

What is FEX?

Functional Exercise (FEX) involves movements that activate and strengthen global prime-mover, stabilizing “core” muscles, soft tissue, joints and bones simultaneously in support of activities performed in daily life. Multi-planar exercises in a controlled unstable environment are the foundation of FEX programs.

Functional exercise improves functional performance, which means moving more freely and easily without pain, and having the ability to do what you need and want to do, when you want to. Whether running to catch a bus, avoiding a fall when you lose your balance, being able to lift groceries out of the back of your car, picking up a golf ball or playing basketball in the driveway with your grand children, functional performance is vital for life.

FEX facilitates strength development, balance enhancement and improved coordination that has direct applications to improve movements of daily living, injury prevention and performance enhancement. It is more effective than any other methods currently available. Functional strength development benefits the average person, the elite athlete or someone recovering from injury, regardless of age or ability.

{mosloadposition altnav6}