

4<sup>th</sup> International Conference on

# Sports Medicine and Fitness

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## Juan Castellano

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### 3R system: Rebalance - Reeducation - Retraining

Stability re-training targets both the local and global stability systems. Activation of the local stability system is to increase muscle stiffness along with functional low-load integration in the neutral joint position of controls segmental. Global muscle retraining is required to correct multisegmental or myofascial dysfunction in terms of controlling the site and direction of load that relates to provocation. Our pedagogic method solves dysfunctions with 3 steps (3 R System): (1) Rebalance by global active stretch, (2) Reeducation by proprioceptive and corrective techniques, and (3) Retraining by the right patterns of movement adapted to morphology and physical condition. The pedagogic protocol is based on palpating bone references to analyze what happens during the integrated movement and to know if there is lack of stability or mobility in the arthrokinetic chain. In the corrective phase, forces are applied to facilitate certain segmental patterns of movement with sufficient stability. This system has an application to the clinic to avoid irritating the soft tissues before past traumatic episodes.

### Biography

Juan Castellano is a Physiotherapist, President and CEO of Life Pilates (2003), Juan Castellano is a recognized expert in the prescription of physical exercise for Health. He is a Regular speaker at international conventions, Pilates, wellness and science health congresses. In 2012 he created a method of work to be able to teach more efficiently the anatomy, biomechanics and Kinesitherapy. In November 2017 Juan Castellano will represent Spain as renowned speaker in the fifth World Conference on Physiotherapy in Dubai. He has been a pioneer as presenter in first Spanish conventions on the Pilates method and in the most prestigious Pilates conventions in South America, Europe and Asia where he has shared his approach with the outstanding world leaders.

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