

NEW Rehab
Discovery with
CrossCore!

Thrive : to grow vigorously. to progress toward or realize a goal despite or because of circumstances”.



As we continue to explore the potential of the human body and the effects of certain modalities of exercise, we see that the latest fitness fads tend to be and claim what is not always safe, practical, and is far from effective. There is a tendency to loosely use words such as dynamic, results, and especially the word “functional”. Being that “Functional” is fixed, linear, and one dimensional, it yields the very limited results the word suggests. You see the hypocrisy here as many in the fitness industry continue to pigeonhole themselves in this way. It doesn't adequately represent the fitness level one should strive to achieve and it's time to surpass the stagnant “functional” training modalities by exploring the proven potential of what is a changing of

the guard. I propose the use of new words when referring to exercise, words such as mindful, evolutionary, potentiality, able, and bio-individuality. I suggest the use of words that inspire, words that lend to a healthy, positive and totally mobile outcome. We are in the midst of an exercise evolution and I discovered quite by accident CrossCore Inc.'s “War Machine” at the forefront!

CrossCore embodies this very approach as functional simply is not enough anymore! Whether you wish to improve athletic performance, improve or gain structural stability or increase or gain mobility, the War Machine gives the ability to train multilaterally thanks to it's amazing design and pulley system. Proof is in the pudding... I've been lucky enough to see and experience this all first hand, not only with my own results, but most importantly with those I have been fortunate enough to work with using this astounding training medium. As we are just beginning to scratch the surface of the effective modalities to treat individuals in rehabilitation, one experience in particular opened my eyes to the infinite potential of the War Machine and a 52 year Stroke survivor and client of mine named Kirk. Although Kirk is not a “super athlete”, he very much is on his way to becoming “super able”. Kirk's remarkable story starts 5 years ago when he suffered from a stroke. The inside of his Carotid artery had torn and to simplify the details, it was this tare that caused an upset of blood flow to his brain leading to Stroke. To give you some insight as to what it means to suffer from Stroke; “A stroke, also known as a cerebrovascular accident, is the death of brain tissue caused from a lack of blood flow and insufficient oxygen to the brain. Brain injuries from a stroke can affect the senses (such as eyesight, touch, awareness of body positioning), motor activity (movement of arms or legs), speech and the ability to understand speech. It can also affect behavioral and thought patterns, memory and emotions and also cause paralysis or weakness (the inability to move the arms or legs properly, or at all) on one side of the body.”

As you read above, because of the affected area of Kirk's brain he suffered from severe motor impairment to the left side of his body, unfortunately a complete paralysis which made it impossible to even conduct his daily activities without assistance. So, it was as if he were learning to do these very functions for the first time all over again. “The loss of function may be mild or severe and temporary or permanent. This depends on where and how much of the brain is damaged and how fast the blood supply can be returned to the affected cells and regain maximum function”. “When brain cells are

damaged or die, the body parts controlled by those cells cannot function.”

After a few months of traditional physical therapy and nearly four and half years of self supervised exercise, Kirk and I began to work together. When we first began training, his imbalances were very apparent to me and was quite obvious that the left side of his body was still a full beat behind that of his right. At first meeting we began with very basic, linear movements with the least amount of resistance but traditional was not going to be enough as our approach lacked results. It was at this time, that I was introduced to the “War Machine” and thought it may be an extremely effective rehab apparatus for Kirk, not to mention anyone else with compromised mobility. The fact that the CrossCore’s War Machine allows one to use their full range of motion, one can explore their full potential. And accompanied with some rotational movement when the time is right and you have the ultimate exercise/rehab tool! Also, being that the resistance is controlled by the use of one's own bodyweight, which is dependent on the angle they placed themselves, made it possible for Kirk and I to train in a very safe manner. Training in such a manner is imperative for anyone of any level and is especially important as there is a certain amount of physical restraint one must observe after suffering from Stroke.

Kirk's responsiveness was impressive and amazing and was almost immediate. We worked with isolated, isometric and isotonic exercises on the War Machine, such as isolated single arm rows for scapular strength, to multi-joint, full body movements for mobility, balance and core strengthening. The greater the nervous system response the greater the results, to see this was/is truly awesome! The exercises were allowing for his left and right side to work independently of one another so that there was no favoring taking place, or no dominant side compensation. It was almost as if you could see Kirk's neuron's firing as he struggled with the imbalances. “One of the worst perpetuated myths is that the brain is set in stone and cannot change. The brain is capable of change all the time and at any age. While certainly when we are older the brain may not be as responsive as when we are younger, it is still capable of improving and changing. We can see real world examples of the brain changing whenever we learn or improve on a new skill. Things like learning a new language or sport are great examples. The brain controls everything we do and when we see improvements in our coordination like in sports there must be improvements in the brain to bring about those changes. The science of the brain has disproved this repeatedly, the brain can change and this is the basis of stroke rehabilitation.” According to researchers, a large part of the brain is used for coordinating the actions of the muscles. The more active you are, the more practice your brain gets in processing information- and therefore, your cognitive abilities can improve. It was through this approach that we were able to continue and “progress toward or realize a goal despite or because of circumstances” and were able to achieve amazing results!

That being said, one of the most effective ways to reach this outcome is through unilateral and multilateral movement on CrossCore’s War Machine! I can't say enough about the usefulness, the practicality and most importantly the effectiveness of the War Machine. Through my experience I can truly say, this is the single most important and versatile training tool out there and again, its potential is infinite. Whether someone is a beginner or an elite athlete, dealing with an injury or even a debilitating health issue such as a Stroke, CrossCore’s War Machine's “balance through imbalance” approach, allows for a much greater muscle response and without the harmful impact yielding much greater results. As we all are unique so should be that of our training, thanks to the War Machine, you now have this ability and all within one machine!

So, go ahead... I dare you... no matter what your fitness level, no matter your circumstance...

“Take the challenge... Pull the pin!” Try it and I guarantee you'll like what you see!

Ryan Ready, CFT, Nutritionist
Ready Fitness

Resources:

American Heart Association Heart.org

Webmd.com

Dailyspark.com