



GETTING OFF OF THE INJURY ROLLER COASTER

Your guide to relieve aches, pains and tightness so you can excel at anything physical you want to go out and do.



WELCOME!

If you're reading this guide, my guess is that it's not the first time you've tried something to help with your nagging aches, pains, tightness or injury. If what you've tried in the past hasn't worked, it's not your fault!

There is so much information out there that it can keep you from recovering because you either don't know where to start or what will actually work.

If you're like me where you've thought that...maybe these issues are just going to be a part of life...I want to put those fears to rest.

It wasn't until I discovered this one thing that my life and those of my clients completely changed for the better.

That's why I'm SO excited you're here and I can't wait to share my coaching secrets that will help you finally take control of nagging aches, pains, tightness, and anything else standing in your way.



With that, it's time to drop some knowledge bombs up in here. Trust me when I say they're going to - Change. The. Game!

Do you want to know how I was finally able to get rid of my injuries and move better than I have EVER moved? After 10 years of trial, lots of error and over \$20k of my own money spent on certifications, gadgets, and doctor visits?

Ok let's do this.

CHANGE BEGINS WITH AN OPEN MIND

Your challenge as you go through this guide is:

I encourage you to throw what you think you know about dealing with pain or injury to the curb for a few minutes.

Try it.

So forget what you read online and what your friend or other practitioners have told you.

I promise you, if you're open to a new perspective and new ideas, you will get SO much out of this guide.

And if you follow along with these steps I'm going to share with you, you will walk away with a roadmap to what is going to work for YOU and your specific situation.

And more importantly, you'll start to make real change.

So why should you listen to me?

OTHER THAN BEING A STRENGTH & MOBILITY COACH FOR 15+ YEARS...

...helping over 1,000 professional, collegiate and everyday athletes move, feel and perform at their highest level, this journey started for me as that kid who played any sport or activity I could instead of playing video games.

As I got older, those years of playing baseball, rugby and weight training caught up to me and I started to get injured more and more often.

From ACL tears, to shoulder impingements and excessive lower back pain, I've experienced it all. It's been a vicious cycle that continued well into my 30's.

About 10 years ago, I realized I had had enough and started looking at every modality on the planet to try and fix my problems. You know; the typical solutions we're told to try like foam rollers, passive stretching, icing, resting...I even once used a car buffer to massage my knots!

I would think I solved the problem but sure enough, an injury would pop back up and I'd be back on that injury roller coaster again.



THE ONE THING I HOPE YOU GET OUT OF THIS GUIDE

The only difference between you being on the sidelines and enjoying an active, pain-free life is...mobility training.

When you implement mobility training and the information I'm going to share with you today, then pain and injury will go away.

Simple as that.

What is mobility training?

A lot of people think it's stretching, yoga, "flows"...or using gadgets like foam rollers to massage knots.

But it's not.

The basic definition is that mobility training is joint training.

Just like you have strength training to build muscle, and cardiovascular training to strengthen your heart, you have mobility training to create stronger, healthier joints.

It's the most simple and effective way to relieve pain, eliminate injury and safeguard your body because...are you ready for this???

ALL MOVEMENT (AND INJURY) STEMS FROM YOUR JOINTS

And yes, even if you think you have a muscle problem like knots, tightness or strains for example...it was put there because your joints aren't functioning the way they were meant to.

That one usually surprises people so I'll say this again.

***Your muscle problem's not a muscle problem.
It's a joint problem.***

I like to think of joints like the roots of a tree.

Healthy roots of a tree can support the trunk, the branches, the leaves...your favorite tire swing.



Healthy joints support your muscles, which move your bones and allow you to safely run, take a long ride on your bike, play a round of golf....all without pain.

WHY COMMON "REMEDIES" HAVEN'T WORKED

Day in and day out we spend time doing things like foam rolling, passive stretching, getting massages and so much more to try and fix our problems.

Sure, there's temporary relief but what happens the next day?

You wake up and those problems are still there. Why?

These modalities aren't making long lasting change because they only work at the surface level where your muscles are and not down at the root of the problem - aka your joints.

