The Brookbush Institute updates the course 'Anterior Oblique Subsystem'

Find out how the rectus abdominis, abdominal fascia, external obliques, and anterior adductors work together to aid in stabilization and movement.

NEW YORK, NY, UNITED STATES, January 6, 2025 /EINPresswire.com/ -- Excerpt from the course: Anterior Oblique Subsystem

> I love the integration of these subsystems. The idea that AOS and POS can aid in corrective exercise selection to improve posture and reduce low back pain is a wonderful addition to our toolkit."
>
> *Joe Schwartz - https://maps.app.goo.gl/eUaqszBPFRJiyyf17*

Additional subsystem course: Posterior Oblique Subsystem

Related to: Myofascial Sling

INTRODUCTION:

This course describes the anterior oblique subsystem (AOS), a concept originally proposed by Vleeming et al. (1). However, similar concepts have also been proposed, such as the anterior oblique sling, anterior oblique myofascial synergy, myofascial lines, anatomy trains, myofascial meridians, superficial front line, functional line, spiral line, and the serape effect.

The Anterior Oblique Subsystem (AOS) is comprised of:
- Rectus abdominis and pyramidalis
- Abdominal Fascia (Anterior layer)
- External Obliques
- Anterior Adductors
- Potentially
- Pectoralis Major
- Serratus Anterior

FUNCTION (BRIEF):
- Concentric Function: Pushing, rotation "inward," and multi-segmental flexion
- Isometric Function: Transfer of force between lower and upper extremities and stabilization of the hips, sacroiliac joint, pubic symphysis, lumbar spine, and thoracic spine.

- Eccentric Function: Decelerate pushing, rotation "outward," and multi-segmental extension.

PRACTICAL APPLICATION
Core
- Static Chop and Progression
- Planks and Progressions
Integrated Exercise
- Legs with Push
Common Maladaptive Behavior
- Over-active

The concepts and techniques described in this course may be particularly beneficial for neuromuscular re-education, coordination, motor pattern integration, whole-body strength, functional strength, and sports performance. Sports medicine professionals (personal trainers, fitness instructors, physical therapists, massage therapists, chiropractors, occupational therapists, athletic trainers, etc.) should consider adding these exercises to their repertoire to improve the outcomes of their integrated exercise programs, sports performance programs, and therapeutic (rehabilitation) interventions.

Pre-approved for Continuing Education Credits for:
- Athletic Trainers
- Chiropractors
- Group Exercise Instructors
- Massage Therapists
- Occupational Therapists - Intermediate
- Personal Trainers
- Physical Therapists
- Physical Therapy Assistants
- Yoga Instructors

This Course Includes:
- AI Tutor
- Webinar
- Study Guide
- Text and Illustrations
- Audio Voice-over
- Research Review

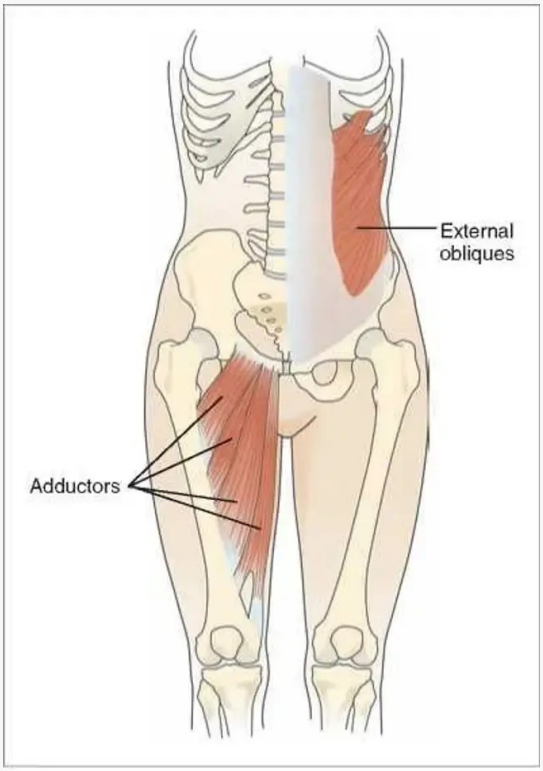

Figure 2.20 Anterior oblique sub-system.

Anterior Oblique Subsystem - https://brookbushinstitute.com/courses/anterior-oblique-subsystem-integration

- Technique Videos
- Case Study and Sample Routine
- Practice Exam
- Pre-approved Final Exam

FOR MORE, FOLLOW THE LINK TO THE COURSE.

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