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00:00:00,000 --> 00:00:04,220

I'm extremely excited to announce a brand new sponsor for the Behind the Shield podcast

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00:00:04,220 --> 00:00:06,540

that is Transcend.

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00:00:06,540 --> 00:00:10,560

Now for many of you listening, you are probably working the same brutal shifts that I did

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00:00:10,560 --> 00:00:12,520

for 14 years.

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00:00:12,520 --> 00:00:18,840

Suffering from sleep deprivation, body composition challenges, mental health challenges, libido,

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00:00:18,840 --> 00:00:20,540

hair loss, etc.

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00:00:20,540 --> 00:00:23,800

Now when it comes to the world of hormone replacement and peptide therapy, what I have

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00:00:23,800 --> 00:00:28,220

seen is a shift from doctors telling us that we were within normal limits, which was definitely

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00:00:28,220 --> 00:00:32,920

incorrect all the way to the other way now where men's clinics are popping up left,

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00:00:32,920 --> 00:00:34,560

right and center.

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00:00:34,560 --> 00:00:40,120

So I myself wanted to find a reputable company that would do an analysis of my physiology

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00:00:40,120 --> 00:00:45,320

and then offer supplementations without ramming, for example, hormone replacement therapy down

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00:00:45,320 --> 00:00:46,460

my throat.

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00:00:46,460 --> 00:00:50,780

Now I came across Transcend because they have an altruistic arm and they were a big reason

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00:00:50,780 --> 00:00:56,800

why the 7X project I was a part of was able to proceed because of their generous donations.

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00:00:56,800 --> 00:01:00,820

They also have the Transcend foundations where they are actually putting military and first

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00:01:00,820 --> 00:01:05,440

responders through some of their therapies at no cost to the individual.

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00:01:05,440 --> 00:01:11,000

So my own personal journey so far filled in the online form, went to Quest, got blood

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00:01:11,000 --> 00:01:14,720

drawn and a few days later I'm talking to one of their wellness professionals as they

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00:01:14,720 --> 00:01:19,140

guide me through my results and the supplementation that they suggest.

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00:01:19,140 --> 00:01:23,640

In my case specifically, because I transitioned out the fire service five years ago and been

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00:01:23,640 --> 00:01:28,800

very diligent with my health, my testosterone was actually in a good place.

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00:01:28,800 --> 00:01:33,320

So I went down the peptide route and some other supplements to try and maximize my physiology

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00:01:33,320 --> 00:01:37,760

knowing full well the damage that 14 years of shift work has done.

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00:01:37,760 --> 00:01:41,680

Now I also want to underline because I think this is very important that each of the therapies

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00:01:41,680 --> 00:01:45,080

they offer, they will talk about the pros and cons.

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00:01:45,080 --> 00:01:49,520

So for example, a lot of first responders in shift work, our testosterone will be low,

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00:01:49,520 --> 00:01:54,360

but sometimes nutrition, exercise and sleep can offset that on its own.

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00:01:54,360 --> 00:01:58,680

So this company is not going to try and push you down a path, especially if it's one that

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00:01:58,680 --> 00:02:00,360

you can't come back from.

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00:02:00,360 --> 00:02:07,760

So whether it's libido, brain fog, inflammation, gut health, performance, sleep, this is definitely

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00:02:07,760 --> 00:02:10,880

one of the most powerful tools in the toolbox.

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00:02:10,880 --> 00:02:17,800

So to learn more, go to transcendcompany.com or listen to episode 808 of the Behind the

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00:02:17,800 --> 00:02:22,360

Shield podcast with founder Ernie Colling.

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00:02:22,360 --> 00:02:26,680

This episode is sponsored by Five Eleven, a company that I've used for well over a decade

36

00:02:26,680 --> 00:02:29,400

and continue to use to this day.

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00:02:29,400 --> 00:02:33,240

And Five Eleven is offering you guys, the audience of the Behind the Shield podcast,

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00:02:33,240 --> 00:02:36,800

a discount on every purchase you make with them.

39

00:02:36,800 --> 00:02:40,400

Before we get to that code, I want to highlight a couple of products that again, I personally

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00:02:40,400 --> 00:02:42,160

use today.

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00:02:42,160 --> 00:02:48,400

One of the most impressive products they just released is their Rush Backpack 2.0.

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00:02:48,400 --> 00:02:51,440

Now for many of you, whether you're going to the fire station, the police station, whether

43

00:02:51,440 --> 00:02:55,680

you're traveling with your family, whether you're taking training courses, we have to

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00:02:55,680 --> 00:02:58,320

fly, we have to drive, we have to take trains.

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00:02:58,320 --> 00:03:03,200

And I have to say, I own multiple backpacks, many of Five Eleven's different ones, but

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00:03:03,200 --> 00:03:06,800

as far as a day pack, this one was the most impressive.

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00:03:06,800 --> 00:03:08,700

There are so many different compartments.

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00:03:08,700 --> 00:03:13,480

The way it sits on your back is incredibly comfortable if you are a concealed carry person.

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00:03:13,480 --> 00:03:15,780

There's also a spot for a weapon.

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00:03:15,780 --> 00:03:19,600

So they've thought of multiple, multiple things that a man or woman would have to do on a

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00:03:19,600 --> 00:03:21,160

daily basis.

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00:03:21,160 --> 00:03:24,920

That is in addition to all of the products that I talk about a lot.

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00:03:24,920 --> 00:03:30,700

They're uniforms fit for men or fit for women in the first responder professions.

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00:03:30,700 --> 00:03:34,440

The footwear that they offer, whether it's the Norris sneaker or the Atlas system that

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00:03:34,440 --> 00:03:39,160

is designed for foot health and therefore knees and back and hips and shoulders and

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00:03:39,160 --> 00:03:41,120

neck as a civilian.

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00:03:41,120 --> 00:03:42,880

I live in a lot of their clothes as well.

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00:03:42,880 --> 00:03:43,920

Their jeans stretch.

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00:03:43,920 --> 00:03:45,840

You can actually squat down in them.

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00:03:45,840 --> 00:03:49,960

We live in Florida here, so I wear a lot of their shorts, which again, very, very lightweight

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00:03:49,960 --> 00:03:50,960

material.

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00:03:50,960 --> 00:03:53,580

You can get it wet and it will dry almost immediately.

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00:03:53,580 --> 00:03:55,720

And then moving to the fitness and tactical space.

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00:03:55,720 --> 00:03:58,480

I used to have just a regular weight vest.

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00:03:58,480 --> 00:04:02,800

Recently I switched to a Five Eleven vest and actually bought ballistic plates as well.

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00:04:02,800 --> 00:04:06,160

And my thinking was simply, if I'm going to have a vest, when I have one that protects

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00:04:06,160 --> 00:04:07,160

me as well.

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00:04:07,160 --> 00:04:10,900

And that tack vest is trusted by law enforcement all around the country.

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00:04:10,900 --> 00:04:13,560

So I mentioned they were going to offer you a discount code.

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00:04:13,560 --> 00:04:20,880

So if you go to five 11 tactical.com and enter the code shield 15 S H I E L D one five, you'll

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00:04:20,880 --> 00:04:26,240

get 15% off not just that one purchase, but every time you visit their store.

72

00:04:26,240 --> 00:04:30,760

If you want to learn more about five 11, their mission, their products, then listen to episode

73

00:04:30,760 --> 00:04:36,000

three hundred and thirty eight of the behind the shield podcast with the CEO and founder

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00:04:36,000 --> 00:04:38,880

Francisco Morales.

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00:04:38,880 --> 00:04:41,180

This episode is sponsored by inside tracker.

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00:04:41,180 --> 00:04:46,800

And what makes me smile is before I even started my podcast seven years ago, when listening

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00:04:46,800 --> 00:04:51,660

to other wellness conversations inside tracker was always the company they recommended for

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00:04:51,660 --> 00:04:53,720

comprehensive blood work.

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00:04:53,720 --> 00:04:58,760

Well now in twenty twenty four, they have begun to offer a brand new first responder

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00:04:58,760 --> 00:05:04,720

panel, which will cover nine biomarkers hitting several of the pillars of health that affect

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00:05:04,720 --> 00:05:11,080

us in uniform stress, heart health, metabolism and gut health.

82

00:05:11,080 --> 00:05:16,320

Now after a very simple intake form, a blood draw, you will get the results sent to your

83

00:05:16,320 --> 00:05:23,520

computer, smartwatch, phone, not only detailing where you are on the scale from poor to optimized,

84

00:05:23,520 --> 00:05:27,600

but also tips on how you can improve each of these markers.

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00:05:27,600 --> 00:05:31,720

Now this panel is usually three hundred and ten dollars, but they are also offering first

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00:05:31,720 --> 00:05:35,700

responders 30 percent off any of their blood panels.

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00:05:35,700 --> 00:05:40,460

So that brings this specific panel down to only two hundred and seventeen dollars.

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00:05:40,460 --> 00:05:44,900

Now I myself went through their ultimate, which is their comprehensive blood work, which

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00:05:44,900 --> 00:05:50,240

also includes micronutrients, hormones and other areas of overall health.

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00:05:50,240 --> 00:05:54,400

And I have to say I was absolutely amazed at firstly how easy it was.

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00:05:54,400 --> 00:05:59,680

But secondly, the comprehensive information I got and the actionable information on how

92

00:05:59,680 --> 00:06:02,680

to improve each of my own biomarkers.

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00:06:02,680 --> 00:06:07,160

Now as with all my sponsors, if you want to hear more about InsideTracker, you can hear

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00:06:07,160 --> 00:06:12,600

my conversation with senior sales executive Jonathan Levitt on episode eight hundred and

95

00:06:12,600 --> 00:06:15,320

eighty seven of the Behind the Shield podcast.

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00:06:15,320 --> 00:06:20,020

So to sign up or simply learn more, go to inside tracker dot com.

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00:06:20,020 --> 00:06:25,180

And for the first responder panel, the easiest way is to Google InsideTracker first responder

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00:06:25,180 --> 00:06:27,240

panel.

99

00:06:27,240 --> 00:06:28,640

Welcome to the Behind the Shield podcast.

100

00:06:28,640 --> 00:06:32,280

As always, my name is James Gearing and this week it is my absolute honor to welcome on

101

00:06:32,280 --> 00:06:39,720

the show world record holding strength athlete and doctor of physiotherapy, Andrew Locke.

102

00:06:39,720 --> 00:06:44,880

Now in this conversation, we discuss a host of topics from training the youth athlete,

103

00:06:44,880 --> 00:06:52,360

physiotherapy, the world of shoulder injuries, the power of exercise to rehabilitate back

104

00:06:52,360 --> 00:07:00,340

pain Dr. Stuart McGill's work, MMA, tactical athletes and so much more.

105

00:07:00,340 --> 00:07:05,260

Now before we get to this incredible conversation, as I say every week, please just take a moment,

106

00:07:05,260 --> 00:07:10,180

go to whichever app you listen to this on, subscribe to the show, leave feedback and

107

00:07:10,180 --> 00:07:12,060

leave a rating.

108

00:07:12,060 --> 00:07:17,400

Every single five star rating truly does elevate this podcast, therefore making it easier for

109

00:07:17,400 --> 00:07:18,900

others to find.

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00:07:18,900 --> 00:07:23,940

And this is a free library of almost nine hundred episodes.

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00:07:23,940 --> 00:07:29,580

So all I ask in return is that you help share these incredible men and women stories so

112

00:07:29,580 --> 00:07:34,820

I can get them to every single person on planet Earth who needs to hear them.

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00:07:34,820 --> 00:07:39,920

So that being said, I introduce to you Dr. Andrew Locke.

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00:07:39,920 --> 00:07:42,920

Enjoy.

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00:07:42,920 --> 00:08:04,260

Well, Andrew, I want to start by saying thank you so much for waking up in your morning

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00:08:04,260 --> 00:08:07,220

in Australia and jumping on the Behind the Shield podcast today.

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00:08:07,220 --> 00:08:09,420

It's a total pleasure.

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00:08:09,420 --> 00:08:12,380

It's always good to get up early in Melbourne and get things done.

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00:08:12,380 --> 00:08:16,560

So it works for me to see everyone else in the world is enjoying the sun and the fun

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00:08:16,560 --> 00:08:20,420

that we're not even though it's supposed to be summer here.

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00:08:20,420 --> 00:08:22,360

It's not absolutely love Melbourne.

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00:08:22,360 --> 00:08:25,180

When I was in Australia, I lived there for how long?

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00:08:25,180 --> 00:08:26,180

It was like three months.

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00:08:26,180 --> 00:08:28,180

I lived on Manly for most of it in Sydney.

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00:08:28,180 --> 00:08:29,820

I've been a place to be.

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00:08:29,820 --> 00:08:30,820

Yeah.

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00:08:30,820 --> 00:08:31,940

Yeah, it wasn't bad, I got to say.

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00:08:31,940 --> 00:08:34,220

But we forget we were flying.

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00:08:34,220 --> 00:08:38,300

I think we were going into Melbourne and my girlfriend at the time and I hadn't figured

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00:08:38,300 --> 00:08:40,540

out anywhere to stay yet.

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00:08:40,540 --> 00:08:44,940

And the stewardess that was actually the hostess that was one of the people taking care of

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00:08:44,940 --> 00:08:48,100

us on the plane ended up taking us.

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00:08:48,100 --> 00:08:51,720

She met us after she got off the plane and then drove us to one of the hostels there.

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00:08:51,720 --> 00:08:54,820

So amazing people in Melbourne.

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00:08:54,820 --> 00:08:57,700

It's a beautiful place to be when you land over there in Sydney as well.

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00:08:57,700 --> 00:09:00,140

That's the Manly beach.

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00:09:00,140 --> 00:09:02,340

That's the real Australia I do enjoy.

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00:09:02,340 --> 00:09:04,300

But then again, I prefer Miami.

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00:09:04,300 --> 00:09:06,300

I prefer San Diego.

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00:09:06,300 --> 00:09:09,300

I do a lot of travel.

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00:09:09,300 --> 00:09:10,300

I do that travel.

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00:09:10,300 --> 00:09:11,660

So there are places I get to.

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00:09:11,660 --> 00:09:12,980

And you're in England, huh?

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00:09:12,980 --> 00:09:15,020

No, I'm just north of Miami.

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00:09:15,020 --> 00:09:18,460

I'm in Ocala, Florida, just above Orlando.

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00:09:18,460 --> 00:09:19,460

Fantastic.

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00:09:19,460 --> 00:09:20,460

Great place.

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00:09:20,460 --> 00:09:26,780

Yeah, we went up to Orlando last year because one of my friends is a WWE wrestler and we

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00:09:26,780 --> 00:09:29,780

went up and saw one of the tapings and had a bit of fun.

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00:09:29,780 --> 00:09:30,780

Brilliant.

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00:09:30,780 --> 00:09:32,180

Yeah, Florida is actually the home of wrestling.

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00:09:32,180 --> 00:09:34,300

There's a lot of wrestling camps here.

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00:09:34,300 --> 00:09:36,060

It always has been.

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00:09:36,060 --> 00:09:37,780

It's a good place.

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00:09:37,780 --> 00:09:39,820

So the action is on there.

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00:09:39,820 --> 00:09:43,260

What are you doing over in up there these days?

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00:09:43,260 --> 00:09:48,020

This Yeah, I transitioned out the fire service five years ago now, almost five and a half

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00:09:48,020 --> 00:09:55,300

years ago after seeing the mental and physical ill health of my brothers and sisters in uniform.

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00:09:55,300 --> 00:09:58,060

So it was kind of a force multiplier element.

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00:09:58,060 --> 00:10:02,820

I realized I was doing more good focusing on this full time than running one call at

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00:10:02,820 --> 00:10:08,420

a time, which I love doing 14 years, but it was kind of one of those life shifts where

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00:10:08,420 --> 00:10:11,580

you can take a leap of faith and try and do something a little bit different.

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00:10:11,580 --> 00:10:15,620

As we say, you got to go all in, don't you?

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00:10:15,620 --> 00:10:16,620

Absolutely.

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00:10:16,620 --> 00:10:20,740

Well, I would love to start at the very beginning of your life before we talk about me too much.

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00:10:20,740 --> 00:10:24,420

So tell me where you were born and tell me a little bit about your family dynamic, what

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00:10:24,420 --> 00:10:26,940

your parents did, how many siblings?

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00:10:26,940 --> 00:10:33,140

Well, the fun part of it is, my dear girl, we're getting married in Miami actually in

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00:10:33,140 --> 00:10:34,140

September the seventh.

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00:10:34,140 --> 00:10:35,140

Okay.

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00:10:35,140 --> 00:10:36,380

So we're coming out over there.

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00:10:36,380 --> 00:10:40,220

We've got our wonderful friend, Mike, that battle X gym, who's going to be the marriage

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00:10:40,220 --> 00:10:44,260

celebrant and my good friend Carlos is going to be the best man.

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00:10:44,260 --> 00:10:45,260

He comes over from LA.

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00:10:45,260 --> 00:10:48,340

He runs a gym, the El Luchador gym.

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00:10:48,340 --> 00:10:52,180

Now for me, my girl always says to me, why aren't you fucked up?

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00:10:52,180 --> 00:10:55,180

Because you had the most perfect freaking childhood anyone's ever had.

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00:10:55,180 --> 00:10:57,860

That's why I couldn't have a better childhood.

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00:10:57,860 --> 00:10:58,860

I've got everything.

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00:10:58,860 --> 00:11:01,660

I was a fourth child in the family.

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00:11:01,660 --> 00:11:03,140

I was not supposed to be there.

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00:11:03,140 --> 00:11:04,900

I was nine years after my brother.

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00:11:04,900 --> 00:11:08,300

My father honestly said straight up to me, you're not supposed to be here.

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00:11:08,300 --> 00:11:09,300

The condom broke.

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00:11:09,300 --> 00:11:10,780

So you're a lucky bastard.

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00:11:10,780 --> 00:11:13,220

And that's basically straight up fact.

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00:11:13,220 --> 00:11:16,980

They thought I was my sister's daughter, my sister's child when they went on holiday because

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00:11:16,980 --> 00:11:20,180

she's 18 years older than me.

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00:11:20,180 --> 00:11:24,340

So we really had a perfect family dynamic where my parents would be worn in by the other

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00:11:24,340 --> 00:11:25,820

three kids.

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00:11:25,820 --> 00:11:29,060

So when it got to me, I just lived the perfect life.

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00:11:29,060 --> 00:11:33,140

I used to stay out all day and all night playing sport.

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00:11:33,140 --> 00:11:36,620

I was obsessed with cricket.

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00:11:36,620 --> 00:11:39,980

My parents took my football boots away from me and said, you can't play football because

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00:11:39,980 --> 00:11:40,980

you'll hurt somebody.

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00:11:40,980 --> 00:11:42,540

You're too big.

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00:11:42,540 --> 00:11:44,940

And they made me play baseball.

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00:11:44,940 --> 00:11:48,420

Next thing you know, I ended up playing for Australia in the juniors in the, I played

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00:11:48,420 --> 00:11:53,540

in the junior world series in NERC, Ohio.

