

Volume 3.12 Tweakology - Dimension Tweaks

1. Exercises and Activities of function is the do . . . it is the resultant motion from what we know and the “so what” that drives what we ultimately do. It is the motion that is transformed from the notion.
2. The three dimensional tri-plane rule of function . . . if you influence one dimension you will influence the other two.
3. Sequencing is “the secret of the sauce”.
4. Tweakology is creating the environment for encouragement.
5. In the world of functional rehabilitation and training we are always analyzing.
6. We need to know the points of transformation for all forms of function to effectively analyze, rehabilitate and train.
7. The name of the game is to utilize our functionally sensitive analysis to encourage the rehabilitative and training process.
8. Functional progressions and sequencing are not an algorithm, not a protocol, not a cookbook, not linear.
9. Sequencing allows us to functionally feed and quickly find the causes of dysfunction.
10. Everything boils down to entrainment of the proprioceptors.
11. Getting ready for something requires an analysis of what we are getting ready for.
12. We use the power of transformation in order to “train for the game”.