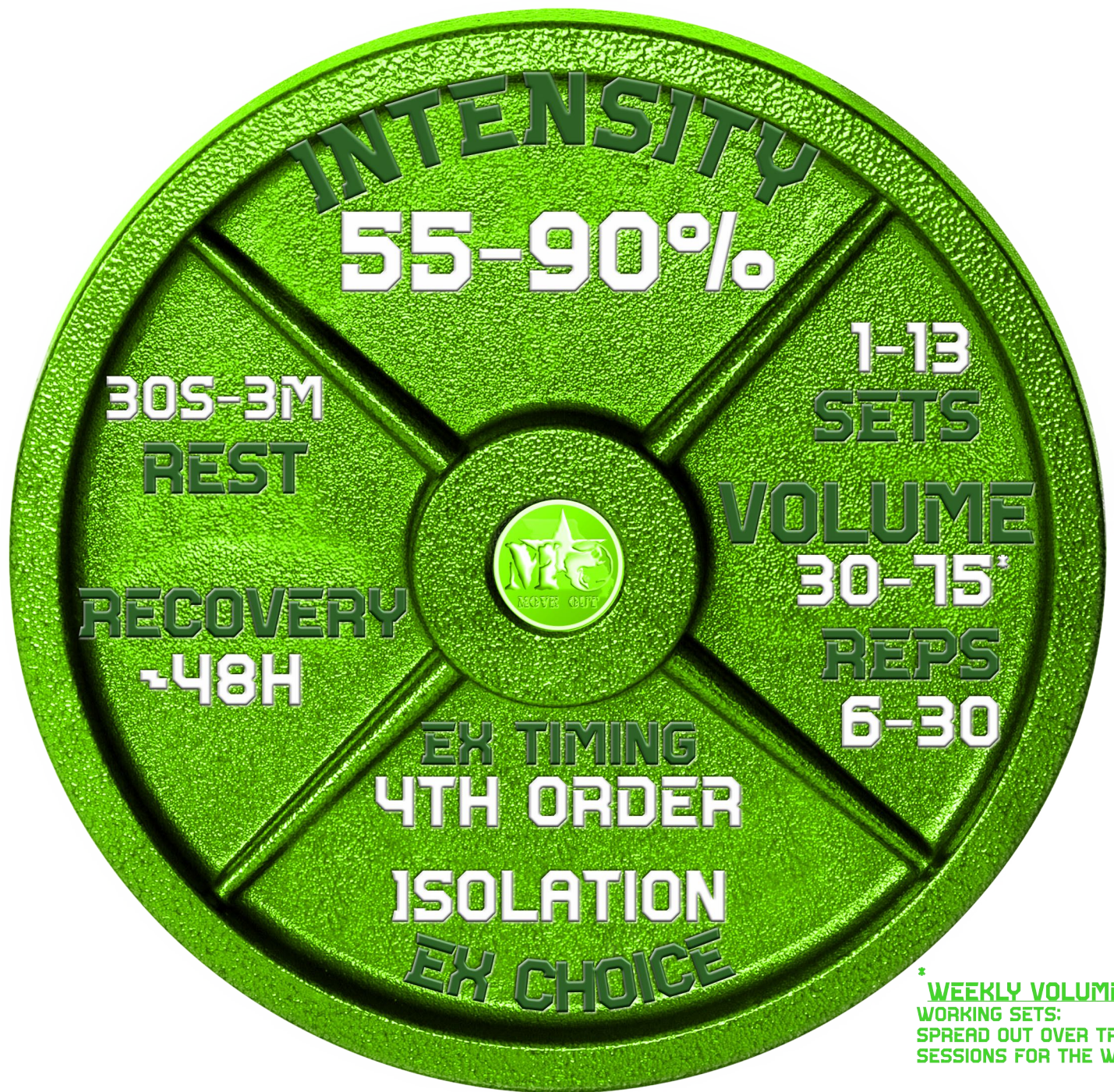
ANTI-ATROPHY



* **WEEKLY VOLUME:**
MINIMUM WEEKLY VOLUME

FREQUENCY

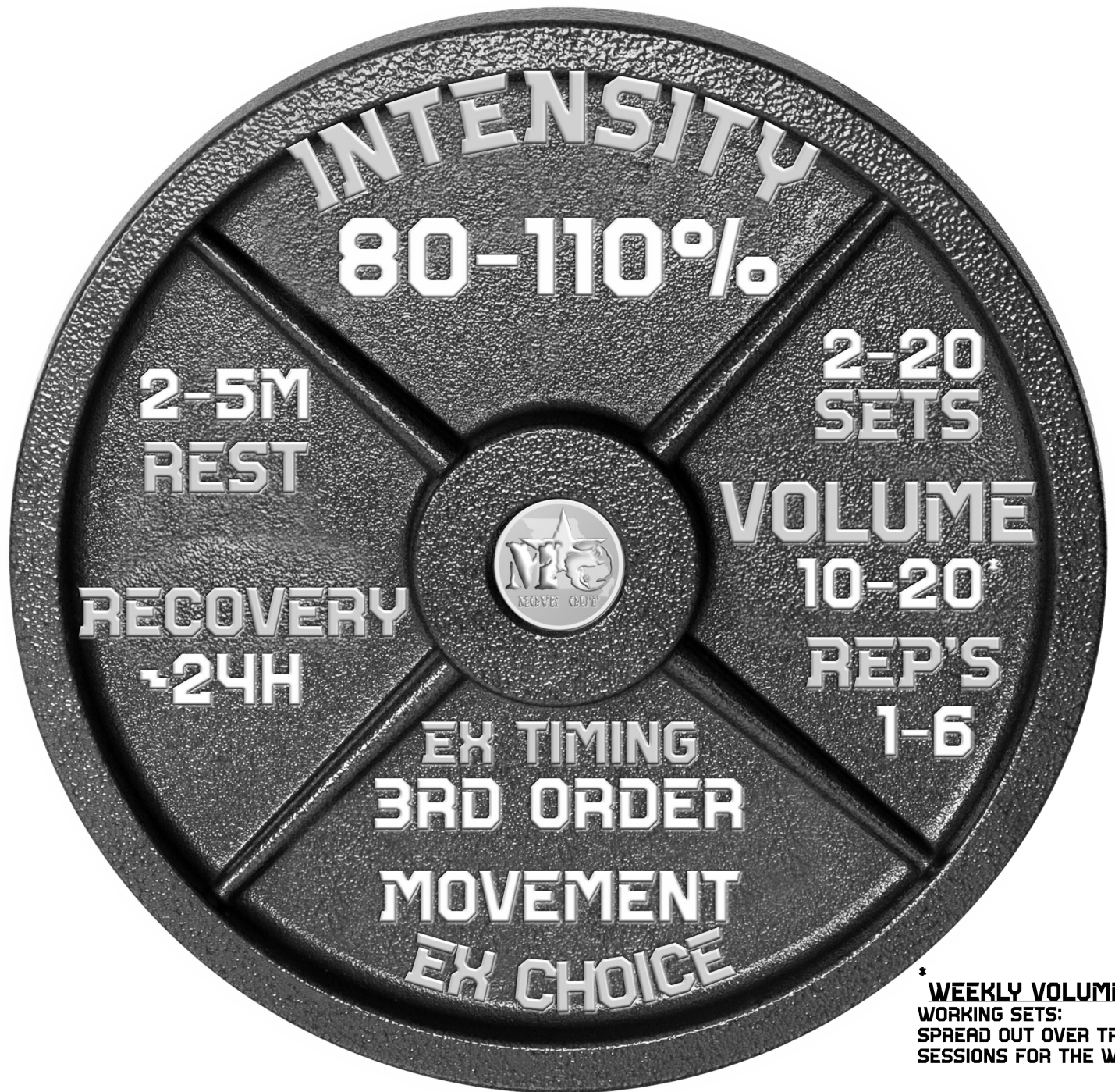
HYPERTROPHY



* WEEKLY VOLUME:
WORKING SETS:
SPREAD OUT OVER TRAINING
SESSIONS FOR THE WEEK.

TOTAL VOLUME

FORCE PRODUCTION



INTENSITY

MUSCLE ENDURANCE



REP VOLUME

POWER



* **WEEKLY VOLUME:**
WORKING SETS:
SPREAD OUT OVER TRAINING
SESSIONS FOR THE WEEK.

AFAP!

THE CLINICAL PRIORITY MATRIX

$$M = \Sigma(Tq + 6P^2 + S^2C^4)^L$$

Injury, Trauma, Surgery

ANS Tone/Response

Address Nociception

-chemical cause, structural cause

"Pain"

Shift the ANS

-optimize breathing, optimize ANS Tone

Passive Mechanisms

Slow the progression of Atrophy

Decongest Swelling

-improve hemodynamics, lymphatics

Active Mechanisms

Normalize scar/incision

-collagen alignment

Restore Tissue Health

-local physiology, hydration

Restore joint mechanics

-passive ROM, accessory motions

The Restoration of "strength"

Static Joint Isolated Force Production

Restore sliding/ gliding mechanics

-Active ROM, layers/tissue interface, tissue mobility

"Optimize": to bring about a valuable status; to create the most favorable situation, especially under some restriction.

Full Weight Bearing Capability

-capable with compensations

Optimize ROM

-threat free

Hypertrophy

Optimize Postures - mobility

Optimize Patterns - stability

External Loading of Movements

SOM Capability C1

Dynamic Force Production

Full Weight Bearing Competency

-no compensations/limp

Return to ADL's Tier 5

SOM Competency C2

Endurance

SOM Capacity C3 - Strategies

-"Motor Control"

Power

Restore Human Skills Tier 4

Technique Work

Performance Based Breathing

->60 sec, situational

Deceleration work

SOM Conditioning C4

Restore "Function" Tier 3

Speed work

Ballistic work

Skill Refinement

Fit for Duty Tier 2

Energy Systems work

Integration to Sport Tier 1

Sport Skills

Confidence

Timing

"Game Shape"

"Game Speed"

drills

practice

competition

Full Return to Sport

