

TIER 01 · AVAILABLE NOW

Tier 01 · Movement

Corrective Movement & Regeneration: Building Durability Through Assessment-Driven Programming

Most workplace injuries — and most plateaus in performance — trace to motor-control deficits and recovery deficits, not to lack of effort. This talk lays out the corrective and regeneration framework Equinox Coaches use: assessment first, then programming that addresses dysfunction before chasing performance, then recovery that compounds across weeks and months.

KEY TAKEAWAYS

- 01** Foundations of motor control: why a movement screen surfaces issues that years of training miss
- 02** Risk stratification: how Coaches identify limitations and special populations early
- 03** Corrective programming as integrated work — not a 10-minute warm-up, but a structural part of the training week
- 04** Regeneration as adaptation: why active recovery, sleep, and nervous-system work compound results
- 05** When to refer out — the line between coaching scope and clinical intervention
- 06** How specialty programming serves women in pregnancy / postpartum / menopause and other populations

AUDIENCE

Organizations with desk-bound workforces, manufacturing or field teams with movement demands, and any team whose previous wellness program ignored injury prevention.

FORMATS

- 45-min keynote
- 90-min workshop with movement-screen demo
- Half-day intensive with corrective programming practicum

SAMPLE AGENDA

- 0–10 min — The injury prevention failure of typical corporate wellness
- 10–30 min — Foundations of motor control + risk stratification
- 30–55 min — Corrective programming as integrated weekly work
- 55–75 min — Regeneration: sleep, breath, nervous-system protocols
- 75–85 min — Specialty populations and the referral line
- 85–90 min — Q&A

SLIDE OUTLINE

- Slide 1 — Why most workplace 'wellness' ignores injury
- Slide 2 — Motor control 101: a movement screen demo
- Slide 3 — Risk stratification and the populations behind it
- Slide 4 — Corrective programming integrated, not bolted on
- Slide 5 — Regeneration as adaptation
- Slide 6 — Sleep, breath, and the parasympathetic toolkit
- Slide 7 — The referral line: scope of practice in coaching
- Slide 8 — Specialty populations

SPEAKER POOL

Coach X-tier Coaches with primary or secondary specialty in Regeneration & Nervous System, Mind-Body Integration, or Athletic Performance.