The Tale of the Victim and the Culprit

Your joints are designed to work together and independently but if one isn't doing its job, your body starts to compensate and asks other joints to step in and pick up the slack.

This is when problems arise.

So for example, you might feel pain in your knee but it's most likely coming from somewhere else.

This is what we call "the victim and the culprit". Your knee is the victim but the culprit...the one causing the problem...is either the hip or ankle joint, or a combination of the two.

This leads to your knee having to do the job of these other joints when it's not equipped to. Eventually it will break down, resulting in pain...or worse...injury.

WHAT YOUR OVER PROTECTIVE OLDER BROTHER HAS TO DO WITH PAIN GOING AWAY

When our joints aren't working well, the nervous system steps in to try and protect us. It controls all of our movement and pain responses and all of our body's protective mechanisms.

I like to think of it as an over protective older brother who won't let you go out to parties when you're a teenager. He just doesn't trust you to be safe, right?

The only way to make improvements in our joints, muscles and really the entire human body, is to understand that:

The nervous system must feel safe and secure - otherwise it throws down the breaks.

If it doesn't feel safe, it limits your movement, in fear that if it lets you move freely, you'll get hurt.

"Tight" hip flexors? These are a result of your hips being weak. No matter how much you crank/stretch on them to loosen up, it will never happen unless the nervous system wants it to. It put this tightness there because it doesn't trust that if you take your hip into extension (think trail leg when running), that you'll be safe.

As you're going through any movement throughout the day, know that if you feel any restrictions, limitations, or knots, it's your nervous system saying that it doesn't feel safe.

HOW TO GET THE NERVOUS SYSTEM TO TRUST YOU

Are you ready for this?

You can actually start doing it right now.

What is it you may be asking?

It's moving with control.

Moving with control helps strengthen your joints, connect with how you move and improve the quality of your movement (buh-bye compensations!).

All day, things are unexpectedly thrown our way. If you haven't spent time controlling how your body moves in different ways, then something bad will inevitably happen.

I could be a millionaire if it wasn't for control...

The other day, my wife and I were walking in the grocery store and she slipped in a puddle in the produce section.

She was real close to eating it but was able to catch herself because she's spent time building control and strength within her joints.

I'm kind of bummed though. If she fell, we could be millionaires right now. "C'mon Jen! Take one for the team!"

LET'S TIE IT ALL TOGETHER

We now know that all pain, tightness and injury (even in your muscles), stems from your joints.

If your joints aren't working at their best, others have to come in and pick up the slack when that's not really what their job is.

Because of this, the nervous system - aka the over protective older brother - comes out and puts things like knots, movement restrictions, or spasms there because it doesn't feel safe with you going in that position.

When you move with control, your nervous system begins to trust you and feel safe. Before you know it, your issues become a thing of the past.

Do you see how that all works together? How awesome is this?

Now you may be wondering "How do I develop control?"

Well I'm glad you asked.

It's with mobility training. Ding ding ding!

Mobility training helps your joints move with control.

Pretty cool huh?

Now that you know "the why" behind how your body works, let's start to put it into practice with 3 of my favorite mobility exercises that will help you build that control right now.

MY GO-TO MOBILITY EXERCISES

These exercises will give you the biggest "bang for your buck" targeting the 3 major joints of your body.

Start incorporating these into your daily routine and for some, you might notice a difference after the first day.

Shoulder CAR



Pip's Tips:

- Keep head and torso still as you move.
- Keep rotating shoulder internally while traveling backward.
- Keep rotating shoulder externally while traveling forward.

Hip CAR



Pip's Tips:

