



PreHab

PreHab is a corrective exercise approach to avoid potential injury and at the same time can be used for the Road to Recovery if you are already feeling the effects of a long term ache or pain. The main goal here is that if you take care of your body properly, fewer things will go wrong.

The PreHab exercises shown and described here are going to strengthen the most vulnerable areas that get stressed in everyday movement: your hips, back, abdominals, and shoulders. This is your Core, and strengthening it will improve posture and alignment, allowing your joints to move more efficiently. It will also build up your most injury-prone areas before you're stuck with chronic aches and pains that may, if left alone, require surgery.

These series of exercises are geared toward strengthening the body to increase mobility, balance, stability, and joint function decreasing the potential for injury while improving performance. I also find these PreHab exercises to be very useful with clients in their recovery from injuries already sustained.

More importantly, Prehab helps correct problems created by your lifestyle presented by your daily habits at the work office. Because you spend long hours hunched over your computer, your shoulders roll forward and tighten. Since your shoulders are so tight, they lack the necessary stability and range of motion needed when you leave at the end of the day to engage in a sporting activity such as golf or tennis.

What happens next is your body will compensate for it and you will end up stressing your elbows more when you swing the racquet or club. This, plus the poor joint alignment caused by your poor posture at work, could potentially result in tennis elbow, rotator cuff issues, or upper back spasms.

One of the goals of PreHab is to improve your posture by pulling your shoulder blades back and down, which is achieved by strengthening the muscles supporting your upper back and the stabilizers of the rotator cuff. This will ultimately allow for greater mobility in the shoulder joint.

Sitting at a desk all day also puts undo stress on your lower back which also effects your core and your hips ultimately resulting in shorter, tighter hip flexors. The PreHab exercises also addresses this, working to keep your pelvis in alignment and making sure you have exceptional mobility and stability in your hips.

Now that we have established the fact that PreHab exercises address the muscular imbalances that lead to injuries, preventing many lower back injuries, shoulder joint problems, and hamstring pulls, the extra balance and stability gained can actually prevent accidental trips and falls as well. As you can see, the benefits to this series of exercises are tremendous.

I would like to add that even if you should fall and get hurt, your conditioned body should recover faster from the injury. Once you've built core strength, you've gone a long way toward creating a body that's capable of remarkable movement and is resistant to injury and long-term deterioration.

You should perform the PreHab routine 2-6 times a week for 5 minutes duration. This is one of the best investments you can make in your long-term health plan.