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00:11:53,540 --> 00:11:55,060

There we are.

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00:11:55,060 --> 00:11:58,380

So I was always figured I was going to be a pro athlete.

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00:11:58,380 --> 00:12:04,660

And then I made the mistake of seeing Arnold Schwarzenegger on a magazine, got some wonderful

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00:12:04,660 --> 00:12:06,140

body image dysmorphia.

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00:12:06,140 --> 00:12:09,820

So I became a guy who only ever saw himself as fricking small.

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00:12:09,820 --> 00:12:14,460

And that has taken me forever to even get close to managing.

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00:12:14,460 --> 00:12:19,400

So I use the disorder, which is a body image disorder, which is I see myself as small every

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00:12:19,400 --> 00:12:23,380

day when I wake up until about now.

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00:12:23,380 --> 00:12:26,340

Sometimes I drove that into the weight training world.

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00:12:26,340 --> 00:12:29,780

So instead of being a pro baseball player, I decided I was going to be a pro bodybuilder

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00:12:29,780 --> 00:12:31,780

and that never worked.

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00:12:31,780 --> 00:12:38,620

So being bright enough to get into university, I pursued a career in physiotherapy mainly

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00:12:38,620 --> 00:12:44,100

because from about the age of 12, I used to see physiotherapists for the various aches

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00:12:44,100 --> 00:12:47,900

and pains that came from being a junior athlete.

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00:12:47,900 --> 00:12:50,100

Useful thing, useful background.

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00:12:50,100 --> 00:12:52,180

Thought that'd be a good profession.

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00:12:52,180 --> 00:12:54,180

Get into it.

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00:12:54,180 --> 00:12:58,700

As I was coming through, I decided to become a professional wrestler and join the WWE as

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00:12:58,700 --> 00:13:02,980

it was going to be or WWF back then.

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00:13:02,980 --> 00:13:06,660

And got delightfully spectacularly injured by doing a dumb thing in the gym.

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00:13:06,660 --> 00:13:07,660

All right.

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00:13:07,660 --> 00:13:10,820

Well, at least I've still got my physical therapy to pursue.

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00:13:10,820 --> 00:13:17,700

So I was at university and basically went through and still had the dream of following

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00:13:17,700 --> 00:13:18,820

the wrestling career.

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00:13:18,820 --> 00:13:22,540

But the injury itself was significant enough that I knew I wouldn't be able to do what

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00:13:22,540 --> 00:13:24,700

I'd have to do.

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00:13:24,700 --> 00:13:27,300

So there came the reason I end up doing physical therapy.

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00:13:27,300 --> 00:13:32,660

Instead of you see me playing at Yankee Stadium or in the center ring.

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00:13:32,660 --> 00:13:37,660

Now what happens is I graduate and I'm at a sports medicine center and they took me

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00:13:37,660 --> 00:13:42,140

on a sports medicine center straight out of university because I knew how to play baseball

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00:13:42,140 --> 00:13:45,980

and they needed someone who knew how to throw for rehabilitation.

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00:13:45,980 --> 00:13:50,260

Well when you went to sports medicine back there, their idea of sports medicine was pressure

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00:13:50,260 --> 00:13:57,820

played cricket, maybe basketball, rode a bike, went for a run, but no one had a clue about

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00:13:57,820 --> 00:13:59,560

weight training.

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00:13:59,560 --> 00:14:03,820

So I was lucky enough that I was on this absolute spear tip when I came out that here I was

235

00:14:03,820 --> 00:14:06,700

involved in the weight training world.

236

00:14:06,700 --> 00:14:10,740

And I'm in a sports medicine place that's supposedly the best in the world at shoulders.

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00:14:10,740 --> 00:14:13,780

And I found out none of them even knew what a bench press was.

238

00:14:13,780 --> 00:14:17,960

It's going to come in the door for me because people knew me, bench press shoulders.

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00:14:17,960 --> 00:14:22,900

So I really started developing the rehabilitation for weight training injured athletes.

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00:14:22,900 --> 00:14:27,740

And of course when you get people who get injured to weight training, you get people

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00:14:27,740 --> 00:14:32,820

who get injured during their vocations, you end up with a lot of military and a lot of

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00:14:32,820 --> 00:14:35,720

law enforcement and fire.

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00:14:35,720 --> 00:14:38,740

And so that's a relationship that I've had for quite a long time.

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00:14:38,740 --> 00:14:43,940

And that two years ago started a relationship with the Australian Army where I was fortunate

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00:14:43,940 --> 00:14:48,880

enough to go out onto base and work with the PTIs.

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00:14:48,880 --> 00:14:52,500

And it was really great, such a dedicated group to work with.

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00:14:52,500 --> 00:14:57,580

And amusingly, they bought a lot of reverse hypers and they wondered why the reverse hyper

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00:14:57,580 --> 00:14:58,580

didn't work for everybody.

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00:14:58,580 --> 00:15:00,580

And I was able to explain that.

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00:15:00,580 --> 00:15:03,040

We'll put that in the story today.

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00:15:03,040 --> 00:15:10,480

So that was a very quick summary of really where I've been and where I am now.

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00:15:10,480 --> 00:15:16,300

So essentially I was a shoulder guy, but I figured the shoulder solutions that nobody

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00:15:16,300 --> 00:15:20,980

has seen because I had to figure out what happens to people under load, not just as

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00:15:20,980 --> 00:15:23,100

swimmers, not just your basketball players.

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00:15:23,100 --> 00:15:27,580

I had to deal with people who were getting injuries in fairly heavy vocations and weight

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00:15:27,580 --> 00:15:28,580

training.

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00:15:28,580 --> 00:15:34,500

Well, because I injured my back delightfully enough that when the surgeon had a look at

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00:15:34,500 --> 00:15:40,220

the MRI that I had from the injury, he basically bought a tissue out and started to wipe it

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00:15:40,220 --> 00:15:42,180

thinking somebody has sneezed on the thing.

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00:15:42,180 --> 00:15:43,740

Dude, nobody sneezed.

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00:15:43,740 --> 00:15:45,540

That was the crap that exploded out of my disc.

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00:15:45,540 --> 00:15:46,980

I really did it.

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00:15:46,980 --> 00:15:50,740

I did probably one of the best disc injuries I've ever seen in my career.

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00:15:50,740 --> 00:15:52,940

That's getting on to 30 years now.

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00:15:52,940 --> 00:15:59,060

So I couldn't walk for two years at least in any way, shape or form correctly.

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00:15:59,060 --> 00:16:00,180

So there I am.

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00:16:00,180 --> 00:16:03,620

I've got this wonderful back injury, but I can't take time off to have surgery, so it

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00:16:03,620 --> 00:16:05,460

ain't going to happen.

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00:16:05,460 --> 00:16:08,380

And I had to persist through learning about back problems.

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00:16:08,380 --> 00:16:14,060

Now when I had it, I said to the lecturer who had finished and graduated, what I've

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00:16:14,060 --> 00:16:16,260

got has not been described in what we've done.

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00:16:16,260 --> 00:16:19,100

He said, man, I couldn't tell you everything.

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00:16:19,100 --> 00:16:23,220

I can pretty much tell you now that the university education doesn't tell you anything.

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00:16:23,220 --> 00:16:29,740

It's deteriorated to such a point that the graduates now are coming out with thinking

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00:16:29,740 --> 00:16:31,180
that nothing works.

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00:16:31,180 --> 00:16:34,820
They've been told that nothing works, and they sit there and talk to you like they're

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00:16:34,820 --> 00:16:39,740
half-arsed psychologists, and they're supposed to be physical therapists and movement scientists.

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00:16:39,740 --> 00:16:43,100
Well, I was lucky enough that here I am with the weight training world.

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00:16:43,100 --> 00:16:44,300
I know science exists.

280

00:16:44,300 --> 00:16:45,300
I know physics works.

281

00:16:45,300 --> 00:16:47,100
I know biology exists.

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00:16:47,100 --> 00:16:51,700
I know that if you take a biological tissue beyond its fatigue or load capacity, you're

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00:16:51,700 --> 00:16:52,700
going to get an injury.

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00:16:52,700 --> 00:16:54,300
It's not in your head.

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00:16:54,300 --> 00:16:57,060

It's a frickin' physical injury.

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00:16:57,060 --> 00:17:02,260

Now the personal experience of pain, that's a subjective thing.

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00:17:02,260 --> 00:17:05,020

But there's more than likely you've got a biological trigger.

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00:17:05,020 --> 00:17:06,820

And who knows how to find that?

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00:17:06,820 --> 00:17:11,500

Well, that's what takes you only about 25 years to figure out and be really damn good

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00:17:11,500 --> 00:17:13,040

at.

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00:17:13,040 --> 00:17:19,300

So yes, if I look at, now somebody asked me the question the other day, after a disc

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00:17:19,300 --> 00:17:23,240

injury, can you ever come back to a top level?

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00:17:23,240 --> 00:17:28,180

And the fact is, if you injure a disc, I'll bring up one of my little Chinese models,

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00:17:28,180 --> 00:17:29,180

okay?

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00:17:29,180 --> 00:17:31,020

This is a little crap one, right?

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00:17:31,020 --> 00:17:34,540

If you go and give yourself a nice disc injury, there's a nice disc bowl.

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00:17:34,540 --> 00:17:35,540

You got one?

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00:17:35,540 --> 00:17:37,580

Everyone love that one?

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00:17:37,580 --> 00:17:41,500

Once you've done that to the wall of the annulus, the outer part of the disc, your disc will

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00:17:41,500 --> 00:17:44,180

never be the same ever again.

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00:17:44,180 --> 00:17:47,300

It will never return to its previous state.

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00:17:47,300 --> 00:17:50,180

But does that mean that you can't perform at the highest level?

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00:17:50,180 --> 00:17:51,180

Absolutely not.

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00:17:51,180 --> 00:17:53,620

We can look at the case of Brian Carroll.

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00:17:53,620 --> 00:17:58,820

He's a guy in 2009, one of the great powerlifters of our time, and he suffered a huge injury,

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00:17:58,820 --> 00:18:03,420

massive disc problems, and he also fractured his spine as well.

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00:18:03,420 --> 00:18:11,060

Well, 2020, Brian breaks a world record with the world's greatest squad of all time, 1,306

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00:18:11,060 --> 00:18:12,060
years.

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00:18:12,060 --> 00:18:13,220
Can you return after injury?

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00:18:13,220 --> 00:18:15,100
Yeah, of course you can.

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00:18:15,100 --> 00:18:17,820
But you need to find someone who knows how to take you there.

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00:18:17,820 --> 00:18:23,740
So although the disc never recovers to its previous state, does that really overly matter?

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00:18:23,740 --> 00:18:27,820
So when I blew my disc up, and we're looking well back over 20 plus years, I don't have

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00:18:27,820 --> 00:18:28,940
a disc left at all.

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00:18:28,940 --> 00:18:30,140
It's bone on bone.

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00:18:30,140 --> 00:18:31,780
There is no disc left.

317

00:18:31,780 --> 00:18:35,660
The two bones have now fused themselves naturally over those years.

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00:18:35,660 --> 00:18:40,140

Or the only difference is I'm just about a centimeter shorter than I used to be.

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00:18:40,140 --> 00:18:41,140

That's about all.

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00:18:41,140 --> 00:18:43,420

I can do anything I need.

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00:18:43,420 --> 00:18:47,660

So there doesn't have to be a relationship between the degeneration and your performance.

322

00:18:47,660 --> 00:18:50,660

Well, that's where I've got to take you.

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00:18:50,660 --> 00:18:52,540

So there's a bit of a summary of my life.

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00:18:52,540 --> 00:18:57,180

I went into learning about myself being the best test pilot for it.

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00:18:57,180 --> 00:19:00,340

Went through postgraduate education with the McKenzie Spinal Group.

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00:19:00,340 --> 00:19:05,580

Learned from Professor Stuart McGill, spent some great time at his house, got a great

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00:19:05,580 --> 00:19:09,280

relationship with him, and I had to develop my own work.

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00:19:09,280 --> 00:19:12,820

So I'm a clinician, not an academic.

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00:19:12,820 --> 00:19:18,540

I've written some research papers, but realistically, I'm a clinician who has to apply reality

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00:19:18,540 --> 00:19:19,540

to a human being.

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00:19:19,540 --> 00:19:23,060

I don't sit behind a desk and say, oh, this is what the data says.

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00:19:23,060 --> 00:19:26,060

Mate, I don't care what your data says.

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00:19:26,060 --> 00:19:28,780

Can you apply that into a human being?

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00:19:28,780 --> 00:19:30,500

That's what matters.

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00:19:30,500 --> 00:19:34,140

So jumping on the education side for a second, there's so many parallels.

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00:19:34,140 --> 00:19:37,940

And I had a near career ending back injury, and I want to get into that because I healed

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00:19:37,940 --> 00:19:39,620

that with movement as well.

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00:19:39,620 --> 00:19:45,700

But before we even dive into that, I did exercise physiology and, what was it called?

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00:19:45,700 --> 00:19:46,700

Movement studies?

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00:19:46,700 --> 00:19:49,100

I forget even what it was called now, but it was a two year degree in the University

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00:19:49,100 --> 00:19:50,440

of North London.

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00:19:50,440 --> 00:19:54,220

And then finished my bachelor's in exercise physiology in the University of Florida here

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00:19:54,220 --> 00:19:55,940

in Gainesville.

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00:19:55,940 --> 00:20:01,660

Met some great people, had some great teachers, but overall, UK and US, when I came out the

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00:20:01,660 --> 00:20:07,580

back door, I really didn't feel like I had any skills to apply to the real world.

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00:20:07,580 --> 00:20:11,900

And the only semester I thought was phenomenal was there was one that actually did you prepare

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00:20:11,900 --> 00:20:13,940

you for the NSCA CSCS.

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00:20:13,940 --> 00:20:17,500

So at least then you had a piece of paper that you could walk away.

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00:20:17,500 --> 00:20:22,580

So I've been very disillusioned with higher education because, again, I've paid money.

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00:20:22,580 --> 00:20:23,580

I have loans.

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00:20:23,580 --> 00:20:27,900

I've put my time, and this was while I was a firefighter, into it.

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00:20:27,900 --> 00:20:32,900

But my observation I've asked, people, Matt Wenning and Jeff Nichols and a lot of these

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00:20:32,900 --> 00:20:36,460

people that come on the show that have both, they have the pieces of paper and they have

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00:20:36,460 --> 00:20:37,860

the experience.

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00:20:37,860 --> 00:20:41,820

And it seems like a lot of people feel the same.

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00:20:41,820 --> 00:20:46,460

Like we're not doing a good job preparing our young men and women that want to go into

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00:20:46,460 --> 00:20:52,540

athletic training, into physical therapy, all these elements for the real world application.

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00:20:52,540 --> 00:20:55,120

So talk to me about that.

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00:20:55,120 --> 00:20:57,780

It's a total corruption of the system.

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00:20:57,780 --> 00:21:01,820

The universities are basically now, because it used to be, I think, when I came through

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00:21:01,820 --> 00:21:04,580

essentially too, I was fortunate.

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00:21:04,580 --> 00:21:10,300

The universities were institutions of higher learning that were supported by the governments.

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00:21:10,300 --> 00:21:14,540

So you went there and the pressure wasn't on the university to have to fund itself.

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00:21:14,540 --> 00:21:15,540

That all changed.

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00:21:15,540 --> 00:21:17,420

Now the universities have to fund themselves.

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00:21:17,420 --> 00:21:21,460

Well, shit, that means they've got to fund their own research.

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00:21:21,460 --> 00:21:24,820

And then you end up just getting academics who are sitting in their chairs applying for

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00:21:24,820 --> 00:21:30,940

grants, as far as I can see, to bodies that are run by other people who have no other

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00:21:30,940 --> 00:21:33,380

jobs than sitting on their ass.

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00:21:33,380 --> 00:21:39,300

And they publish research papers and the research journals are full of corruption.

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00:21:39,300 --> 00:21:41,380

I've seen some of the highest level journals.

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00:21:41,380 --> 00:21:42,380

You can call it the Lancet.

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00:21:42,380 --> 00:21:44,580
You can talk about any of those.

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00:21:44,580 --> 00:21:46,580
And the stuff they publish can be absolute rubbish.

375
00:21:46,580 --> 00:21:49,780
Now it costs a lot of money to get it published, by the way.

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00:21:49,780 --> 00:21:54,340
You could be looking at \$10,000 in the highest journals to apply.

377
00:21:54,340 --> 00:21:56,900
But it doesn't mean it's going to be good.

378
00:21:56,900 --> 00:22:00,180
They're only going to publish what suits their agenda as well.

379
00:22:00,180 --> 00:22:04,580
So yes, the academic world is now just full of, realistically, papers that you can get

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00:22:04,580 --> 00:22:09,180
published in low volume journals or low cost journals or you can go high journal.

381
00:22:09,180 --> 00:22:12,700
And all that means is you're getting it funded by somebody else because you're not going

382
00:22:12,700 --> 00:22:16,160
to pay \$10,000 yourself to get it put up there.

383
00:22:16,160 --> 00:22:20,500
So the universities basically take people in, spit them out, and then they said, ah,

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00:22:20,500 --> 00:22:22,460
the chiropractors call themselves doctors these days.

385
00:22:22,460 --> 00:22:24,180
Perhaps we'll call the physical therapist doctors.

386
00:22:24,180 --> 00:22:25,180
Yeah, let's do that.

387
00:22:25,180 --> 00:22:28,180
Let's add another year and another \$60,000 to their price tag.

388
00:22:28,180 --> 00:22:30,100
Did you teach them anything better?

389
00:22:30,100 --> 00:22:31,820
No.

390
00:22:31,820 --> 00:22:33,180
And that's realistically it.

391
00:22:33,180 --> 00:22:37,060
It's universities are just really money making machines.

392
00:22:37,060 --> 00:22:42,180
Do not ever expect to do a degree and come out with the answers you will need to look

393
00:22:42,180 --> 00:22:44,420
after real human beings.

394
00:22:44,420 --> 00:22:46,420
You got to go do that in the clinic.

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00:22:46,420 --> 00:22:50,860

And if you're a weight training individual, you've got a huge advantage because you know

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00:22:50,860 --> 00:22:52,740

technique matters.

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00:22:52,740 --> 00:22:55,100

You know that load has to be managed.

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00:22:55,100 --> 00:23:01,580

So you don't learn that in your degrees, how to apply that to an injured human being.

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00:23:01,580 --> 00:23:04,140

There's my summary of the university system.

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00:23:04,140 --> 00:23:06,500

It's simply, hey, pay for your degree.

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00:23:06,500 --> 00:23:09,220

You get a degree and come out and guess what?

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00:23:09,220 --> 00:23:11,260

It's time for you to start learning.

403

00:23:11,260 --> 00:23:12,260

Or you don't have to learn.

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00:23:12,260 --> 00:23:16,980

You can go get a job in the NHS or somewhere else and let the government supply you with

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00:23:16,980 --> 00:23:18,740

people.

