



# **Movement Restoration: Improving Movement Always and in All Ways**

*Brandon Hetzler, Karen Rakowski, James Raynor*

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The acquisition of human movement is a universal concept. However, everyone seems to have their own way of trying to assess, classify and improve movement. Occasionally, some of these efforts prove to be effective, but rarely efficient. (Just consider the primary risk factor of injury is previous injury, and then look at the rising rate of injuries and pain in much younger age groups.) There are many ways this "can" be done, but really, how "should" this be done? Movement Restoration bridges the gap between how humans innately develop movement and how to restore lost movement skills by utilizing a Standard Operating Procedure. This SOP begins with a consistent approach to movement assessment, ends with layering on strength, and spans several important topics along the way. With so many options out there for exercises, clinical interventions, and exercise equipment how is one supposed to blend everything they have learned into one consistent philosophy? Movement Restoration resolves this dilemma. Regardless of the exercise, equipment, or background of the individual applying the drills, Movement Restoration provides a roadmap on which to insert any exercise, drill or piece of equipment.

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