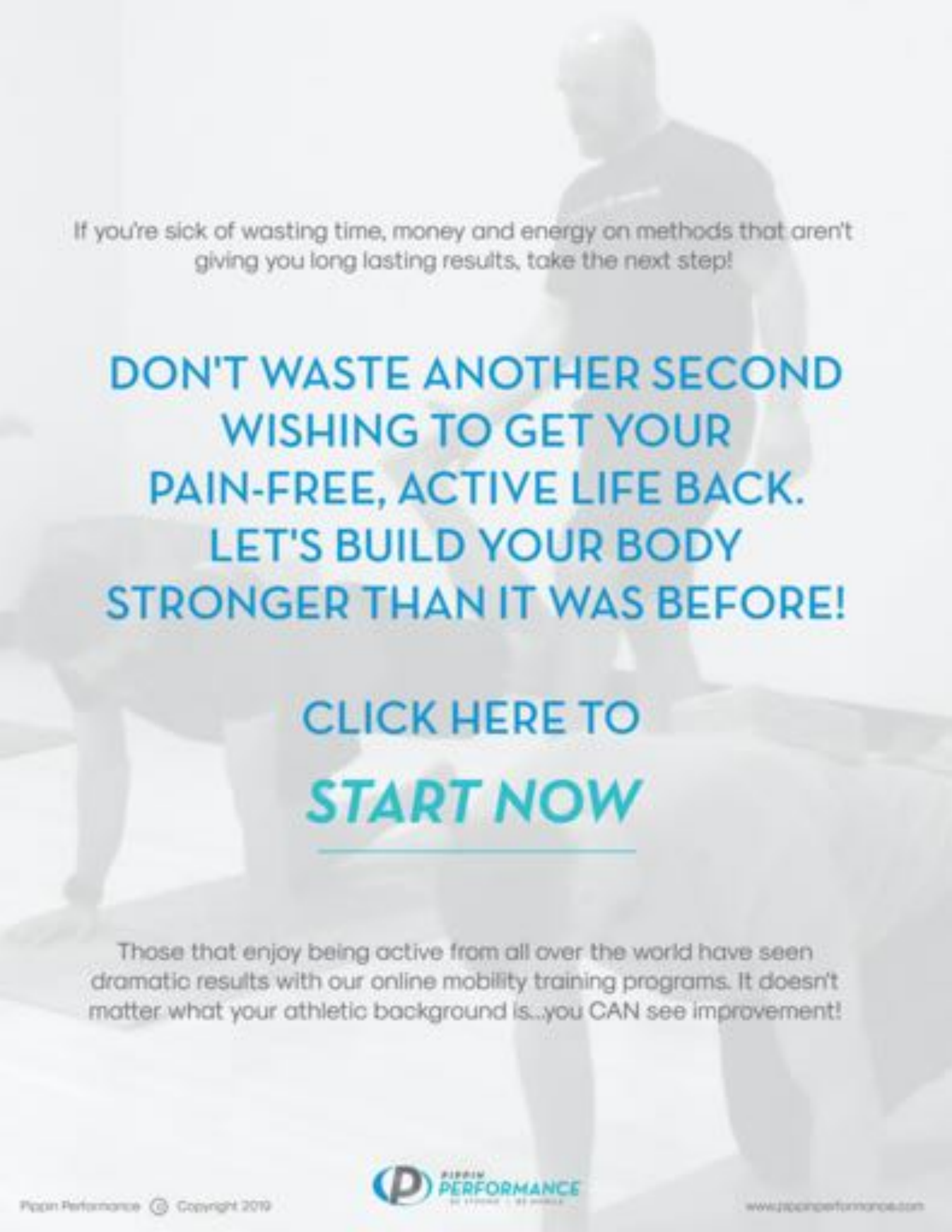
- Hold onto something solid for balance.
- You shouldn't feel your obliques (side abs), when rotating. It should all come from the outside of the hip.
- Drop the knee to help with rotating your foot toward the ceiling.

Spinal CAR



Pip's Tips:

- Keep hands under your shoulders and knees under your hips.
- Don't let your body sway forward or back, stay perfectly still.
- Focus on moving only one vertebrae at a time...this can be tricky so be patient!



If you're sick of wasting time, money and energy on methods that aren't giving you long lasting results, take the next step!

**DON'T WASTE ANOTHER SECOND
WISHING TO GET YOUR
PAIN-FREE, ACTIVE LIFE BACK.
LET'S BUILD YOUR BODY
STRONGER THAN IT WAS BEFORE!**

**CLICK HERE TO
*START NOW***

Those that enjoy being active from all over the world have seen dramatic results with our online mobility training programs. It doesn't matter what your athletic background is...you CAN see improvement!