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00:23:18,740 --> 00:23:25,060

I think the problem that I have, there is so little research when it comes to wellness

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00:23:25,060 --> 00:23:26,220

in the fire service.

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00:23:26,220 --> 00:23:31,260

There is research on flow patterns and ventilation and there'll be some thrown at cancer, for

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00:23:31,260 --> 00:23:32,260

example.

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00:23:32,260 --> 00:23:37,500

But when it comes to looking at and we'll get into this sleep and shift work and the

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00:23:37,500 --> 00:23:41,340

importance of strength and conditioning when it comes to longevity and performance, et

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00:23:41,340 --> 00:23:43,460

cetera, et cetera, there really isn't.

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00:23:43,460 --> 00:23:45,180

And the stuff that's in there is very myopic.

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00:23:45,180 --> 00:23:50,940

Oh, you know, we took 10 guys and we studied them for a week and it's looking at these

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00:23:50,940 --> 00:23:56,780

minute slivers of detail and it's not really replicating what we do.

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00:23:56,780 --> 00:24:02,700

Then to counter that, the people in the profession go, oh, we need to see peer-reviewed research.

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00:24:02,700 --> 00:24:06,620

For example, I'm trying to get the work week reduced because our men and women in America

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00:24:06,620 --> 00:24:10,260

are working 56-hour weeks, not sleeping every third day.

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00:24:10,260 --> 00:24:14,460

And then I'm trying to get it to where it's 24-72, so they would be down to a 42-hour

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00:24:14,460 --> 00:24:19,660

work week, so an extra 24 hours off in between their shifts where they're up 24 hours straight.

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00:24:19,660 --> 00:24:22,220

And I get asked, oh, can you show me the research?

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00:24:22,220 --> 00:24:25,100

And there's a certain point where you're like, where have we lost common sense?

423

00:24:25,100 --> 00:24:30,220

Do you need me to show you papers that a 56-hour work week is more detrimental than a 24, excuse

424

00:24:30,220 --> 00:24:31,580

me, a 42?

425

00:24:31,580 --> 00:24:37,220

So this is a problem I have too, is people are almost so brainwashed about peer-reviewed

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00:24:37,220 --> 00:24:41,780

studies that they've kind of become disconnected from areas that don't need to be studied because

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00:24:41,780 --> 00:24:43,500

it's fucking common sense.

428

00:24:43,500 --> 00:24:45,420

Hey, you got a great one there.

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00:24:45,420 --> 00:24:49,580

And I bet when you're at university, you're told you cannot quote a research paper that's

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00:24:49,580 --> 00:24:53,100

probably over five years old because it's old research.

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00:24:53,100 --> 00:24:55,620

And you can't quote anything over 10 years old.

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00:24:55,620 --> 00:24:57,300

Now, why is that?

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00:24:57,300 --> 00:25:02,180

Because that's called recency bias, which means you just made a decision on time but

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00:25:02,180 --> 00:25:04,140

not on the value of the science.

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00:25:04,140 --> 00:25:08,940

So guess where all the great studies on spines exist, the real studies about these things

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00:25:08,940 --> 00:25:13,220

here, the real studies here, you want to start about the 1980s.

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00:25:13,220 --> 00:25:18,980

And there's a lot of great work for the next 20 years, 1980s to 2000, that are solid and

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00:25:18,980 --> 00:25:24,420

they show the biological facts about how the human body behaves under loads and what the

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00:25:24,420 --> 00:25:26,540

mechanism of injury is.

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00:25:26,540 --> 00:25:30,020

Then you're going to get the recent new grads who are told by the university lecturers who

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00:25:30,020 --> 00:25:34,780

also are publishing their own crap that there is no evidence.

442

00:25:34,780 --> 00:25:41,500

Oh, yes, there is, but you can't quote it because it was done 1980, 1990, and 2000.

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00:25:41,500 --> 00:25:44,740

They're being told you can't look at old research.

444

00:25:44,740 --> 00:25:50,060

Well, the old stuff's like shit, Copernicus proved that the earth revolves around the sun.

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00:25:50,060 --> 00:25:53,020

But you've been not quite him because you know what, he's old.

446

00:25:53,020 --> 00:25:54,060

So guess what?

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00:25:54,060 --> 00:25:58,060

That's why we're seeing a lot of flat earthers these days, because everyone's saying, oh,

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00:25:58,060 --> 00:26:02,140

the government's lying to us and stuff like there's this huge situations that occurred,

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00:26:02,140 --> 00:26:06,060

which is ignoring reality that exists.

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00:26:06,060 --> 00:26:09,700

So this structure here, it's so well studied.

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00:26:09,700 --> 00:26:13,100

And I can tell you straight up that if you read the research, which has been published

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00:26:13,100 --> 00:26:18,660

over the last 20 years, the last 40 years, you'll understand that if you want to get

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00:26:18,660 --> 00:26:25,380

a disc injury, it's flexing the spine under load beyond its capacity that produces a disc

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00:26:25,380 --> 00:26:31,340

bulge that direction with enough load, frequency and tolerance.

455

00:26:31,340 --> 00:26:33,660

You want to fracture the back of your spine?

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00:26:33,660 --> 00:26:37,500

Well, try landing from a large height with a backpack on and you're gonna load your back

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00:26:37,500 --> 00:26:38,500

into extension.

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00:26:38,500 --> 00:26:40,380

Welcome to back fracture.

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00:26:40,380 --> 00:26:46,340

Look at Blaine Sumner, one of the greatest lifters of all time, 515 kilogram squat, walked

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00:26:46,340 --> 00:26:52,780

it out, stumbled slightly, recovered, perfect squat, world record.

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00:26:52,780 --> 00:26:53,780

You know what?

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00:26:53,780 --> 00:26:58,780

He fractured his spine when he stumbled because he went into a little bit of extension.

463

00:26:58,780 --> 00:27:02,140

We don't need somebody saying, watch your studies on populations.

464

00:27:02,140 --> 00:27:05,020

We can look at the science and says, well, that's how he did it.

465

00:27:05,020 --> 00:27:06,100

And we can prove it.

466

00:27:06,100 --> 00:27:07,540

It's straightforward.

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00:27:07,540 --> 00:27:13,460

So we should be returning back to what are the basics of how we get injured and now how

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00:27:13,460 --> 00:27:15,420

do we solve that problem?

469

00:27:15,420 --> 00:27:20,040

And those things are well understood by people who have had to leave the university system

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00:27:20,040 --> 00:27:24,860

essentially and go into private practice and clinical work who are bothered to take themselves

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00:27:24,860 --> 00:27:30,700

into higher into postgraduate work, usually by private institutions.

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00:27:30,700 --> 00:27:33,540

So yes, the answers are always there.

473

00:27:33,540 --> 00:27:35,180

I love the way you talk about sleep.

474

00:27:35,180 --> 00:27:39,420

So one of my great athletes, a guy called Vassa, Vassa Samatua, right?

475

00:27:39,420 --> 00:27:42,580

Now he's going to be competing in about seven weeks.

476

00:27:42,580 --> 00:27:51,100

Vassa is a guy who squats 400 kilograms, but he works two jobs pretty much in security.

477

00:27:51,100 --> 00:27:55,580

And as he gets bigger, he finds he has more problems to sleep, smokes a pack of cigarettes

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00:27:55,580 --> 00:27:56,620

a night probably.

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00:27:56,620 --> 00:28:03,260

So he goes to training after doing his shifts, no sleep, running after the family and he's

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00:28:03,260 --> 00:28:06,540

out there, he's going to he'll be like he was the last winner we had one of the big

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00:28:06,540 --> 00:28:07,540

comps here.

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00:28:07,540 --> 00:28:11,700

Yeah, you're going to have a 400 kilogram plus squat and deadlift in that individual,

483

00:28:11,700 --> 00:28:15,800

but he's surviving on maybe I sleep every two days.

484

00:28:15,800 --> 00:28:21,260

So there's a point where he's going to he's going to break, isn't there?

485

00:28:21,260 --> 00:28:22,260

No one's found it yet.

486

00:28:22,260 --> 00:28:24,820

Because I had Dr. McGill on the show.

487

00:28:24,820 --> 00:28:25,820

It was a little while ago now.

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00:28:25,820 --> 00:28:27,780

It was a great conversation.

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00:28:27,780 --> 00:28:32,860

And when it comes to the sleep deprivation element, I mean, anywhere from long term diseases,

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00:28:32,860 --> 00:28:37,420

and suicide ideation and addiction all the way through to cancers and obesity, you look

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00:28:37,420 --> 00:28:40,060

at the disruption of the hormones from sleep deprivation.

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00:28:40,060 --> 00:28:41,740

You know, it's everything.

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00:28:41,740 --> 00:28:45,820

But he was looking at it from a musculoskeletal point of view, because I was telling him a

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00:28:45,820 --> 00:28:50,860

lot of the guys that men and women that take their job really seriously, you know, are

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00:28:50,860 --> 00:28:53,020

working out despite the environment they're working in.

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00:28:53,020 --> 00:28:56,220

You know, a lot of times we'll get hurt.

497

00:28:56,220 --> 00:29:00,220

And you know, that we will be laughed at by the guys and the lazy boy that are, you know,

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00:29:00,220 --> 00:29:02,780

100 pounds overweight saying, oh, it's always the fit guys.

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00:29:02,780 --> 00:29:03,980

And it's like, yeah, it is.

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00:29:03,980 --> 00:29:09,660

Because if you train and you don't sleep for 24 hours every third day, it's only a matter

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00:29:09,660 --> 00:29:10,660

of time.

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00:29:10,660 --> 00:29:14,340

You know, there's not enough time for the rebuild after the breakdown.

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00:29:14,340 --> 00:29:17,540

So eventually we do break.

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00:29:17,540 --> 00:29:19,260

And there's so many factors there, isn't it?

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00:29:19,260 --> 00:29:20,740

Who can handle this?

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00:29:20,740 --> 00:29:25,620

Whose system can actually be so optimal that they can handle a minimal amount of sleep

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00:29:25,620 --> 00:29:27,620

and somebody else just can't?

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00:29:27,620 --> 00:29:31,780

So there's that human factor about recovery, which is very, very large and important as

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00:29:31,780 --> 00:29:33,340

well.

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00:29:33,340 --> 00:29:39,520

So we always evaluate the human on the individual basis, not just on what the research says.

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00:29:39,520 --> 00:29:41,540

And Stu McGill is a great one on firefighters there.

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00:29:41,540 --> 00:29:47,380

He did a study with Scanlon and somebody else down in Florida, Pensacola Fire Department.

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00:29:47,380 --> 00:29:51,940

He proved pretty conclusively that an exercise doesn't transfer to performance unless you

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00:29:51,940 --> 00:29:58,820

show somebody how that relates to the performance in their task, such as firefighters.

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00:29:58,820 --> 00:30:03,500

Even a deadlift doesn't come out when they go back to the job and unless you show them,

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00:30:03,500 --> 00:30:05,980

that's the technique and this is how it applies to lifting.

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00:30:05,980 --> 00:30:07,400

And then it works.

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00:30:07,400 --> 00:30:09,900

So yeah, this transfer of skill is imperative.

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00:30:09,900 --> 00:30:12,940

Just because you lift and waste doesn't make you resilient to work.

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00:30:12,940 --> 00:30:13,940

Absolutely.

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00:30:13,940 --> 00:30:16,100

Well, you're holding a spine at the moment.

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00:30:16,100 --> 00:30:17,620

So I just want to take a turn.

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00:30:17,620 --> 00:30:21,740

I heard you on a podcast and I'm scolding myself because I forgot to write it down.

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00:30:21,740 --> 00:30:26,640

I believe it was a Something Strength podcast and it was a British host, if my memory serves

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00:30:26,640 --> 00:30:27,940

me right.

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00:30:27,940 --> 00:30:37,740

But you were talking about the evolutionary element of the two-legged human versus our

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00:30:37,740 --> 00:30:38,740

ancestors.

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00:30:38,740 --> 00:30:41,660

I believe in evolution, so I think that there was a progression.

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00:30:41,660 --> 00:30:43,780

This is my personal belief.

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00:30:43,780 --> 00:30:45,500

So talk to me about that.

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00:30:45,500 --> 00:30:50,900

What factors from being all fours to standing upright have contributed to the challenges

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00:30:50,900 --> 00:30:52,420

that sometimes that we see today?

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00:30:52,420 --> 00:30:55,020

Yeah, I've got one right here.

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00:30:55,020 --> 00:30:56,020

These are great models, actually.

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00:30:56,020 --> 00:31:01,180

They're made by a wonderful friend of mine in Canada called Jerome Fryer called Dynamic

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00:31:01,180 --> 00:31:02,420

Disc Designs.

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00:31:02,420 --> 00:31:04,860

So these are cadaver models.

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00:31:04,860 --> 00:31:10,860

Now the beauty about it is we are the only primate on earth that actually has this curvature

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00:31:10,860 --> 00:31:15,100

in our spine, that thing called the lumbar lordosis.

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00:31:15,100 --> 00:31:20,420

So all our friends who are other primates such as chimpanzees, they don't have that

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00:31:20,420 --> 00:31:21,420

shaped spine.

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00:31:21,420 --> 00:31:26,500

I actually do a bit of, I'm doing a wonderful bit of work with a fellow Rudy Sorano down

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00:31:26,500 --> 00:31:29,940

in Miami who's a zookeeper and he looks after the primates and we're doing a little thing

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00:31:29,940 --> 00:31:32,700

on how primates walk and how humans walk.

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00:31:32,700 --> 00:31:36,940

The whole evolution of this spine took about, we'll call it four and a half to five million

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00:31:36,940 --> 00:31:43,580

years for the first evidence of the fossil change where the spine was accommodating to

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00:31:43,580 --> 00:31:45,380

upright stance.

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00:31:45,380 --> 00:31:51,620

So from about say four and a half, five million years ago to 400,000 years ago, there's about,

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00:31:51,620 --> 00:31:59,100

we'll say four and a half million years of change for a spine that made you and me an

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00:31:59,100 --> 00:32:01,340

apex predator.

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00:32:01,340 --> 00:32:05,820

And our apex predator depended upon the fact that this person walked and ran.

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00:32:05,820 --> 00:32:09,220

Now if you're going to walk and run, you've got to have a spine that can actually do that.

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00:32:09,220 --> 00:32:11,660

It's got to have a particular shape to it.

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00:32:11,660 --> 00:32:16,540

And even the pelvis itself has to have a particular shape and hip joints in there.

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00:32:16,540 --> 00:32:22,260

So all these things developed together to enable us to walk and run consistently over

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00:32:22,260 --> 00:32:24,140

long periods of time.

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00:32:24,140 --> 00:32:27,460

So we have a beautiful, now if you want to say Adam and Eve was there, that's fine by

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00:32:27,460 --> 00:32:30,060

me because either way, guess what?

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00:32:30,060 --> 00:32:32,420

That was a spine that he gave Adam and Eve, right?

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00:32:32,420 --> 00:32:35,900

And he didn't give it to the other rapes who are supposed to be on all fours for most of

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00:32:35,900 --> 00:32:36,900

their work.

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00:32:36,900 --> 00:32:40,340

You can stand them up, but they don't do it really well for very long.

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00:32:40,340 --> 00:32:46,540

So human spine has a particular purpose and that is to be able to walk and run, but the

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00:32:46,540 --> 00:32:48,700

load aspects of it are important too.

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00:32:48,700 --> 00:32:52,880

And that's where Matt Winningwood coming quite well.

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00:32:52,880 --> 00:32:57,420

You put excessive loads on this for excessive decades and it does have an impact.

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00:32:57,420 --> 00:32:59,500

Yeah, there are impacts about that.

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00:32:59,500 --> 00:33:03,420

Stuart McGill will talk about how the spine actually gets a little bit thicker at the

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00:33:03,420 --> 00:33:04,420

end plates.

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00:33:04,420 --> 00:33:06,880

That means nutrition decreases.

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00:33:06,880 --> 00:33:10,300

So discs themselves don't have a blood supply.

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00:33:10,300 --> 00:33:14,300

They don't have a nerve supply except for the very, very outside.

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00:33:14,300 --> 00:33:18,900

So if you don't have a blood supply, how the hell do you heal?

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00:33:18,900 --> 00:33:22,580

Well it changes things quite dramatically because realistically you only get your nutrients

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00:33:22,580 --> 00:33:26,980

through the end of the bone coming through in diffusion.

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00:33:26,980 --> 00:33:28,300

Now guess what?

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00:33:28,300 --> 00:33:32,020

The mechanism by which we get our disc nutrition happens to be walking.

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00:33:32,020 --> 00:33:35,420

It's what we call cyclic load loading.

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00:33:35,420 --> 00:33:39,860

So all that happens is you do that up and down, up and down as you walk every step and

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00:33:39,860 --> 00:33:44,620

that happens to increase the loading of your spine in enough fashion that it assists with

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00:33:44,620 --> 00:33:48,900

the healing, but it never comes back to its pre-injured state.

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00:33:48,900 --> 00:33:50,380

Now you want to take up rowing.

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00:33:50,380 --> 00:33:51,620

Rowing is a fantastic sport.

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00:33:51,620 --> 00:33:55,660

It also does cyclical nutrition, but what doesn't it do?

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00:33:55,660 --> 00:33:56,660

Well guess what?

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00:33:56,660 --> 00:33:59,460

It puts you in that position, flexed.

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00:33:59,460 --> 00:34:00,460

And guess what?

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00:34:00,460 --> 00:34:04,220

Rowers have more injuries than any other Olympic sport.

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00:34:04,220 --> 00:34:09,980

So there you are, cyclical nutrition, but flexion under load repetitively and you've

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00:34:09,980 --> 00:34:12,220

now got posterior disc injury.

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00:34:12,220 --> 00:34:18,540

So there is an important relationship to how you load your spine for the various factors.

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00:34:18,540 --> 00:34:24,180

This is a spine that was made to bear a normal human's body weight, not chucking on protective

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00:34:24,180 --> 00:34:30,340

vests, loaded material that suddenly puts, and you talk about the fact that a guy who

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00:34:30,340 --> 00:34:32,540

is 100 pounds overweight sitting in a Lazy Boy.

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00:34:32,540 --> 00:34:37,580

Yeah, well how much more weight you're going to be carrying in your protective gear?

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00:34:37,580 --> 00:34:41,060

Could be a nice 60 pound almost there.

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00:34:41,060 --> 00:34:42,820

So now you put 60 pounds on your body.

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00:34:42,820 --> 00:34:46,820

Although you might be in shape, work actually demands you're going to be carrying that extra

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00:34:46,820 --> 00:34:48,300

60.

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00:34:48,300 --> 00:34:50,860

It has a huge impact.

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00:34:50,860 --> 00:34:53,660

Especially once you get injured, it has a huge impact.

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00:34:53,660 --> 00:34:57,400

And now you've got to rehab that person so you can go back and do it again.

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00:34:57,400 --> 00:35:01,940

That probably means you don't want to teach a first responder how to break the world record

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00:35:01,940 --> 00:35:05,420

in their power lifting.

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00:35:05,420 --> 00:35:09,020

Because that's also taking a cost out of their ability to perform their work because they're

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00:35:09,020 --> 00:35:10,500

doing it outside as well.

