

## CHEAT SHEET:

# How to Find the Best Physical Therapist or Fitness Professional

1. What is your philosophy about isolating muscle groups?

**Answer:** I don't believe in isolating muscle groups until you have enough mobility and dynamic strength in your ankles, hips, upper back and shoulders. I would rather use your body weight and do whole-body workouts.

2. Do you train muscles or movements?

**Answer:** I believe in training movements rather than particular muscles, because our bodies don't operate in isolation, and there are no movements that use just one muscle.

3. Do you believe in static stretching or dynamic mobilization stretching?

**Answer:** I believe in dynamic stretching in an upright position 80-90% of the time. And I prefer that you stretch and mobilize before and after your workouts.

4. Do you understand multi-planar movements?

For example, how many kinds of lunges and squats should I do?

**Answer:** This is kind of a trick question. There are 3 basic planes of motion, but when we teach lunges, we start with lunging in 6 directions. We teach squatting in 27 foot positions, but there are really infinite ways to lunge and squat.

5. Do you believe twisting is bad?

**Answer:** Twisting is only bad when we twist from the wrong places. If you have mobility in your ankle, hips and thoracic spine, you should be safe twisting and turning in your functional activities.

6. What are your stages of healing an injury?

**Answer:** We start with creating a healing environment, which includes support from within the PT office community and with your PT or trainer. Physically, we emphasize moving areas away from the pain. We prepare tissue healing by increasing blood

flow with soft tissue techniques to muscles that are tight and shortened. We start dynamic mobility with gentle functional movements. We strengthen the muscle in functional movements for success in daily activity and fun.

7. Are you familiar with the Gray Institute? And do you have the following credentials?

**3DMAPS** - 3D Movement Analysis & Performance System (10 hours online)

**CAFS** - Certification in Applied Functional Science (25 hours online)

**FAFS** - Fellow of Applied Functional Science (40-week program through the Gray Institute)

### G3 Physical Therapy & Wellness Center

227 N. El Camino Real, Ste. 100

Encinitas, CA 92024

Hours: M-F 7am to 7pm

760-205-1500



## OUR STORY

As the owners of G3 Physical Therapy & Wellness, Mike and Sandra have always had a passion for functional physical therapy and spent years building a successful reputation for the business. G3 is the evolution of their therapy practice into a more comprehensive approach toward health and well-being. The elements of functional movement and personalized patient care remain, but the philosophy has progressed.

<http://g3.life>