

MANUAL OVERRIDE

A BRAIN BASED, STRENGTH PROTOCOL

The objective of this worksheet is to outline the inputs of the body, and how they can be manipulated through direct neural exercises. Simple drills done with repetition, and load, will become performance advantages and effective pain management for novice through competitive athletes.

The Three Pillars of Performance

- **Vision** (eyes)
- **Vestibular** (ears)
- **Proprioception** (body)

Vision can be an enormously influential part of your athletic output, your vision “plans out your movement and creates depth perception. If your eyes are properly informed, you should be granted full permission to move at maximum capacity. You also have reflexes in your eye muscles that will add flexion or extension to any voluntary movement.

Eyes Up = more extension
Eyes Down = more flexion
Eyes Right = more right extension, left flexion
Eyes Left = more left extension, right flexion

Vestibular can be easily classified as your true balance, and what regulates the tone of your body, based on your relationship to gravity, and your head and eye position. Confirming a more even vestibular function between the right and left sides, can result in an enormous strength increase.

VOR chart (eyes in center on target)

Left Vestibular

Head left
Head up and left
Head down and right

Right Vestibular

Head right
Head up and right
Head down and left

Proprioception is the actions of the body, and how the brain perceives that movement in the surrounding space. The importance of properly informed joints, will immediately produce a change in strength, flexibility and pain.

Opposing joints of the body

Neck/Lumbar
Shoulders/Hips
Elbows/Knees
Wrists/Ankles
Fingers/Toes

Manipulating the flexion/extension of one of these joints, will result in an increase of flexion and extension of the opposing joint via a cross-cord reflex, knowing the map will greatly add value to your current mobility protocol or strength pursuits.

Integration using all three of these inputs systems together, can yield some impressive change to the nervous system. You can stack multiple drills or create games that allow for skills to be acquired in a sports specific situation.

Star Chart -
Infinity Walk-
Multi joint movement with fixed eye position

The brain is the judge, the nervous system will dictate immediately one of three answers; improvement, no change, or threatened regression. Don't concern yourself with a negative result, just look at it as an opportunity to refine a skill to become an asset.

“ There is no such thing as an improper movement, just unplanned movement” - **Dave Sten**

“ Your nervous system is like a house, some of the lights are off, sometimes you can change a bulb, sometimes you need to fix the switch, and sometimes you need to go all the way to the breaker box” - **Chris Daly**