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00:35:10,500 --> 00:35:16,580

So a lot about load management, super performance of your life.

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00:35:16,580 --> 00:35:18,900

You got to integrate the two things.

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00:35:18,900 --> 00:35:19,900

Makes sense, doesn't it?

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00:35:19,900 --> 00:35:21,620

No, it does completely.

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00:35:21,620 --> 00:35:26,340

What's interesting as well, when I hurt my back, so my straw that broke the camel's back,

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00:35:26,340 --> 00:35:33,620

no pun intended, was lifting a guy my size, so 170, 180 pounds, had an anxiety attack,

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00:35:33,620 --> 00:35:37,060

which at the time a lot of people that have those truly feel like they're dying.

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00:35:37,060 --> 00:35:40,540

So he wanted to go to the hospital, loaded him in the hospital.

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00:35:40,540 --> 00:35:45,140

Just the way the ambulance was parked, it was at an angle.

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00:35:45,140 --> 00:35:46,500

So the stretcher wouldn't go in.

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00:35:46,500 --> 00:35:53,860

So I ended up extending my back and felt a big old snap, ended up completing the trip

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00:35:53,860 --> 00:35:55,220

to the hospital, getting him out.

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00:35:55,220 --> 00:35:59,580

And then after I was like, yeah, I've been beating up a lot in my life, but this really

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00:35:59,580 --> 00:36:00,580

hurts.

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00:36:00,580 --> 00:36:01,700

I've done something bad.

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00:36:01,700 --> 00:36:05,380

So long story short, finally get an MRI done.

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00:36:05,380 --> 00:36:07,260

And I torn three ligaments.

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00:36:07,260 --> 00:36:09,460

Who was it looking at?

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00:36:09,460 --> 00:36:14,100

The PT was looking at it when he raised one arm, one of the vertebrae would actually rotate.

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00:36:14,100 --> 00:36:17,620

So also not good.

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00:36:17,620 --> 00:36:22,740

But what was incredible was when I was looking back, and I'll get to the therapy in a minute

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00:36:22,740 --> 00:36:29,940

and what I did to heal it, but when I was looking back, I was like, I did a lot of exercise,

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00:36:29,940 --> 00:36:32,180

but pretty diligently, I had a good background.

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00:36:32,180 --> 00:36:36,060

I was lifting pretty correctly overall.

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00:36:36,060 --> 00:36:39,980

I was doing yoga and what the hell was it that got wrong?

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00:36:39,980 --> 00:36:44,400

And as I progressed through, yeah, there were imbalances that I identified.

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00:36:44,400 --> 00:36:48,180

But one of the things that is probably the biggest contributor apart from the sleep deprivation

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00:36:48,180 --> 00:36:50,580

side was sitting.

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00:36:50,580 --> 00:36:56,580

Because in the fire service, you think of us being very active, but we sit for the morning

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00:36:56,580 --> 00:36:57,580
roll call.

637
00:36:57,580 --> 00:37:00,740
We sit to write our reports for our online training.

638
00:37:00,740 --> 00:37:02,100
We sit to drive to the call.

639
00:37:02,100 --> 00:37:05,440
We sit in the back if we're doing the EMS side with the patient.

640
00:37:05,440 --> 00:37:07,540
So there's a huge amount of sitting.

641
00:37:07,540 --> 00:37:12,960
So talk to me about that element, that you can have an acute injury obviously from an

642
00:37:12,960 --> 00:37:18,900
extreme event during a sport, but what are you seeing in sedentary and even in athletic

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00:37:18,900 --> 00:37:24,300
populations when it comes to the sitting element and how that affects our muscle imbalances?

644
00:37:24,300 --> 00:37:28,620
Well, there's really two important factors there.

645
00:37:28,620 --> 00:37:33,580
If you look at human beings, I got news for you, human beings are very predictable and

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00:37:33,580 --> 00:37:39,820
you can figure out what the problem is if you are bright enough to understand there's

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00:37:39,820 --> 00:37:48,140

only three directions human beings move forward and backwards, side to side and rotation.

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00:37:48,140 --> 00:37:51,420

Three directions, three planes of motion, right?

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00:37:51,420 --> 00:37:55,140

You can put them in combinations, but there's only the three pure planes.

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00:37:55,140 --> 00:37:58,540

Right, you got three pure planes.

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00:37:58,540 --> 00:38:03,940

Now you've also got three components of your spine structure, essentially in any orthopedic

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00:38:03,940 --> 00:38:07,580

injury and they are the passive elements.

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00:38:07,580 --> 00:38:09,100

That's your disc, your bone.

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00:38:09,100 --> 00:38:12,700

They're the things you can't contract.

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00:38:12,700 --> 00:38:14,580

You got your active elements.

656

00:38:14,580 --> 00:38:16,780

They're the muscles that will attach onto the bones.

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00:38:16,780 --> 00:38:18,860

They're the things you can't contract.

658

00:38:18,860 --> 00:38:21,340
And then you got your nervous system.

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00:38:21,340 --> 00:38:22,620
That's basically a software here.

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00:38:22,620 --> 00:38:24,420
Put it all together.

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00:38:24,420 --> 00:38:29,660
So the solution, three directions of motion, three components of the system to understand.

662
00:38:29,660 --> 00:38:31,180
It's really not that hard.

663
00:38:31,180 --> 00:38:33,540
They should teach that in first year at university.

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00:38:33,540 --> 00:38:36,580
Unfortunately, I don't put it all together for people.

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00:38:36,580 --> 00:38:38,940
So the mechanism of sitting down is passive.

666
00:38:38,940 --> 00:38:42,380
You sit down and you relax into flexion.

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00:38:42,380 --> 00:38:47,820
That causes, if you imagine, there's your disc material that is relatively hydrated,

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00:38:47,820 --> 00:38:48,820
a fair bit of fluid.

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00:38:48,820 --> 00:38:51,660

I'll put that little spine over here so it doesn't fall.

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00:38:51,660 --> 00:38:55,740

And here's the gross model that says if you put flexion under load consistently and that

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00:38:55,740 --> 00:39:00,180

load can be used sitting in posterior pelvic tilt, and then you go to pick up your pen

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00:39:00,180 --> 00:39:04,260

that you just dropped at roll call, welcome to your disc.

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00:39:04,260 --> 00:39:07,860

Because you've reached its capacity through some load and your upper body is enough load

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00:39:07,860 --> 00:39:08,860

to do that.

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00:39:08,860 --> 00:39:12,980

So it bends forward, there's your upper body sheer force on your spine.

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00:39:12,980 --> 00:39:17,860

And if you've been working consistently and you haven't been, you've been trying to rest,

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00:39:17,860 --> 00:39:23,540

you've been resting in sitting positions, the load might not have to be significant

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00:39:23,540 --> 00:39:25,900

to create that last bit of injury.

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00:39:25,900 --> 00:39:30,460

So the spine itself is a very well evolved structure for walking and running upright,

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00:39:30,460 --> 00:39:35,460

but it's not evolved for modern society, ergonomic positions.

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00:39:35,460 --> 00:39:36,460

That's why you got hurt.

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00:39:36,460 --> 00:39:38,160

It's not the spine's fault.

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00:39:38,160 --> 00:39:42,860

It's basically the evolution of modern society that's the problem.

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00:39:42,860 --> 00:39:45,340

So this is where we can have impact.

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00:39:45,340 --> 00:39:50,900

Now if you've got a person whose disc may be a little bit compromised, the disc material

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00:39:50,900 --> 00:39:54,780

has been forced backwards, what can you do to help it out?

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00:39:54,780 --> 00:39:58,860

Well perhaps you put your hands on your hips and bend backwards 10 times, put the load

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00:39:58,860 --> 00:40:01,420

back there, guess what that's going to do to the disc material?

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00:40:01,420 --> 00:40:04,700

It's going to send it back towards the center.

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00:40:04,700 --> 00:40:12,060

So then when you bend over, you've now given yourself a huge capacity for loading.

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00:40:12,060 --> 00:40:16,980

And it doesn't take very much to do that if you're consistent.

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00:40:16,980 --> 00:40:20,860

There are some conditions I don't overly recommend that with, but the most common ones are going

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00:40:20,860 --> 00:40:27,820

to be your disc bulges with a relatively normal spine who doesn't walk enough and doesn't

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00:40:27,820 --> 00:40:32,200

bend backwards occasionally, which we, our ancestors would have done.

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00:40:32,200 --> 00:40:36,700

So we know that the forces you place upon that disc are very important.

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00:40:36,700 --> 00:40:40,100

MRI study show, you actually do it under scans.

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00:40:40,100 --> 00:40:45,820

You can see you put a body into sideways flexion and you'd find that the disc material moves

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00:40:45,820 --> 00:40:48,780

to the opposite side.

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00:40:48,780 --> 00:40:51,480

So we know it's predictable.

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00:40:51,480 --> 00:40:52,940

There essentially is one of the important parts.

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00:40:52,940 --> 00:40:54,280

That's your passive system.

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00:40:54,280 --> 00:40:58,860

You've just taught your body how to put body weight into a position that changes the passive

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00:40:58,860 --> 00:41:04,980

material and that is a huge way to prevent lower back injuries and even treat lower back

704

00:41:04,980 --> 00:41:05,980

injuries.

705

00:41:05,980 --> 00:41:06,980

All right.

706

00:41:06,980 --> 00:41:11,660

Now, once you've got an incompetent structure there, you're now your passive structure is

707

00:41:11,660 --> 00:41:12,940

injured.

708

00:41:12,940 --> 00:41:16,020

You better get some muscles to make up for it.

709

00:41:16,020 --> 00:41:19,580

So that's the concept behind the core stability.

710

00:41:19,580 --> 00:41:21,660

You know how smart professor Stuart McGill is?

711

00:41:21,660 --> 00:41:25,300

Well, he's giving you the bird, the basic big three, right?

712

00:41:25,300 --> 00:41:26,900

But geez, come on.

713

00:41:26,900 --> 00:41:28,740

McGill's written nearly 300 research papers.

714

00:41:28,740 --> 00:41:32,100

The big three is not everything he ever did.

715

00:41:32,100 --> 00:41:33,340

This is your basics.

716

00:41:33,340 --> 00:41:35,940

This is where you may start and he might not start you there.

717

00:41:35,940 --> 00:41:36,940

He's going to evaluate you.

718

00:41:36,940 --> 00:41:38,940

Now, what does the big three do?

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00:41:38,940 --> 00:41:41,580

Well, they brace your abs up.

720

00:41:41,580 --> 00:41:43,780

That's control of forward, backward motion.

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00:41:43,780 --> 00:41:46,940

Then he puts you into a side plank.

722

00:41:46,940 --> 00:41:47,940

Control of side to side motion.

723

00:41:47,940 --> 00:41:49,940

Then he puts you into a bird dog.

724

00:41:49,940 --> 00:41:51,620

Oh, you got control of rotation.

725

00:41:51,620 --> 00:41:53,260

They aren't just made up.

726

00:41:53,260 --> 00:41:57,740

They're actually addressing three planes of human motion to stabilize the initial injury.

727

00:41:57,740 --> 00:42:03,420

Now, you may do them forever, but they're not the only thing you do forever.

728

00:42:03,420 --> 00:42:05,580

I can give you what we call suitcase walks.

729

00:42:05,580 --> 00:42:10,020

I can put a weight on one hand and make you walk very perfectly.

730

00:42:10,020 --> 00:42:11,020

And guess what?

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00:42:11,020 --> 00:42:14,500

You're suddenly going to stabilize your core into the frontal plane.

732

00:42:14,500 --> 00:42:16,500

And what muscle might do that?

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00:42:16,500 --> 00:42:18,140

Well, your glutes might help with that too.

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00:42:18,140 --> 00:42:20,180

Oh, and the glutes extend the hip as well.

735

00:42:20,180 --> 00:42:24,540

So now you've figured out how to address the frontal plane, but you're also getting sagittal

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00:42:24,540 --> 00:42:26,140

plane.

737

00:42:26,140 --> 00:42:34,180

You combine anatomy to the planes of motion, to the three elements of injury, active, passive,

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00:42:34,180 --> 00:42:39,900

neurological, and you've now got yourself building a bespoke tailored suit, just like

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00:42:39,900 --> 00:42:44,820

the best tailors out of several row for back injury.

740

00:42:44,820 --> 00:42:50,720

And all it takes is the understanding of the planes of motion and the components of injury.

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00:42:50,720 --> 00:42:55,300

And then you look at the ergonomics of the individual, put it together, and I'll take

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00:42:55,300 --> 00:42:58,940

you back to the Olympics if you need it, or the police and fire games.

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00:42:58,940 --> 00:43:02,780

Well, this is what's so amazing that I found my personal journey.

744

00:43:02,780 --> 00:43:07,700

And I think more people need to hear that when you have an injury, it's not a death

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00:43:07,700 --> 00:43:08,700

sentence.

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00:43:08,700 --> 00:43:13,660

And it really breaks my heart when I hear firefighters, especially young ones that have

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00:43:13,660 --> 00:43:16,140

some sort of injury and then they're under the knife.

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00:43:16,140 --> 00:43:17,540

Oh, I'm better now.

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00:43:17,540 --> 00:43:18,860

It's like you're not better.

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00:43:18,860 --> 00:43:20,540

Everyone I know has had back injury.

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00:43:20,540 --> 00:43:23,940

And there may be exceptions to the rule, but a lot of people I know that have had surgery

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00:43:23,940 --> 00:43:28,060

immediately, there's another surgery and another surgery, another surgery.

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00:43:28,060 --> 00:43:34,140

I was very fortunate enough having the background that I did to really advocate for my own health,

754

00:43:34,140 --> 00:43:37,780

tell them I didn't want the drugs and the surgeries and went down the chiropractic route,

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00:43:37,780 --> 00:43:39,180

the PT route.

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00:43:39,180 --> 00:43:41,260

And on that journey, I came across foundation training.

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00:43:41,260 --> 00:43:44,020

I don't know if you ever heard of Dr. Eric Goodman.

758

00:43:44,020 --> 00:43:45,020

But yeah.

759

00:43:45,020 --> 00:43:46,020

Oh, yes.

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00:43:46,020 --> 00:43:49,820

So and then that was another piece in the jigsaw puzzle, Cairo, I mean, all these little

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00:43:49,820 --> 00:43:50,980

pieces.

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00:43:50,980 --> 00:43:57,860

But once I understood that, as you just said, if I build that strength of that column of

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00:43:57,860 --> 00:44:04,740

muscle around my spine and alleviate the pressure on the nerves and then address the issues

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00:44:04,740 --> 00:44:09,460

of my glutes and my hamstrings that were causing that anterior pelvic tilt, that not only would

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00:44:09,460 --> 00:44:14,140

I overcome the pain that I was going through, but actually fix the underlying issue, which

766

00:44:14,140 --> 00:44:15,140

is what happened.

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00:44:15,140 --> 00:44:20,300

I mean, I went back to work after five months and then competed in just like a fundraiser,

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00:44:20,300 --> 00:44:24,780

a fundraiser, but there was deadlifts and some other things in there and felt amazing

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00:44:24,780 --> 00:44:28,620

and lifted as much if not more than I've ever lifted pre-injury.

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00:44:28,620 --> 00:44:32,900

So I think this is the kind of hope that people need to hear that just because you have an

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00:44:32,900 --> 00:44:37,700

injury and it was a bad injury and I was laid out for weeks and weeks and weeks.

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00:44:37,700 --> 00:44:39,900

But surgery isn't the only option.

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00:44:39,900 --> 00:44:44,060

If you can figure out how to rebuild it, if that's applicable to your injury, that you

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00:44:44,060 --> 00:44:47,860

can have those herniated discs and live an incredible life.

775

00:44:47,860 --> 00:44:50,660

Oh gosh, yeah.

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00:44:50,660 --> 00:44:56,140

A fellow I work with, a neurosurgeon called David Johnson in Brisbane runs the College

777

00:44:56,140 --> 00:44:58,780

of Functional Movement Clinicians.

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00:44:58,780 --> 00:45:04,620

Now Dave's a neurosurgeon who sends his patients to his CrossFit gym to learn how to move correctly

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00:45:04,620 --> 00:45:08,220

rather than perform surgery as a first option.

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00:45:08,220 --> 00:45:11,180

Now what are the statistics on surgery and good outcomes?

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00:45:11,180 --> 00:45:16,260

Well, if you've had a fusion, you've got a 50% chance that you'll have to have another

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00:45:16,260 --> 00:45:20,740

one about five years later, that there will be more back injury.

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00:45:20,740 --> 00:45:21,940

Now why did that happen?

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00:45:21,940 --> 00:45:24,100

Well, mainly because the rehabilitation failed.

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00:45:24,100 --> 00:45:25,100

It wasn't the surgery.

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00:45:25,100 --> 00:45:26,700

The surgery is probably damn good.

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00:45:26,700 --> 00:45:31,420

But your rehabilitation was really basically useless.

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00:45:31,420 --> 00:45:32,420

Why?

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00:45:32,420 --> 00:45:35,960

Because no one addressed the reason you got injured in the first place.

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00:45:35,960 --> 00:45:39,540

Your initial injury is entirely predictable.

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00:45:39,540 --> 00:45:43,620

Now the work of a rehab specialist should be why did you get injured the first time?

792

00:45:43,620 --> 00:45:46,820

I'm not here just to fix you now, make you feel better.

793

00:45:46,820 --> 00:45:50,060

Because realistically, if you look at the stats on that and we can take those statistics,

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00:45:50,060 --> 00:45:54,620

90% of all people who have one lower back injury have a second injury at least.

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00:45:54,620 --> 00:45:56,940

That's a 90% recurrence rate.

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00:45:56,940 --> 00:46:02,380

So getting someone better really isn't such a big achievement because 80% of people are

797

00:46:02,380 --> 00:46:05,020

better in four weeks anyway, or feel better.

798

00:46:05,020 --> 00:46:08,540

And realistically, resolution of about 90% of people is over eight weeks.

799

00:46:08,540 --> 00:46:09,540

That's a human body healing.

800

00:46:09,540 --> 00:46:11,140

You had nothing to do with it.

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00:46:11,140 --> 00:46:12,140

Don't take credit for it.

802

00:46:12,140 --> 00:46:14,460

Your body does natural healing.

803

00:46:14,460 --> 00:46:17,540

But prevent the ongoing injuries that associate to it.

804

00:46:17,540 --> 00:46:21,420

So the same statistics we can look at there is, yep, you heard it once, you'll heard it

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00:46:21,420 --> 00:46:24,100

again, about 90% chance at a time.

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00:46:24,100 --> 00:46:28,020

And if you have surgery, you got a 50% chance you'll need something else done in about five

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00:46:28,020 --> 00:46:29,260

years.

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00:46:29,260 --> 00:46:33,300

That's because no one's addressing the cause in the medical system appropriately.

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00:46:33,300 --> 00:46:38,740

And movements, positions, postures can all be influencing what happens to that initial

810

00:46:38,740 --> 00:46:39,740

surgery.

