

MIND~BODY TOOLBOX FOR PT

PUTTING SOME 'MIND' IN
THE BODY



LAWRENCE BISCONTINI, M.A.

biscontini@aol.com

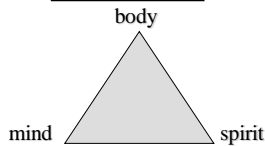
TRADITIONAL RESPONSIBILITIES

- BODY EVALUATION AND PRESCRIPTION
- REALISTIC BODY GOAL SETTING
- PAPERWORK: TRACKING PHYSICAL PERFORMANCE
- SUPERVISION
- COACHING AND COUNSELING FOR PHYSICAL PERFORMANCE
- CONDITIONING CLIENT FOR ACUTE, TEMPORARY FAILURE AND FATIGUE
- CONCENTRATION ON GOAL, END, PRODUCT

B-O-D-Y

EVOLVED TITLE CONNOTATIONS

• “PERSONAL”



Paramount Question for Today's
Trainer:

“How am I facilitating the
training of my client's spirit
mind, *and* body?”



REFERENCE SOURCES

◊WHAT



◊HOW



REFERENCE SOURCES ~CHECKING IT OUT~

- YOGA (HATHA)

REFERENCE SOURCES

~CHECKING IT OUT~

- **YOGA (HATHA)**
- **PILATES**

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- **T'AI CHI**

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- **ALEXANDER TECHNIQUES**

REFERENCE SOURCES

~CHECKING IT OUT~

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- **PILATES**
- **T'AI CHI**
- **FELDENKRAIS**
- **ALEXANDER TECHNIQUES**
- **OTHERS**

PHYSICAL SPACE

- indoors:
 - light manipulation
 - focus manipulation
 - music manipulation (& research!)
- small, quiet space with a candle
 - fragrance (& research!)

“N-A-M-A-S-T-E”

- *N* _____
- *A* _____
- *M* _____
- *A* _____
- *S* _____
- *T* _____
- *E* _____

“N-A-M-A-S-T-E”

- *Nurturing*
- *Aligning*
- *Motivating*
- *Appraising*
- *Starting*
- *Transitioning*
- *Ending*

“N-A-M-A-S-T-E”

Rating of Perceived Exertion

RPE
6
7 Very, very light
8
9 Very light
10
11 Fairly light
12
13 Somewhat hard
14
15 Hard
16
17 Very hard
18
19 Very, very hard
20

“N-A-M-A-S-T-E”

- **BALANCE**
- **EMOTIONS with Numbers**

DATE	LATS	SETS	REPS
8/12/03	OH ADD	2	9
	<i>E: "low"</i>	<i>S: "high"</i>	<i>RS RE</i>

E: Energy S: Stress R: Resulting

“N-A-M-A-S-T-E”



**INTEGRATION OF THE
SPIRIT**

- encourage different breathing styles to maximize work effort
- manipulate music for matched breathing abilities
- change our nomenclature and our tone to promote client's recruitment of inner strength

INTEGRATION OF THE MIND

- improve client's concentration
- help client's kinesthetic awareness
- improve proprioception
- encourage verbalization
- mental sharpeners & teasers

IMPLICATIONS

- TRAINING FOR OVERALL, ACCUMULATIVE FATIGUE VS. ACUTE
- ENCOURAGEMENT OF MINDFULNESS BY MANIPULATING ENVIRONMENT: outside, light, music, space, tea
- ENCOURAGEMENT OF MINDFULNESS BY MANIPULATING SELF: eyes, light, breathing, focus
- DEVELOP A "MIND-BODY" MISSION STATEMENT

MISSION

("mind-body-spirit" mission)

MISSION

("mind-body-spirit" mission)

MISSION

("mind-body-spirit" mission)



"Namaste"

Take-home message:

Homework:

www.findlawrence.com

biscontini@aol.com