811

00:46:39,740 --> 00:46:40,740
We'll fix that.

812
00:46:40,740 --> 00:46:41,740
There's Ronnie Coleman.

813
00:46:41,740 --> 00:46:43,020
He's got 27 surgeries now.

814
00:46:43,020 --> 00:46:46,900
Yeah, well watch Ronnie every time he goes back in the gym, he's still doing the same

815
00:46:46,900 --> 00:46:48,140
very terrible movements.

816
00:46:48,140 --> 00:46:50,580
But of course it's going to get heard again.

817
00:46:50,580 --> 00:46:55,380
I don't know who is not advising him well, or perhaps he doesn't hear it.

818
00:46:55,380 --> 00:46:58,180
But I do see it and looking to go, well, that's predictable.

819
00:46:58,180 --> 00:47:00,420
You're just flexing your spine on the load again.

820
00:47:00,420 --> 00:47:02,460
No wonder the screws broke.

821
00:47:02,460 --> 00:47:06,620
How about we actually treat it like it should have been from day one?

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00:47:06,620 --> 00:47:10,740

So I do believe, yeah, I can look at the, you know, when I look at the, the groups and

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00:47:10,740 --> 00:47:16,340

populations from military to law enforcement, you know, I can look at the paratroopers who

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00:47:16,340 --> 00:47:20,700

come in who have got spondylolysis, they've got spinal fractures that they've been dealing

825

00:47:20,700 --> 00:47:25,300

with for years and years, but they're not being taught how to move correctly, how to

826

00:47:25,300 --> 00:47:27,020

load correctly and how to heal.

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00:47:27,020 --> 00:47:30,780

They've just been sent out and someone says, oh, go do pilates.

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00:47:30,780 --> 00:47:32,140

It's good for your back.

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00:47:32,140 --> 00:47:33,140

Really?

830

00:47:33,140 --> 00:47:36,180

Well, laying on your back on a, on a bed that goes backwards and forwards is going to help

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00:47:36,180 --> 00:47:38,780

your spine recover.

832

00:47:38,780 --> 00:47:39,780

Not really, mate.

833

00:47:39,780 --> 00:47:42,940

It's going to help you back to what you have to do.

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00:47:42,940 --> 00:47:43,940

It's like you did.

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00:47:43,940 --> 00:47:44,940

Yeah.

836

00:47:44,940 --> 00:47:46,620

When you hurt your, hurt your back, what did you do?

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00:47:46,620 --> 00:47:48,460

You finished the mission, right?

838

00:47:48,460 --> 00:47:50,260

You finished the task.

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00:47:50,260 --> 00:47:53,300

And that's essentially what happens with a lot of first responders.

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00:47:53,300 --> 00:47:54,300

It's funny.

841

00:47:54,300 --> 00:47:57,900

My daughter's, um, competed in jujitsu over a decade at least now.

842

00:47:57,900 --> 00:48:02,840

And in one comp, she was lying on her back and she had, um, she was points ahead.

843

00:48:02,840 --> 00:48:06,260

And she looked at me as I was there, staying there coaching and she goes, I just broke

844

00:48:06,260 --> 00:48:07,260
my toe.

845
00:48:07,260 --> 00:48:10,420
And I said, oh yeah, well, you've got 30 seconds to go on your head and it's not going to break

846
00:48:10,420 --> 00:48:11,420
any worse.

847
00:48:11,420 --> 00:48:13,860
So stick it out.

848
00:48:13,860 --> 00:48:14,860
Did she win?

849
00:48:14,860 --> 00:48:15,860
And that was it.

850
00:48:15,860 --> 00:48:16,860
Yeah, of course.

851
00:48:16,860 --> 00:48:18,060
There we go.

852
00:48:18,060 --> 00:48:19,060
She wins lots.

853
00:48:19,060 --> 00:48:20,060
Yeah.

854
00:48:20,060 --> 00:48:21,380
So she's a, she competes in the world championships quite often.

855

00:48:21,380 --> 00:48:22,380

Wow.

856

00:48:22,380 --> 00:48:25,700

A good little, a good little fighter, but she joined the police force as well.

857

00:48:25,700 --> 00:48:28,940

And um, yeah, now she's doing, um, the nine, she wants to be a paramedic now.

858

00:48:28,940 --> 00:48:30,220

So that's her next plan.

859

00:48:30,220 --> 00:48:31,900

It's an amazing, amazing profession.

860

00:48:31,900 --> 00:48:32,900

It really is.

861

00:48:32,900 --> 00:48:34,420

I mean, the firefight inside is, is incredible.

862

00:48:34,420 --> 00:48:39,620

And when we get the exciting fires and extrications, you know, you're so glad that you do that

863

00:48:39,620 --> 00:48:40,620

job.

864

00:48:40,620 --> 00:48:46,060

But if we swallow our pride and get past the kind of, you know, heroic facade that is a

865

00:48:46,060 --> 00:48:51,140

firefighter in all honesty, most of the actual life saving is done in the medical side.

866

00:48:51,140 --> 00:48:55,740

And so a paramedic, once they get given a patient, she will save so many lives.

867

00:48:55,740 --> 00:49:00,140

It may not be right at the brink of death, but sometimes it's just simple compassion

868

00:49:00,140 --> 00:49:01,140

too.

869

00:49:01,140 --> 00:49:05,460

It's patients that are homeless, that maybe you're found themselves into sex work in desperate

870

00:49:05,460 --> 00:49:10,980

parts of town and maybe her compassion will be the words that, you know, make them turn

871

00:49:10,980 --> 00:49:11,980

a corner.

872

00:49:11,980 --> 00:49:14,980

So it's amazing the kind of spectrum of skills that you have to have.

873

00:49:14,980 --> 00:49:17,460

And it's a beautiful profession.

874

00:49:17,460 --> 00:49:18,460

It is a great thing.

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00:49:18,460 --> 00:49:23,780

And unfortunately, I think for a lot of the first responders and military is, once you're

876

00:49:23,780 --> 00:49:28,460

on the injured list, you're not being viewed as a very valuable human quite a lot of the

877

00:49:28,460 --> 00:49:29,820
time.

878
00:49:29,820 --> 00:49:35,100
So I can look at one of the firefighter I worked with who suffered a significant injury

879
00:49:35,100 --> 00:49:40,020
extricating a person using the jaws of life in a major truck crash.

880
00:49:40,020 --> 00:49:45,340
Now he was in a really unusual position with a significant load using these things, cutting

881
00:49:45,340 --> 00:49:49,020
someone out for about two hours.

882
00:49:49,020 --> 00:49:52,660
Now he gets a huge disc aggravation out of that and a huge injury.

883
00:49:52,660 --> 00:49:56,220
Now it's career changing, famous career ending.

884
00:49:56,220 --> 00:50:02,020
And they try to fight him at the insurance level about him returning back to the gym.

885
00:50:02,020 --> 00:50:06,260
Well, he was lucky to have the support that he has me and he had somebody else who wrote

886
00:50:06,260 --> 00:50:09,660
medical reports that said, you know what, you're allowed to, you're actually allowed

887
00:50:09,660 --> 00:50:13,620
to deadlift and go to the gym in recovery.

888

00:50:13,620 --> 00:50:14,620

And this is important.

889

00:50:14,620 --> 00:50:19,020

And we had to write letters to tell the doctors that, yeah, the insurance doctors didn't

890

00:50:19,020 --> 00:50:20,020

want him doing that.

891

00:50:20,020 --> 00:50:25,820

Well, we got him through and well, his career has been fine ever since outside of fire now.

892

00:50:25,820 --> 00:50:29,060

Because he felt the support didn't support him once he'd been out.

893

00:50:29,060 --> 00:50:30,060

That's a big part of it.

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00:50:30,060 --> 00:50:35,580

The support once you leave your family.

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00:50:35,580 --> 00:50:37,700

One of my best friends had a really bad injury.

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00:50:37,700 --> 00:50:39,900

He was an Olympic paddler.

897

00:50:39,900 --> 00:50:45,780

So it was the kind of surf ski, the two man surf ski, high, high level and, you know,

898

00:50:45,780 --> 00:50:48,580

great firefighter and had a couple of back injuries.

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00:50:48,580 --> 00:50:55,540

He had the fusions, I think, and was just terrified to do any kind of real PT because

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00:50:55,540 --> 00:50:59,100

he was worried that people were watching him and following him and they'd call bullshit

901

00:50:59,100 --> 00:51:01,660

on his ultimate medical retirement.

902

00:51:01,660 --> 00:51:07,860

And it's such a backwards system because you want people to heal and that psychological

903

00:51:07,860 --> 00:51:09,680

fear like, oh, I can't do too much.

904

00:51:09,680 --> 00:51:11,860

What if they see me is such bullshit.

905

00:51:11,860 --> 00:51:16,580

Like your ability to function as a human being is not the same as your ability to be a firefighter

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00:51:16,580 --> 00:51:21,020

where you throw on a hundred pounds worth of gear and maybe climb 30, 40 stories and

907

00:51:21,020 --> 00:51:22,500

then go to work.

908

00:51:22,500 --> 00:51:27,180

That's a total different level that you have to operate at, but we should not have an environment

909

00:51:27,180 --> 00:51:32,660

where our responders are so scared to rehab that they actually make it even worse for

910

00:51:32,660 --> 00:51:33,660
themselves.

911
00:51:33,660 --> 00:51:36,300
Yes, that's so important.

912
00:51:36,300 --> 00:51:39,540
And that support an injured individual really needs.

913
00:51:39,540 --> 00:51:44,180
They need to have someone on their side and they don't need their so-called employer fighting

914
00:51:44,180 --> 00:51:46,060
against them.

915
00:51:46,060 --> 00:51:48,060
That perception that they're not being helped.

916
00:51:48,060 --> 00:51:49,900
Yeah, there's so much to that.

917
00:51:49,900 --> 00:51:55,300
So yes, there's a huge component of the support system to enable a person to rehabilitate

918
00:51:55,300 --> 00:51:58,700
because weight training for a lot of people is their mental release.

919
00:51:58,700 --> 00:52:04,020
That's the thing they need to be able to function well is to actually go to the gym and do their

920
00:52:04,020 --> 00:52:05,020
time.

921

00:52:05,020 --> 00:52:09,220

Now, talk to me about the posterior chain or the muscles in the back of the body.

922

00:52:09,220 --> 00:52:10,380

I worked with them.

923

00:52:10,380 --> 00:52:14,620

I went and trained once with Julian Pono, the guy behind StrongFit.

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00:52:14,620 --> 00:52:21,540

And it was again, another really eye-opening, completely non-academic experience.

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00:52:21,540 --> 00:52:26,540

And I realized again, the kind of backstory of my injury that I did have this anterior

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00:52:26,540 --> 00:52:27,960

pelvic tilt.

927

00:52:27,960 --> 00:52:32,240

When we did overhead yoke carries, you could see my hips kicked out to one side, just like

928

00:52:32,240 --> 00:52:33,240

you were talking about.

929

00:52:33,240 --> 00:52:37,060

So the suitcase carry on the weak side was the remedy for that.

930

00:52:37,060 --> 00:52:42,180

But then when you understand that and you look at the average person with the pronation

931

00:52:42,180 --> 00:52:49,700

of the hips and again, the excessive arch in their back, it seems to be everywhere at

932

00:52:49,700 --> 00:52:51,020
the moment.

933
00:52:51,020 --> 00:52:55,060
And then when you look at CrossFit, and this is where Julian first got into it, a lot of

934
00:52:55,060 --> 00:52:58,580
us, and I did CrossFit for 16 years, a lot of it is explosive.

935
00:52:58,580 --> 00:53:03,380
So we're not developing that strict motion that's activating our glutes and our hamstrings

936
00:53:03,380 --> 00:53:07,660
and the rear delts that are creating that strong posture.

937
00:53:07,660 --> 00:53:14,660
So what are you seeing in society in general as far as imbalances from whether it's sitting,

938
00:53:14,660 --> 00:53:20,260
whether it's incorrect lifting that are also contributing to injuries, including the spine?

939
00:53:20,260 --> 00:53:25,020
We can go back to your evolutionary spine, can't we?

940
00:53:25,020 --> 00:53:26,020
What was it supposed to do?

941
00:53:26,020 --> 00:53:28,540
It's supposed to have a curvature in it.

942
00:53:28,540 --> 00:53:29,540
That's important.

943

00:53:29,540 --> 00:53:32,780

But most people are spending their times out of that position.

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00:53:32,780 --> 00:53:38,180

Now you mentioned the lumbar spine lordosis with the anterior pelvic tilt.

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00:53:38,180 --> 00:53:40,700

In fact, you're pretty much one of the rare ones.

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00:53:40,700 --> 00:53:42,380

That's not common.

947

00:53:42,380 --> 00:53:48,940

There was an era a long time ago, and I think it was Tracy and Robertson wrote an article

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00:53:48,940 --> 00:53:53,060

on T Nation about Neanderthal no more.

949

00:53:53,060 --> 00:53:57,020

And they were indicating that people sat in anterior pelvic tilt.

950

00:53:57,020 --> 00:53:59,020

Bullshit they do.

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00:53:59,020 --> 00:54:00,260

You sit in that chair right now.

952

00:54:00,260 --> 00:54:01,620

You're in posterior pelvic tilt.

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00:54:01,620 --> 00:54:02,620

You're slumped.

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00:54:02,620 --> 00:54:06,140

That's that posture slump.

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00:54:06,140 --> 00:54:08,260

You're not sitting in anterior pelvic tilt.

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00:54:08,260 --> 00:54:09,260

That's dead wrong.

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00:54:09,260 --> 00:54:13,300

So that just shows you people who can write articles and it influences a lot of people

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00:54:13,300 --> 00:54:17,140

and it probably actually came from a chiropractor previously, I believe.

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00:54:17,140 --> 00:54:19,940

So there was this theory that you're sitting in anterior pelvic tilt when you're sat.

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00:54:19,940 --> 00:54:20,940

Well, that's rubbish.

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00:54:20,940 --> 00:54:25,100

You don't you sit in posterior pelvic tilt about 99.9% of people will.

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00:54:25,100 --> 00:54:28,660

So of course, sitting in posterior pelvic tilt, then you go and do a nice butt wink

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00:54:28,660 --> 00:54:34,220

in the gym and you do that repetitively under load and of course, there's your L5S1 posterior

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00:54:34,220 --> 00:54:36,380

disc bulge.

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00:54:36,380 --> 00:54:41,820

So realistically is the biomechanics of the tissues being exposed to load usually in a

966

00:54:41,820 --> 00:54:42,880

posterior position.

967

00:54:42,880 --> 00:54:47,540

So if you're in anterior pelvic tilt and you've got a lumbar lordosis, guess what?

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00:54:47,540 --> 00:54:49,300

It's probably not creating a disc bulge on you.

969

00:54:49,300 --> 00:54:52,060

In fact, I've never seen anyone get a disc bulge from that posture.

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00:54:52,060 --> 00:54:57,460

Basically, it can't happen anyway, but you'll get a stress fracture out of it.

971

00:54:57,460 --> 00:55:00,060

And why are your back muscles tight?

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00:55:00,060 --> 00:55:03,900

Well, perhaps they're the ones that are working.

973

00:55:03,900 --> 00:55:05,340

What's not working?

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00:55:05,340 --> 00:55:11,420

Well, most guys over 40 have got no ass and they can't hold a front plank for 30 seconds

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00:55:11,420 --> 00:55:14,940

to save their life, but their back muscles are having to do all the work.

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00:55:14,940 --> 00:55:17,460

So when people come and see me, it's such a common thing.

977

00:55:17,460 --> 00:55:18,860

I've got a bad back.

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00:55:18,860 --> 00:55:20,660

No, you don't.

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00:55:20,660 --> 00:55:23,100

In fact, you got a really good back.

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00:55:23,100 --> 00:55:27,060

You got a back that's working so damn hard to make up for all the things that aren't

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00:55:27,060 --> 00:55:28,060

working.

982

00:55:28,060 --> 00:55:29,060

You don't have a bad back.

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00:55:29,060 --> 00:55:36,420

You got a damn good back, but you got no ass and you basically can't even do a squat.

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00:55:36,420 --> 00:55:41,260

And if I lay you on your back on the ground, you can't get up off the ground without looking

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00:55:41,260 --> 00:55:44,540

like a tortoise that's on its back in the midday sun.

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00:55:44,540 --> 00:55:46,980

You can't move like a human being is supposed to move.

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00:55:46,980 --> 00:55:50,620

You got no abs to get you up off the ground and you got no ass to extend your hip.

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00:55:50,620 --> 00:55:52,500

So no wonder your back is annoyed.

989

00:55:52,500 --> 00:55:53,500

It's working overtime.

990

00:55:53,500 --> 00:55:54,500

It's fatigued.

991

00:55:54,500 --> 00:55:56,500

It's the thing that's not recovering.

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00:55:56,500 --> 00:55:59,220

How about we help it out?

993

00:55:59,220 --> 00:56:03,780

Get hip extension strength, get abdominal strength, and you're probably going to be

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00:56:03,780 --> 00:56:05,780

immediately better.

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00:56:05,780 --> 00:56:08,840

And then we're going to do that every day for the rest of your life.

996

00:56:08,840 --> 00:56:11,580

Because when you feel better, it doesn't mean that you've healed.

997

00:56:11,580 --> 00:56:15,060

It just means you don't feel a problem.

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00:56:15,060 --> 00:56:19,140

And of course, if you go back to your previous things, well, it's going to happen again,

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00:56:19,140 --> 00:56:21,280

probably more than likely.

1000

00:56:21,280 --> 00:56:26,820

So when we institute a rehabilitation program, I would say my first instance and a person

1001

00:56:26,820 --> 00:56:30,900

who comes to see me, I might give them a series of things to do that I've analyzed and I'll

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00:56:30,900 --> 00:56:34,180

look at them and I'll grab them by the ears and say, you do this twice a day for the rest

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00:56:34,180 --> 00:56:35,820

of the next three months.

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00:56:35,820 --> 00:56:36,820

There's no negotiation.

1005

00:56:36,820 --> 00:56:39,340

This is twice a day.

1006

00:56:39,340 --> 00:56:42,460

Then it's once a day for the rest of your life.

1007

00:56:42,460 --> 00:56:43,460

When do you get to stop?

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00:56:43,460 --> 00:56:45,460

And they look and they go, never?

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00:56:45,460 --> 00:56:46,460
Good.

1010
00:56:46,460 --> 00:56:47,460
You got the message.

1011
00:56:47,460 --> 00:56:48,460
All right.

1012
00:56:48,460 --> 00:56:49,460
Exactly it.

1013
00:56:49,460 --> 00:56:50,780
I don't care if you feel better tomorrow.

1014
00:56:50,780 --> 00:56:53,980
It will take three months for you to learn the movement patterns unconsciously.

1015
00:56:53,980 --> 00:56:56,140
It takes about 10,000 repetitions.

1016
00:56:56,140 --> 00:56:58,020
We often say to learn a movement.

1017
00:56:58,020 --> 00:57:00,020
So I don't care if you feel good tomorrow.

1018
00:57:00,020 --> 00:57:01,020
That doesn't mean it's over.

1019
00:57:01,020 --> 00:57:03,180
I care enough that, hey, you know, I knew what I was doing.

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00:57:03,180 --> 00:57:04,180

So now you feel better.

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00:57:04,180 --> 00:57:07,480

But you got to do it every day for the next three months.

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00:57:07,480 --> 00:57:08,480

And there's no discussion.

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00:57:08,480 --> 00:57:10,300

It's twice a day.

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00:57:10,300 --> 00:57:13,300

Then you get to be able to do it once a day for eternity.

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00:57:13,300 --> 00:57:18,260

And if you go to the gym, it's probably that's when you do it before you start lifting.

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00:57:18,260 --> 00:57:21,980

And those people do not come and see me for problems ever again.

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00:57:21,980 --> 00:57:25,300

They might ring up on the phone five years later and said, I've hurt my back, but I haven't

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00:57:25,300 --> 00:57:26,300

been doing your exercises.

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00:57:26,300 --> 00:57:28,300

Can you tell me what they were again?

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00:57:28,300 --> 00:57:31,020

And I laugh and we laugh and I send them the exercise.

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00:57:31,020 --> 00:57:33,660
They don't need to come back in.

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00:57:33,660 --> 00:57:36,780
So yeah, all you got to do is correct that human body back to what it was essentially

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00:57:36,780 --> 00:57:39,100
structurally intended to perform.

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00:57:39,100 --> 00:57:43,260
And that means get yourself some mass and some abs back and you will find that your

1035
00:57:43,260 --> 00:57:45,820
back will appreciate the help.

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00:57:45,820 --> 00:57:51,780
It's not a whole lot more complex realistically to get you to the first level of success.

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00:57:51,780 --> 00:57:56,380
If you want to continue on with other tasks, then we progress to that as well.

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00:57:56,380 --> 00:58:02,620
So you can come in with like Brian Carroll, a significant huge disc extrusion fractured

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00:58:02,620 --> 00:58:07,980
spine, but you're going to end up breaking the world record about 10 years later.

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00:58:07,980 --> 00:58:12,100
You can do it, but you have to adhere to all the work in between.

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00:58:12,100 --> 00:58:14,180
You don't get a day off.

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00:58:14,180 --> 00:58:19,620

I am as guilty as the next man when it comes to pain being the teacher.

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00:58:19,620 --> 00:58:23,820

And now I'll say I wasn't in pain and I'm doing it now.

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00:58:23,820 --> 00:58:24,980

So I'm walking the walk.

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00:58:24,980 --> 00:58:29,300

But what I did is after that horrendous injury where I couldn't pick up my son, couldn't

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00:58:29,300 --> 00:58:33,500

put it on my shoes, I mean, just absolutely humbling, was diligent.

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00:58:33,500 --> 00:58:36,320

But then I got to the point where I felt good and it didn't hurt.

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00:58:36,320 --> 00:58:40,820

And I stopped doing some of the things and then had a tweak, lifting a sandbag and then

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00:58:40,820 --> 00:58:42,800

kind of went back into it again.

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00:58:42,800 --> 00:58:46,860

But it's, you know, it is that roller coaster and it's trying to forge that discipline that

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00:58:46,860 --> 00:58:51,460

it's as, you know, as repetitious as brushing my teeth.

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00:58:51,460 --> 00:58:53,340

And I'm on that again now.

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00:58:53,340 --> 00:58:58,220

What would you say to the people out there that have got out of pain but are unaware

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00:58:58,220 --> 00:59:03,300

of the fact that they are just on a countdown back to injury again?

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00:59:03,300 --> 00:59:09,300

You will need to see a very, very competent individual who can assess you and set up a

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00:59:09,300 --> 00:59:13,140

protocol that you need to do for the rest of your life.

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00:59:13,140 --> 00:59:15,660

How many of those individuals are there in the world?

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00:59:15,660 --> 00:59:18,060

Not very many.

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00:59:18,060 --> 00:59:20,260

So that's a tough one.

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00:59:20,260 --> 00:59:25,080

You know, unfortunately, social media is a huge information source for a lot of people.

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00:59:25,080 --> 00:59:28,340

And social media doesn't have fact checkers for anything but politics.

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00:59:28,340 --> 00:59:30,420

So when it comes to science, you can say anything you want.

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00:59:30,420 --> 00:59:32,620

You can go out there and say the earth is flat.

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00:59:32,620 --> 00:59:33,620

Right?

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00:59:33,620 --> 00:59:35,820

No fact checker is going to stop that.

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00:59:35,820 --> 00:59:38,100

No fact checker is going to say it doesn't matter how you squat.

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00:59:38,100 --> 00:59:40,100

Of course it does.

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00:59:40,100 --> 00:59:42,440

But people are going to post out there and say it doesn't.

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00:59:42,440 --> 00:59:45,820

So unfortunately, social media is the last place you're realistically going to be able

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00:59:45,820 --> 00:59:49,100

to understand how to find the right information.

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00:59:49,100 --> 00:59:52,400

So yeah, contacting me is a good one.

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00:59:52,400 --> 00:59:56,300

But I teach professionals now more than I actually treat patients.

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00:59:56,300 --> 00:59:57,900

So my work is in education.

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00:59:57,900 --> 01:00:04,920

So I'll be in the US from September, probably through to November-ish.

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01:00:04,920 --> 01:00:10,540

This time mostly up the East Coast, but I'll end in LA and San Diego for a little time.

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01:00:10,540 --> 01:00:14,420

So yeah, there are professionals I've taught and who I believe are competent in knowing

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01:00:14,420 --> 01:00:16,860

what to do in quite a few states.

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01:00:16,860 --> 01:00:19,860

Worldwide, yeah, I've taught around the world.

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01:00:19,860 --> 01:00:23,580

I'm off to Paris in about a month's time to work with someone over there.

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01:00:23,580 --> 01:00:28,740

Yeah, I've taught in England, Europe, Asia, Middle East.

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01:00:28,740 --> 01:00:32,480

There's people out there who I know have a clue.

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01:00:32,480 --> 01:00:34,220

But how do you find them?

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01:00:34,220 --> 01:00:35,220

That's a tough one.

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01:00:35,220 --> 01:00:41,220

Well, I want to go back to your youth again for a couple of reasons.

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01:00:41,220 --> 01:00:45,420

Firstly to kind of hear your journey into the injury.

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01:00:45,420 --> 01:00:51,900

But before we do that, it's really interesting coming from the UK to America.

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01:00:51,900 --> 01:00:56,180

And I've told this story many times, but I'll just kind of keep it short.

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01:00:56,180 --> 01:01:02,020

When I first moved over here, I was blown away by how many people, how many deconditioned

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01:01:02,020 --> 01:01:06,260

people had a, I could have, should have, would have been story.

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01:01:06,260 --> 01:01:12,260

I call it Uncle Rico story, where they were going to be in the major leagues, in the NBA,

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01:01:12,260 --> 01:01:16,700

in the NFL, had it not been for shoulder, knee, et cetera, et cetera.

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01:01:16,700 --> 01:01:23,780

And then fast forward another couple of decades, I have my own children, one of which is a

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01:01:23,780 --> 01:01:25,380

track runner at the moment.

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01:01:25,380 --> 01:01:31,260

And I start seeing from a parenting point of view, and you hear again, my fellow firefighters,

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01:01:31,260 --> 01:01:35,060

the kids are playing travel ball and they're pitching camps and strength and conditioning

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01:01:35,060 --> 01:01:36,760

camps and all these things.

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01:01:36,760 --> 01:01:41,180

And I realized that in the UK, there was longevity in sport.

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01:01:41,180 --> 01:01:46,740

We didn't play at a high level, most of us, unless you were an amazing football player.

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01:01:46,740 --> 01:01:51,480

But when we left school, you would see pub leagues and people would keep playing football

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01:01:51,480 --> 01:01:53,520

like into their fifties and sixties.

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01:01:53,520 --> 01:01:59,880

What I saw in the US was this elite level of performance in high schools and colleges.

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01:01:59,880 --> 01:02:03,540

And then a massive drop off in the general population after.

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01:02:03,540 --> 01:02:06,620

So what has been your observation with all these different kinds of perspectives that

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01:02:06,620 --> 01:02:13,060

you have coming from Australia, working with elite athletes and being a youth athlete yourself?

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01:02:13,060 --> 01:02:18,860

Realistically, the only difference between the athlete and the regular person is the

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01:02:18,860 --> 01:02:24,540

loading and volume of work that you have to do to pursue that.

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01:02:24,540 --> 01:02:26,720

But technique always matters.

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01:02:26,720 --> 01:02:27,720

Technique matters.

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01:02:27,720 --> 01:02:33,020

Whether you're going to go unload the dishwasher or whether you're going to pick up your sandbag

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01:02:33,020 --> 01:02:38,100

or your kid or you're going to go squat at the gym today because it's CrossFit.

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01:02:38,100 --> 01:02:42,900

The movement patterns themselves are essentially human movements that you should be taught

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01:02:42,900 --> 01:02:44,140

to do well.

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01:02:44,140 --> 01:02:47,940

So yeah, the same thing in the US, you're encouraged to be a high performer.

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01:02:47,940 --> 01:02:51,660

And if you're not a high performer, then you tend not to be able to pursue things outside

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01:02:51,660 --> 01:02:52,660

of that.

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01:02:52,660 --> 01:02:58,020

We could probably say to some extent that CrossFit was useful to help change that a

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01:02:58,020 --> 01:03:03,340

bit because people who weren't going to go to the gym went to CrossFit.

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01:03:03,340 --> 01:03:05,980

That's a gym, but no one realized it.

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01:03:05,980 --> 01:03:10,340

And then, of course, after you go to CrossFit, now, of course, you're going to get people

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01:03:10,340 --> 01:03:13,460

who go to CrossFit Games approach.

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01:03:13,460 --> 01:03:16,380

But there's a lot of good movement patterns for people who just want to move well.

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01:03:16,380 --> 01:03:20,100

Unfortunately, I don't think the coaching was that great in the early stages or the

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01:03:20,100 --> 01:03:24,740

timing, but it certainly has improved a lot that I've seen.

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01:03:24,740 --> 01:03:28,020

So you get people who went to CrossFit trying to do max hour deadlifts to see what your

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01:03:28,020 --> 01:03:31,580

max deadlift was or how many repetitions you could survive.

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01:03:31,580 --> 01:03:36,940

Not a really great healthy idea, but that seems to have changed a little bit better.

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01:03:36,940 --> 01:03:40,940

So you found people who started to move better in the US, I think it was as well, who were

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01:03:40,940 --> 01:03:45,780

doing more active participation who weren't elites.

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01:03:45,780 --> 01:03:46,940

But that hasn't always been there.

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01:03:46,940 --> 01:03:49,980

It's sort of been, oh, well, you didn't make it.

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01:03:49,980 --> 01:03:52,780

Enjoy watching it on TV.

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01:03:52,780 --> 01:03:53,980

It's changing a lot more now.

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01:03:53,980 --> 01:03:57,780

People are more aware of moving more.

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01:03:57,780 --> 01:04:05,060

But once again, the education system is not established to make truths evident to everybody.

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01:04:05,060 --> 01:04:06,940

And I don't think it ever will be.

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01:04:06,940 --> 01:04:13,660

So I have no belief that a universal truth that may be already established is ever going

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01:04:13,660 --> 01:04:19,020

to take over the minds of people who have mindsets otherwise.

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01:04:19,020 --> 01:04:23,500

I don't think you're going to change the world when you find the right answer.

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01:04:23,500 --> 01:04:26,180

Because other people are invested in other things.

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01:04:26,180 --> 01:04:29,660

There are practitioners out there who will show you your x-rays.

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01:04:29,660 --> 01:04:32,540

And they'll sit you in the room and come back five minutes later, making sure you're obsessed

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01:04:32,540 --> 01:04:33,540

over the x-rays.

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01:04:33,540 --> 01:04:34,540

And they'll tell you how bad they are.

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01:04:34,540 --> 01:04:40,100

And if you give them \$10,000, they get 10% off for the next 100 treatments to make sure

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01:04:40,100 --> 01:04:42,460

you come back for your treatment twice a week.

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01:04:42,460 --> 01:04:44,420

Yeah, there's business models out there.

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01:04:44,420 --> 01:04:46,500

Now, they're being sold all the time by professionals.

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01:04:46,500 --> 01:04:49,460

You're not going to change that.

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01:04:49,460 --> 01:04:54,780

And I don't get upset about the fact that you can't change essentially what is a human

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01:04:54,780 --> 01:04:56,780

social construct.

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01:04:56,780 --> 01:04:58,660

All we can do is help the ones who come to us.

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01:04:58,660 --> 01:05:02,060

And we try and help professionals get better educated.

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01:05:02,060 --> 01:05:03,540

But we're not going to change the world.

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01:05:03,540 --> 01:05:09,520

We're just going to help those who want to be changed and are prepared to learn.

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01:05:09,520 --> 01:05:11,660

What about the youth athlete themselves?

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01:05:11,660 --> 01:05:17,380

Where I'm seeing a dangerous area, and this is maybe a little bit more retrospectively,

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01:05:17,380 --> 01:05:23,100

is a lot of these children are squeezing the performance out them.

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01:05:23,100 --> 01:05:27,900

But it's at the detriment of their wellness and longevity post high school or college.

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01:05:27,900 --> 01:05:31,340

And it's not going to stop.

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01:05:31,340 --> 01:05:32,340

Get ready.

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01:05:32,340 --> 01:05:33,340

That's exactly what's going to happen.

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01:05:33,340 --> 01:05:37,700

You're going to get a kid whose parents are looking at making a high performance athlete.

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01:05:37,700 --> 01:05:41,340

They're not going to back it off because it's competitive out there.

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01:05:41,340 --> 01:05:44,620

And when you're a kid, you're incredibly resilient.

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01:05:44,620 --> 01:05:51,020

You don't find, say, professional football players in their 40s very often, do you?

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01:05:51,020 --> 01:05:53,100

Well, your tissue does change.

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01:05:53,100 --> 01:05:55,440

Your collagen gets stiffer.

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01:05:55,440 --> 01:06:01,140

So you're not going to perform that same sport very well later compared to when you were

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01:06:01,140 --> 01:06:02,700

younger.

1170

01:06:02,700 --> 01:06:06,540

And so when you're younger and you're performing really well, no one's going to tell you very

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01:06:06,540 --> 01:06:08,140

well to back off.

1172

01:06:08,140 --> 01:06:13,180

Now you might find some intelligent coaches, but it's not going to actually change the

1173

01:06:13,180 --> 01:06:18,820

system because parents are going to want their kid performing well and making it to the pros.

1174

01:06:18,820 --> 01:06:21,060

And then we'll deal with the consequences after.

1175

01:06:21,060 --> 01:06:24,160

And as a kid, you're feeling good.

1176

01:06:24,160 --> 01:06:29,640

It's hard to coach outstanding movement and look at it this way.

1177

01:06:29,640 --> 01:06:35,340

When I was playing baseball, there's no way I would have thrown under 100 balls a night.

1178

01:06:35,340 --> 01:06:36,340

Not a chance.

1179

01:06:36,340 --> 01:06:39,300

I would have taken under 100 swings a night.

1180

01:06:39,300 --> 01:06:42,220

That would have been just getting happy.

1181

01:06:42,220 --> 01:06:45,620

You know, play for the next six or eight hours with your friends.

1182

01:06:45,620 --> 01:06:49,500

So yeah, your capacity for recovery is huge at that point.

1183

01:06:49,500 --> 01:06:50,500

And you're learning great motor skills.

1184

01:06:50,500 --> 01:06:53,420

They're the things that will take you forwards.

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01:06:53,420 --> 01:07:01,860

So if we were able to introduce good movement patterns to people in high school gyms, as

1186

01:07:01,860 --> 01:07:08,060

in this is the way that you lift, all right, we're going to correct that squat.

1187

01:07:08,060 --> 01:07:09,620

We're going to correct that deadlift.

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01:07:09,620 --> 01:07:14,420

So that person then transitions after high school to be able to safely train without

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01:07:14,420 --> 01:07:16,500

injury later.

1190

01:07:16,500 --> 01:07:20,180

Most of the big injured guys who I've met will also the same thing.

1191

01:07:20,180 --> 01:07:23,580

I wish I had learned this in high school.

1192

01:07:23,580 --> 01:07:27,240

Well then you're going to run into the academics who will tell you that the research says there's

1193

01:07:27,240 --> 01:07:28,940

no evidence.

1194

01:07:28,940 --> 01:07:34,740

So now you've got medicine actually working against teaching people how to move well because

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01:07:34,740 --> 01:07:39,660

you're going to get dickheads who sit in chairs in academic places, publishing their own research,

1196

01:07:39,660 --> 01:07:42,060

who don't treat human beings very often.

1197

01:07:42,060 --> 01:07:47,380

They don't have a record of success, who are going to set the standards to which you're

1198

01:07:47,380 --> 01:07:51,700

going to go into education because these are the academics.

1199

01:07:51,700 --> 01:07:53,820

That's the problem with what we currently face.

1200

01:07:53,820 --> 01:07:59,780

You don't have clinicians who deal with great people who are setting the rules.

1201

01:07:59,780 --> 01:08:02,300

And I don't see a way that that can change.

1202

01:08:02,300 --> 01:08:04,380

Things are moving too fast.

1203

01:08:04,380 --> 01:08:07,540

Academics aren't going to step out of their chairs and universities aren't going to suddenly

1204

01:08:07,540 --> 01:08:11,180

be funded by governments, except in some countries.

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01:08:11,180 --> 01:08:15,100

And that's where I've noticed that if I look at some of the Eastern countries like China,

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01:08:15,100 --> 01:08:21,740

Japan, I'm seeing better research coming out of there medically than I do in the West.

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01:08:21,740 --> 01:08:26,460

And it seems to be a bit of a better scientific support coming out of those countries for

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01:08:26,460 --> 01:08:29,060

pure science.

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01:08:29,060 --> 01:08:35,060

Another common denominator, I've had almost 900 episodes now, it seems like the young

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01:08:35,060 --> 01:08:41,100

athletes that were multi-sport athletes seem to foster a higher level of performance and

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01:08:41,100 --> 01:08:44,860

longevity, lower injuries than the ones that were just specializing.

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01:08:44,860 --> 01:08:47,660

Oh, for sure.

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01:08:47,660 --> 01:08:49,860

Specialization makes you really good at one thing.

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01:08:49,860 --> 01:08:51,860

And that's what you get paid to do.

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01:08:51,860 --> 01:08:54,900

Someone's going to be at the Super Bowl coming up.

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01:08:54,900 --> 01:08:55,900

They're a punter.

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01:08:55,900 --> 01:08:57,420

Guess what they do?

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01:08:57,420 --> 01:08:58,420

That's it.

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01:08:58,420 --> 01:08:59,420

They're specialists.

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01:08:59,420 --> 01:09:02,500

You know, this is what performance is about.

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01:09:02,500 --> 01:09:05,140

It might be your basketball center.

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01:09:05,140 --> 01:09:06,980

That's what they do really well.

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01:09:06,980 --> 01:09:10,380

You got your baseball reliever comes in in ninth innings.

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01:09:10,380 --> 01:09:12,340

That's what he does.

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01:09:12,340 --> 01:09:14,860

So yeah, we get paid for specialization.

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01:09:14,860 --> 01:09:16,220

That's for sure.

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01:09:16,220 --> 01:09:20,060

And as a firefighter, guess what, you get paid for specialization as well.

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01:09:20,060 --> 01:09:23,980

And as a military person, you get paid for specialization as well.

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01:09:23,980 --> 01:09:28,140

So these are the natural ways through which pathways will tend to take you.

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01:09:28,140 --> 01:09:29,620

Don't come to me for a hand injury.

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01:09:29,620 --> 01:09:30,620

Okay.

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01:09:30,620 --> 01:09:33,460

I'm not a specialist in that area.

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01:09:33,460 --> 01:09:34,460

Give me a spine.

1234

01:09:34,460 --> 01:09:35,460

Give me a back.

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01:09:35,460 --> 01:09:36,460

You'll be okay.

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01:09:36,460 --> 01:09:40,380

So yeah, specialties are the things that pursue us forwards.

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01:09:40,380 --> 01:09:42,340

Most of the time, we actually enjoy what we do too.

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01:09:42,340 --> 01:09:45,020

So it tends to make us move in that direction.

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01:09:45,020 --> 01:09:48,980

What's interesting about the fire service is that we are specialists, obviously, and

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01:09:48,980 --> 01:09:49,980

we have certain moves.

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01:09:49,980 --> 01:09:53,140

But like you said, it could be ascending, you know, with a hundred pounds of gear on

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01:09:53,140 --> 01:09:54,140

our back.

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01:09:54,140 --> 01:09:57,920

It could be climbing inside a minivan trying to cut someone free from the steering wheel.

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01:09:57,920 --> 01:10:02,580

So our planes of movement are completely unpredictable.

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01:10:02,580 --> 01:10:08,780

Unpredictable and loaded in a way that the human spine was never expecting to load consistently

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01:10:08,780 --> 01:10:11,020

for a career.

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01:10:11,020 --> 01:10:17,140

That human body was made to run and hunt prey and bring it back to the group for a period

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01:10:17,140 --> 01:10:18,140

of time.

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01:10:18,140 --> 01:10:21,540

And basically you probably say 60, 70 years, a good spine would last.

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01:10:21,540 --> 01:10:27,420

Well, now you're going to put a hundred, a hundred pound on that body, which didn't evolve

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01:10:27,420 --> 01:10:28,660

to have a hundred pound of body.

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01:10:28,660 --> 01:10:34,440

Because essentially one of the important parts about human evolution is calorie efficiency.

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01:10:34,440 --> 01:10:38,380

So when you've been forward to pick something up off the ground, like your sock or your

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01:10:38,380 --> 01:10:43,580

lumbar, spine muscles actually sit in here, turn off when you head to the bottom, you

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01:10:43,580 --> 01:10:46,460

use the elastic recoil of the tissues.

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01:10:46,460 --> 01:10:49,500

Your body learns to use less calories to perform tasks.

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01:10:49,500 --> 01:10:54,900

Well, that was a survival mechanism when calories weren't available.

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01:10:54,900 --> 01:11:01,500

Now you do that with a significant load and that's not the expectation that you do that

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01:11:01,500 --> 01:11:02,500

repeatedly.

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01:11:02,500 --> 01:11:08,300

So we do put our bodies into obtuse and unusual positions, which we should be able to do.

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01:11:08,300 --> 01:11:13,220

But you're not supposed to do a lot over a long period of time.

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01:11:13,220 --> 01:11:14,220

And that's where it is.

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01:11:14,220 --> 01:11:15,700

We're incredibly resilient.

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01:11:15,700 --> 01:11:19,700

We can really do a hell of a lot before we get to the injury.

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01:11:19,700 --> 01:11:24,860

And that's why you tend to see those peak injury years tend to be in that 20s, 30s,

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01:11:24,860 --> 01:11:25,860

40s.

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01:11:25,860 --> 01:11:30,420

The good news is as you get older, you just get stiffer, but you actually statistically

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01:11:30,420 --> 01:11:34,800

will have less pain, but you just don't move as well.

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01:11:34,800 --> 01:11:40,580

That's because realistically the spine gets a bit stiffer and the muscles and the ligaments,

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01:11:40,580 --> 01:11:43,800

especially the collagen, that's to get stiffer.

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01:11:43,800 --> 01:11:46,660

So that stiffness becomes part of reality.

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01:11:46,660 --> 01:11:49,900

Well, you don't get stiff junior athletes.

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01:11:49,900 --> 01:11:51,960

They're very flexible, very collagenous.

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01:11:51,960 --> 01:11:56,500

They have a different body to an older athlete.

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01:11:56,500 --> 01:12:01,860

Now it doesn't mean that a person is going to be hurting more when they're stiff, but

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01:12:01,860 --> 01:12:09,460

we do need to make people move well in those early years and translating into their adulthood.

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01:12:09,460 --> 01:12:13,180

And that'll translate to a better older age.

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01:12:13,180 --> 01:12:17,700

So we can really teach great movement patterns that people have never been taught.

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01:12:17,700 --> 01:12:21,100

That's why like I have Matt Wenning, if you look at him working with his fire departments,

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01:12:21,100 --> 01:12:28,020

his statistics on insurance claims, they've gone, they've dropped off the cliff.

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01:12:28,020 --> 01:12:32,740

He's saving the insurance companies millions, but he's working his fire departments with

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01:12:32,740 --> 01:12:34,580

really brilliant work.

1283

01:12:34,580 --> 01:12:36,380

Often doesn't even have them lift a weight for six months.

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01:12:36,380 --> 01:12:39,540

They have to learn and earn the right to actually have a weight.

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01:12:39,540 --> 01:12:41,580

Yeah, that's huge.

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01:12:41,580 --> 01:12:44,420

Teach movement patterns without load before you load them.

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01:12:44,420 --> 01:12:45,420

Yeah.

1288

01:12:45,420 --> 01:12:48,980

Well, I love Matt's philosophy because he's building the strength of his firefighters.

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01:12:48,980 --> 01:12:53,660

And it's interesting hearing all these different kind of ways of training us.

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01:12:53,660 --> 01:12:55,820

And a lot of them are phenomenal.

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01:12:55,820 --> 01:13:00,740

I personally love the strongman stuff, the sleds and the sandbags kind of mimic advancing

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01:13:00,740 --> 01:13:04,580

hose, dragging people, carrying equipment, et cetera, et cetera.

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01:13:04,580 --> 01:13:09,260

But when you listen to Matt talking about the strength, it makes perfect sense because

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01:13:09,260 --> 01:13:14,660

if we are going to have endurance, muscular endurance, our raw strength is a big part

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01:13:14,660 --> 01:13:15,660

of that.

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01:13:15,660 --> 01:13:19,280

And being a smaller firefighter as far as I'm not, I'm tall, but I'm slim.

1297

01:13:19,280 --> 01:13:21,500

It was always a strength component that I had to chase.

1298

01:13:21,500 --> 01:13:26,300

I had the motor, but I had to have that increase my strength so that, as you said, the jaws

1299

01:13:26,300 --> 01:13:32,780

of life, for example, weren't crushing me one minute into an extrication.

1300

01:13:32,780 --> 01:13:36,060

So here we are almost 900 episodes down on your podcast.

1301

01:13:36,060 --> 01:13:40,620

Have you ever had a professional come on who has experience who says it doesn't matter

1302

01:13:40,620 --> 01:13:42,300

how you move?

1303

01:13:42,300 --> 01:13:43,300

Just lift.

1304

01:13:43,300 --> 01:13:44,300

Have you had anyone say that?

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01:13:44,300 --> 01:13:45,300

Not a single person.

1306

01:13:45,300 --> 01:13:46,300

Thank God.

1307

01:13:46,300 --> 01:13:47,300

Yeah.

1308

01:13:47,300 --> 01:13:50,100

Well, there's a bunch of academics out there who are sitting in academic chairs who you

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01:13:50,100 --> 01:13:54,060

can invite and they'll tell you that they don't deal with human beings.

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01:13:54,060 --> 01:13:57,500

They're just making money out of the academic world and they're influencing the professionals

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01:13:57,500 --> 01:14:01,300

who are now graduating who are going to say that same rubbish.

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01:14:01,300 --> 01:14:05,620

So you're dealing with people who have established reputations for success and they all say the

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01:14:05,620 --> 01:14:06,620

same thing.

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01:14:06,620 --> 01:14:07,620

Guess what?

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01:14:07,620 --> 01:14:08,620

Movement matters.

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01:14:08,620 --> 01:14:09,620

How you move matters.

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01:14:09,620 --> 01:14:11,260

How you transfer to your task matters.

1318

01:14:11,260 --> 01:14:13,260

Every one of us.

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01:14:13,260 --> 01:14:19,540

But your poor graduating student who's coming out of university now will tell you the opposite

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01:14:19,540 --> 01:14:23,700

because that's what the universities are teaching them.

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01:14:23,700 --> 01:14:27,700

And go to social media and those kids who graduated yesterday and some of them even

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01:14:27,700 --> 01:14:31,580

having graduated are trying to shit on great clinicians like Professor Stuart McGill saying

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01:14:31,580 --> 01:14:36,140

he's wrong because their academics say that doesn't matter.

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01:14:36,140 --> 01:14:39,580

That's the problem that we have is that the information that's coming through to our current

1325

01:14:39,580 --> 01:14:42,500

professionals is full of rubbish.

1326

01:14:42,500 --> 01:14:45,300

They're not looking at the professionals have great successes.

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01:14:45,300 --> 01:14:49,260

You wouldn't hear Stuart McGill's name in Australia at a university.

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01:14:49,260 --> 01:14:53,460

No way they're going to mention him even though he's got 300 research papers and he's probably

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01:14:53,460 --> 01:14:56,220

the most competent biomechanist on the planet.

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01:14:56,220 --> 01:14:57,220

Oh yeah.

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01:14:57,220 --> 01:14:59,900

You're going to have your internet trolls who are going to say he doesn't know what

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01:14:59,900 --> 01:15:01,660

he's talking about and dead pig spines.

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01:15:01,660 --> 01:15:02,660

Yeah.

1334

01:15:02,660 --> 01:15:03,660

Well guess what?

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01:15:03,660 --> 01:15:07,020

The dead pig spine study shows exactly the same mechanism of injury and guess what?

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01:15:07,020 --> 01:15:09,420

It shows flexion and load relationships.

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01:15:09,420 --> 01:15:11,940

So in fact he didn't show anything different.

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01:15:11,940 --> 01:15:12,940

Yeah.

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01:15:12,940 --> 01:15:13,940

It's a very unfortunate thing.

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01:15:13,940 --> 01:15:18,500

You're getting a lot of people out there who learn how to say words like straw man argument.

1341

01:15:18,500 --> 01:15:20,580

You're making a logical fallacy.

1342

01:15:20,580 --> 01:15:21,580

Well fuck yeah.

1343

01:15:21,580 --> 01:15:23,580

How's that going to help you patient?

1344

01:15:23,580 --> 01:15:29,140

You can sit there and dribble on social media but you sure as hell can't treat a patient.

1345

01:15:29,140 --> 01:15:34,460

I think another thing that I've noticed is who trusts that practitioner with their own

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01:15:34,460 --> 01:15:35,460

body.

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01:15:35,460 --> 01:15:39,060

So for example foundation training you had Lance Armstrong, you had Kelly Slater, you

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01:15:39,060 --> 01:15:44,660

had Laird Hamilton, you had all these elite performers that tried it and use it.

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01:15:44,660 --> 01:15:48,860

These are people that obviously spent their lives investing in their health and diving

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01:15:48,860 --> 01:15:51,980

into the education and all the work.

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01:15:51,980 --> 01:15:56,660

So that's kind of one thing that I look like who trusts this person and I guarantee you

1352

01:15:56,660 --> 01:16:01,620

if you look at the academic side you're probably not going to find elite performers adding

1353

01:16:01,620 --> 01:16:03,140

their name to their work.

1354

01:16:03,140 --> 01:16:05,100

No you'll find none.

1355

01:16:05,100 --> 01:16:07,300

I often say that.

1356

01:16:07,300 --> 01:16:09,540

Tell me who you've actually done anything with.

1357

01:16:09,540 --> 01:16:10,540

I'll be interested.

1358

01:16:10,540 --> 01:16:13,700

Well it's always crickets when you say tell me who.

1359

01:16:13,700 --> 01:16:19,700

I've got probably four people I would have spoken to this week who have squatted or will

1360

01:16:19,700 --> 01:16:21,820
squat 400 kilograms.

1361

01:16:21,820 --> 01:16:22,820
Yeah.

1362

01:16:22,820 --> 01:16:24,140
It's not me.

1363

01:16:24,140 --> 01:16:25,140
That's performance.

1364

01:16:25,140 --> 01:16:26,140
I'll help you.

1365

01:16:26,140 --> 01:16:30,060
We'll just put another £200 on your chest.

1366

01:16:30,060 --> 01:16:31,060
Yeah exactly.

1367

01:16:31,060 --> 01:16:36,220
Alright well I want to get to shoulders as well but just before we do the tactical profession

1368

01:16:36,220 --> 01:16:38,580
you mentioned the reverse hyper.

1369

01:16:38,580 --> 01:16:40,860
Why not for all people?

1370

01:16:40,860 --> 01:16:43,780
Here's the beauty of it.

1371

01:16:43,780 --> 01:16:46,140

Thank you Professor McGill because you taught me this many years ago.

1372

01:16:46,140 --> 01:16:52,060

I actually think I first read his papers in 1996 first met him in 2015.

1373

01:16:52,060 --> 01:16:54,180

Alright so here's the spine.

1374

01:16:54,180 --> 01:16:57,780

We've basically got two things to consider.

1375

01:16:57,780 --> 01:17:01,300

Compression load and then we have shear forces.

1376

01:17:01,300 --> 01:17:06,340

Shear force means I'll get my little Chinese model out again.

1377

01:17:06,340 --> 01:17:13,380

Compression bends forward and the upper body weight has a tendency to do that.

1378

01:17:13,380 --> 01:17:16,740

That's anterior shear.

1379

01:17:16,740 --> 01:17:18,460

Other direction.

1380

01:17:18,460 --> 01:17:19,700

Posterior shear.

1381

01:17:19,700 --> 01:17:23,020

So you've got compression.

1382

01:17:23,020 --> 01:17:24,380

Anterior shear.

1383

01:17:24,380 --> 01:17:25,380

Posterior shear.

1384

01:17:25,380 --> 01:17:28,900

They're the physical effects of muscle contraction.

1385

01:17:28,900 --> 01:17:35,380

You have a person who has a disc bulge and when you put them on the reverse hyper the

1386

01:17:35,380 --> 01:17:41,460

posterior muscles here pull you into posterior shear.

1387

01:17:41,460 --> 01:17:46,020

Now for somebody posterior shear is stabilizing.

1388

01:17:46,020 --> 01:17:47,020

It helps you stabilize.

1389

01:17:47,020 --> 01:17:49,780

You're the person who loves the reverse hyper.

1390

01:17:49,780 --> 01:17:55,740

But the person who posterior shear from your lumbar muscles that will pull backwards that

1391

01:17:55,740 --> 01:18:01,340

may aggravate somebody and that's because they're posterior shear intolerant.

1392

01:18:01,340 --> 01:18:05,180

Now that person's not going to appreciate the reverse hyper.

1393

01:18:05,180 --> 01:18:11,620

That person you may have to you have to begin to find what muscles can you use to create

1394

01:18:11,620 --> 01:18:16,500

the stability and tightness around the spine that then allows them to tolerate posterior

1395

01:18:16,500 --> 01:18:18,060

shear.

1396

01:18:18,060 --> 01:18:21,660

So I would have a person for example lay on the ground lift up both your legs.

1397

01:18:21,660 --> 01:18:22,740

How does that feel?

1398

01:18:22,740 --> 01:18:23,740

That hurts.

1399

01:18:23,740 --> 01:18:24,740

All right brace your abs.

1400

01:18:24,740 --> 01:18:27,640

Ready we're going to do a front plank 30 seconds.

1401

01:18:27,640 --> 01:18:29,660

Now I want you to brace your abs lift your legs off the ground.

1402

01:18:29,660 --> 01:18:30,660

Does that hurt?

1403

01:18:30,660 --> 01:18:31,660

No it doesn't.

1404

01:18:31,660 --> 01:18:32,660

Good.

1405

01:18:32,660 --> 01:18:37,460

So basically your normal posterior shear pull aggravates you.

1406

01:18:37,460 --> 01:18:41,820

But now I've taught your abs to help stabilize you and posterior shear now is part of the

1407

01:18:41,820 --> 01:18:42,820

OK team.

1408

01:18:42,820 --> 01:18:46,180

And now I'm starting to construct you a rehab program.

1409

01:18:46,180 --> 01:18:49,620

I've just based around the fact that you needed some abs to work.

1410

01:18:49,620 --> 01:18:52,320

And now I'm going to test your glutes and I can do the same thing.

1411

01:18:52,320 --> 01:18:56,340

So we can look at basically that's where the reverse hyper comes in and it came from the

1412

01:18:56,340 --> 01:19:02,180

great Louis Simmons who's had years and years of back injuries and he basically did a reverse

1413

01:19:02,180 --> 01:19:03,740

hyper and started getting better.

1414

01:19:03,740 --> 01:19:08,620

Well was the reverse hyper fixed him or was it about time he got better?

1415

01:19:08,620 --> 01:19:09,620

That's also in there.

1416

01:19:09,620 --> 01:19:12,340

So there's a lot of concepts behind it.

1417

01:19:12,340 --> 01:19:14,580

Every exercise you can evaluate.

1418

01:19:14,580 --> 01:19:16,160

Does that reproduce your problem?

1419

01:19:16,160 --> 01:19:17,500

Does that produce this?

1420

01:19:17,500 --> 01:19:19,180

OK do this exercise.

1421

01:19:19,180 --> 01:19:20,180

Let's do it again.

1422

01:19:20,180 --> 01:19:21,180

Oh that feels better.

1423

01:19:21,180 --> 01:19:22,180

Great.

1424

01:19:22,180 --> 01:19:23,180

Now we know what we're doing.

1425

01:19:23,180 --> 01:19:26,420

Human beings are easy.

1426

01:19:26,420 --> 01:19:28,580

Forward backward side to side rotation.

1427

01:19:28,580 --> 01:19:30,900

Know the muscles that perform them.

1428

01:19:30,900 --> 01:19:31,900

One movement hurts.

1429

01:19:31,900 --> 01:19:33,620

OK let's do these muscles.

1430

01:19:33,620 --> 01:19:34,620

Test it again.

1431

01:19:34,620 --> 01:19:35,620

Oh it doesn't hurt now.

1432

01:19:35,620 --> 01:19:36,820

Change this movement pattern.

1433

01:19:36,820 --> 01:19:37,820

Oh that feels good.

1434

01:19:37,820 --> 01:19:38,820

Great.

1435

01:19:38,820 --> 01:19:42,580

Now we've got your program starting up twice a day every day for the rest of your life

1436

01:19:42,580 --> 01:19:46,140

or for three months once a day for the rest of your life and then we'll add more on top

1437

01:19:46,140 --> 01:19:47,140
of it.

1438

01:19:47,140 --> 01:19:49,860
It's not that hard.

1439

01:19:49,860 --> 01:19:50,860
Absolutely not.

1440

01:19:50,860 --> 01:19:52,140
Well moving up the body then.

1441

01:19:52,140 --> 01:19:53,700
So now we're at the shoulders.

1442

01:19:53,700 --> 01:19:59,860
When I look at again my slight anterior carriage I think about all the years sitting all the

1443

01:19:59,860 --> 01:20:03,860
years working in front and I didn't grow up in a generation that had devices in their

1444

01:20:03,860 --> 01:20:04,860
hands all the time.

1445

01:20:04,860 --> 01:20:07,620
Obviously my son's era does now.

1446

01:20:07,620 --> 01:20:08,900
So you've got that.

1447

01:20:08,900 --> 01:20:13,700
And then again in CrossFit when I'm looking at you know the way that we keep the pullups

1448

01:20:13,700 --> 01:20:16,260

and you know there's no real strict barbell rows or anything.

1449

01:20:16,260 --> 01:20:19,780

We're not doing a lot of posterior work on the upper body either.

1450

01:20:19,780 --> 01:20:21,620

So there's a couple of contributing factors.

1451

01:20:21,620 --> 01:20:26,260

Never had an injury specifically had impingement but and I'm working now to kind of rectify

1452

01:20:26,260 --> 01:20:27,340

that.

1453

01:20:27,340 --> 01:20:29,020

Talk to me about what you're seeing.

1454

01:20:29,020 --> 01:20:30,020

Fix it for you now.

1455

01:20:30,020 --> 01:20:31,020

Let's do it.

1456

01:20:31,020 --> 01:20:32,020

I'll fix that for you now.

1457

01:20:32,020 --> 01:20:33,020

That's pretty quick.

1458

01:20:33,020 --> 01:20:34,020

All right.

1459

01:20:34,020 --> 01:20:35,020

Once again pretty freaking easy.

1460

01:20:35,020 --> 01:20:36,020

All right.

1461

01:20:36,020 --> 01:20:39,900

Now here's here's a typical shoulder problem.

1462

01:20:39,900 --> 01:20:40,900

I got pain here.

1463

01:20:40,900 --> 01:20:42,380

Let me find a finger.

1464

01:20:42,380 --> 01:20:43,380

There we go.

1465

01:20:43,380 --> 01:20:44,820

Front of the shoulder.

1466

01:20:44,820 --> 01:20:47,300

That's where most people tell me the pain is right.

1467

01:20:47,300 --> 01:20:49,700

That's the most common one you're going to get.

1468

01:20:49,700 --> 01:20:50,980

What sits under there.

1469

01:20:50,980 --> 01:20:51,980

Your bicep tendon.

1470

01:20:51,980 --> 01:20:57,260

You know you walk in the physical therapist or whatever dry needles massages things don't

1471

01:20:57,260 --> 01:20:58,980

get better.

1472

01:20:58,980 --> 01:20:59,980

Send you off for a scan.

1473

01:20:59,980 --> 01:21:02,620

Presses presses on there and said yeah that hurts.

1474

01:21:02,620 --> 01:21:04,940

That's your bicep tendon scan comes back.

1475

01:21:04,940 --> 01:21:06,700

You got biceps tendinopathy.

1476

01:21:06,700 --> 01:21:11,780

Go off see the sports physician ultrasound guided cortisone injection may make you feel

1477

01:21:11,780 --> 01:21:12,780

better.

1478

01:21:12,780 --> 01:21:13,780

Well guess what.

1479

01:21:13,780 --> 01:21:15,260

It's not your freaking bicep tendon.

1480

01:21:15,260 --> 01:21:16,820

It's a problem.

1481

01:21:16,820 --> 01:21:22,380

The bicep tendon referral spot comes from a muscle behind the shoulder called the infraspinatus.

1482

01:21:22,380 --> 01:21:28,340

Now out of your neck around about the C5 the fifth nerve root comes down contributes to

1483

01:21:28,340 --> 01:21:32,580

nerve areas there and it splits basically in half.

1484

01:21:32,580 --> 01:21:34,340

Half goes down the front.

1485

01:21:34,340 --> 01:21:36,780

That's your muscular cutaneous nerve.

1486

01:21:36,780 --> 01:21:41,060

There's one that goes over the back called a suprascapular nerve.

1487

01:21:41,060 --> 01:21:45,040

Now infraspinatus is supplied by scuprascapular nerve.

1488

01:21:45,040 --> 01:21:49,180

So if a competent professional happens to test the trigger point there and you got a

1489

01:21:49,180 --> 01:21:53,220

person with enough chronic history they'll probably go I'm feeling that right in the

1490

01:21:53,220 --> 01:21:56,060

front right now and the person is pushing behind you.

1491

01:21:56,060 --> 01:22:00,860

And that's simply what that's called referred pain I prefer to call it misconstructured.

1492

01:22:00,860 --> 01:22:03,380

The brain is not getting the location correct.

1493

01:22:03,380 --> 01:22:04,380

Now that's not uncommon.

1494

01:22:04,380 --> 01:22:08,620

You can have a person who has pain in their calf muscle from sciatica.

1495

01:22:08,620 --> 01:22:12,820

Well yeah you got a disc injury that's basically three feet away from it.

1496

01:22:12,820 --> 01:22:15,740

So the location is not really really good is it.

1497

01:22:15,740 --> 01:22:19,260

The brain doesn't always give you a location very well and that's why a lot of additions

1498

01:22:19,260 --> 01:22:22,840

are crap because they don't realize that and they don't think about that.

1499

01:22:22,840 --> 01:22:27,700

So this pain at the front of the shoulder will be due to infraspinatus distress.

1500

01:22:27,700 --> 01:22:30,420

What's the most common exercise you're going to get somebody given.

1501

01:22:30,420 --> 01:22:32,660

Hmm external rotation.

1502

01:22:32,660 --> 01:22:36,020

Well that's great you've just told a marathon runner to go for another run.

1503

01:22:36,020 --> 01:22:39,980

The poor thing's fatigued as hell anyway and now you're going to give it more fatigue.

1504

01:22:39,980 --> 01:22:40,980

What's the solution.

1505

01:22:40,980 --> 01:22:43,740

Why is infraspinatus pissed off.

1506

01:22:43,740 --> 01:22:48,020

Because as you start to get there your postural position is your shoulders are forward.

1507

01:22:48,020 --> 01:22:52,860

That means your rhomboids and scapular retractors are basically not doing their job.

1508

01:22:52,860 --> 01:22:54,820

So now your pec minor is tight in the front here.

1509

01:22:54,820 --> 01:22:56,220

Oh yeah that's tight.

1510

01:22:56,220 --> 01:22:58,020

Great you're tight here.

1511

01:22:58,020 --> 01:23:01,580

You got shoulder pain here but your solution happens to be your shoulder blades connection

1512

01:23:01,580 --> 01:23:03,540

to your spine.

1513

01:23:03,540 --> 01:23:08,580

Now that means twice a day every day you're going to do the scapular stabilizing and strengthening

1514

01:23:08,580 --> 01:23:11,560

exercises for your rhomboids.

1515

01:23:11,560 --> 01:23:15,420

Not only that but I'm going to combine that with a postural move that makes you put your

1516

01:23:15,420 --> 01:23:19,180

hands by your side and externally rotate your palms outwards.

1517

01:23:19,180 --> 01:23:21,060

You do that guess what happens to your shoulder blades.

1518

01:23:21,060 --> 01:23:22,780

They retract.

1519

01:23:22,780 --> 01:23:27,780

So there's external rotation combined with scapular retraction.

1520

01:23:27,780 --> 01:23:30,980

And now I can put you under a bench press because I'm going to show you how to use that

1521

01:23:30,980 --> 01:23:35,140

technique with your lats to put a load on you and you suddenly stand up and go I've

1522

01:23:35,140 --> 01:23:37,740

been on a bench press for five years now I've got no pain.

1523

01:23:37,740 --> 01:23:38,740

What the hell.

1524

01:23:38,740 --> 01:23:42,520

Yeah well sometimes I can get that done in an hour with a person.

1525

01:23:42,520 --> 01:23:48,020

Sometimes you correct the motor pattern you put things deactivation actually exists.

1526

01:23:48,020 --> 01:23:51,540

Activation is a short and term for post activation performance enhancement.

1527

01:23:51,540 --> 01:23:52,860

PAPA.

1528

01:23:52,860 --> 01:23:54,820

That's a principle of physiology.

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01:23:54,820 --> 01:23:58,920

All muscles are influenced by their previous contractions.

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01:23:58,920 --> 01:24:04,380

So when you do an activation movement which could be for example with your glutes we might

1531

01:24:04,380 --> 01:24:05,860

do a particular glute movement.

1532

01:24:05,860 --> 01:24:10,060

I'm going to give you a 50 reps and then I'll put you into a squat position with a band

1533

01:24:10,060 --> 01:24:14,620

around your knees so that you're then transferring the activation to the task.

1534

01:24:14,620 --> 01:24:16,420

Now I take the band off your knees and I make you squat.

1535

01:24:16,420 --> 01:24:18,620

Now suddenly you don't have knee pain.

1536

01:24:18,620 --> 01:24:24,060

All we just did was activation insert into performance performance.

1537

01:24:24,060 --> 01:24:27,120

Same thing McGill shows the firefighters learning how to deadlift.

1538

01:24:27,120 --> 01:24:28,120

Great exercise.

1539

01:24:28,120 --> 01:24:31,320

But now how's it transferred to task showed the task.

1540

01:24:31,320 --> 01:24:33,100

So shoulder rehab.

1541

01:24:33,100 --> 01:24:34,100

Yeah.

1542

01:24:34,100 --> 01:24:37,220

But spectacularly misunderstood.

1543

01:24:37,220 --> 01:24:40,820

And I guess so many people who see so many eminent professionals who diagnose them with

1544

01:24:40,820 --> 01:24:43,420

things that have got nothing to do with their problem.

1545

01:24:43,420 --> 01:24:47,540

They may have those other problems but they're not the reason they're coming to see them.

1546

01:24:47,540 --> 01:24:48,660

So shoulders.

1547

01:24:48,660 --> 01:24:50,340

The biggest thing like you said is postural.

1548

01:24:50,340 --> 01:24:52,900

Everyone's sitting here protracted shoulders.

1549

01:24:52,900 --> 01:24:54,540

Well what's the answer to protracted shoulders?

1550

01:24:54,540 --> 01:24:56,740

How about you retract them?

1551

01:24:56,740 --> 01:24:57,740

Shit.

1552

01:24:57,740 --> 01:24:58,740

What?

1553

01:24:58,740 --> 01:25:00,900

How simple is this?

1554

01:25:00,900 --> 01:25:01,900

But don't worry.

1555

01:25:01,900 --> 01:25:04,420

The evidence doesn't show that the data doesn't say it.

1556

01:25:04,420 --> 01:25:05,420

Yeah.

1557

01:25:05,420 --> 01:25:09,460

So seriously you read the evidence you need to know what the evidence says.

1558

01:25:09,460 --> 01:25:17,180

So I read a wonderful thing that said activation of your shoulder work doesn't change the shoulder

1559

01:25:17,180 --> 01:25:18,180

thing.

1560

01:25:18,180 --> 01:25:19,180

Yeah.

1561

01:25:19,180 --> 01:25:22,380

When you read the methods in that particular study that came out it was once a week for

1562

01:25:22,380 --> 01:25:24,100

about four weeks with a therapist.

1563

01:25:24,100 --> 01:25:26,220

So you mean you're doing it once a week.

1564

01:25:26,220 --> 01:25:27,380

Well that's what doesn't work.

1565

01:25:27,380 --> 01:25:28,380

It's not that you didn't do it.

1566

01:25:28,380 --> 01:25:29,380

It's your volume's wrong.

1567

01:25:29,380 --> 01:25:30,380

It's amazing.

1568

01:25:30,380 --> 01:25:34,580

I mean there's studies out there that show cigarettes are good for you and fast food.

1569

01:25:34,580 --> 01:25:35,580

You know what I mean?

1570

01:25:35,580 --> 01:25:40,780

If the right person is funding a study they can prove anything to be true.

1571

01:25:40,780 --> 01:25:45,540

Well let's say nicotine is not a bad drug.

1572

01:25:45,540 --> 01:25:48,980

Nicotine actually works very well for preventing quite some neurological disorders.

1573

01:25:48,980 --> 01:25:50,620

It's actually very interesting.

1574

01:25:50,620 --> 01:25:55,540

Used with modafinil it actually appears to have a correction of MDMA damage in the brain.

1575

01:25:55,540 --> 01:25:56,980

How's that?

1576

01:25:56,980 --> 01:25:57,980

Interesting.

1577

01:25:57,980 --> 01:26:00,020

Nicotine itself is not the evil.

1578

01:26:00,020 --> 01:26:03,020

And I got to say it's so funny that pretty much I haven't met a military person who didn't

1579

01:26:03,020 --> 01:26:11,060

walk in who didn't have some form of basically nicotine salt.

1580

01:26:11,060 --> 01:26:13,020

Yeah.

1581

01:26:13,020 --> 01:26:14,020

And you know what?

1582

01:26:14,020 --> 01:26:19,780

A lot of them have to perform and it does assist with performance of the brain.

1583

01:26:19,780 --> 01:26:21,820

So there is a relationship.

1584

01:26:21,820 --> 01:26:25,540

So yeah smoking is bad for you but maybe nicotine isn't.

1585

01:26:25,540 --> 01:26:26,540

No I've heard that.

1586

01:26:26,540 --> 01:26:31,380

I mean I've had military sleep experts and other people on and it's exactly that.

1587

01:26:31,380 --> 01:26:33,420

I mean it's a nicotine pill they're given.

1588

01:26:33,420 --> 01:26:34,700

They're not chewing tobacco.

1589

01:26:34,700 --> 01:26:36,220

They're not smoking tobacco.

1590

01:26:36,220 --> 01:26:41,140

But yeah I mean as a stimulant it's definitely one of the ones that they seem to approve.

1591

01:26:41,140 --> 01:26:46,180

Yeah and there's a lot more of it I've seen used in sports performance lately.

1592

01:26:46,180 --> 01:26:51,820

It seems to be I mean Andrew Huberman who's obviously runs his podcast.

1593

01:26:51,820 --> 01:26:52,820

Seen him advocated.

1594

01:26:52,820 --> 01:26:58,780

Tucker Carlson, there's another fellow who uses these nicotine salts as well.

1595

01:26:58,780 --> 01:27:01,300

So yeah there it is.

1596

01:27:01,300 --> 01:27:02,300

Smoking is bad for you.

1597

01:27:02,300 --> 01:27:05,220

Yeah but maybe nicotine isn't.

1598

01:27:05,220 --> 01:27:08,220

But don't worry we'll just stick it all together because it's too hard to figure out.

1599

01:27:08,220 --> 01:27:12,580

I've got to say the military guys are coming in like you know I've used the three milligram

1600

01:27:12,580 --> 01:27:13,580

nicotine salts.

1601

01:27:13,580 --> 01:27:16,340

These guys are coming in with 28 and 40 milligram ones.

1602

01:27:16,340 --> 01:27:17,900

Their tolerances are spectacular.

1603

01:27:17,900 --> 01:27:18,900

Yes absolutely.

1604

01:27:18,900 --> 01:27:23,020

Well again sleep deprived you know group that we work with.

1605

01:27:23,020 --> 01:27:26,500

I want to say just one thing with the shoulders before we progress I want to talk about body

1606

01:27:26,500 --> 01:27:28,820

dysmorphia quickly.

1607

01:27:28,820 --> 01:27:33,980

One of the I forget I think it was Eric Goodman that showed me this but they said to relax

1608

01:27:33,980 --> 01:27:38,900

your shoulders and then you know do basically a forward bend and then he said just like

1609

01:27:38,900 --> 01:27:44,740

you just told us you know pull your shoulders back activate your lats and then try and round

1610

01:27:44,740 --> 01:27:46,820

your back and you can't.

1611

01:27:46,820 --> 01:27:52,060

So I didn't realize how important again that shoulder stability was especially on a dead

1612

01:27:52,060 --> 01:27:57,460

lift in maintaining you know the structure of the spine when we're lifting.

1613

01:27:57,460 --> 01:28:00,500

Yeah I just had one of my athletes who came and saw me a great fellow I've known for a

1614

01:28:00,500 --> 01:28:07,220

while and he was getting ready for a comp and he tore his lats on a 400 kilo deadlift.

1615

01:28:07,220 --> 01:28:11,300

He said that was the most painful experience he'd had and he's been through a lot of experiences

1616

01:28:11,300 --> 01:28:13,380

and I could see why he tore it.

1617

01:28:13,380 --> 01:28:16,660

He had little lats engagement in that lift.

1618

01:28:16,660 --> 01:28:21,500

The weight was above where he should have been and instead of being able to set his

1619

01:28:21,500 --> 01:28:27,940

back well with his lats he let them go and there he's got you know 400 kilograms and

1620

01:28:27,940 --> 01:28:29,580

there's your lat tear.

1621

01:28:29,580 --> 01:28:30,740

So it is a very important thing.

1622

01:28:30,740 --> 01:28:34,780

Now what happens when a baby first is born what's the first movement that it starts to

1623

01:28:34,780 --> 01:28:36,900

really work with?

1624

01:28:36,900 --> 01:28:38,540

Turns the head.

1625

01:28:38,540 --> 01:28:41,300

Now if you put a baby on its front what's the first movement that happens?

1626

01:28:41,300 --> 01:28:42,300

The head lifts.

1627

01:28:42,300 --> 01:28:44,660

What does the head lift do?

1628

01:28:44,660 --> 01:28:46,940

Turns on your spinal musculature.

1629

01:28:46,940 --> 01:28:51,100

So yeah you can't slump your back when you lift your head.

1630

01:28:51,100 --> 01:28:53,460

And there's that relationship that Eric's showing you.

1631

01:28:53,460 --> 01:28:57,420

It's that if you put your body in certain positions muscles activate with the expectation

1632

01:28:57,420 --> 01:29:03,820

of stability and that's as basic a primitive movement as you're going to get.

1633

01:29:03,820 --> 01:29:06,980

So yeah the body follows the head doesn't it?

1634

01:29:06,980 --> 01:29:08,260

So where are the eyes looking?

1635

01:29:08,260 --> 01:29:10,060

That's a fairly good direction.

1636

01:29:10,060 --> 01:29:12,880

That's where your body's going to also think about going.

1637

01:29:12,880 --> 01:29:17,980

So there Eric's showing you that this movement combines beautifully the scapular control

1638

01:29:17,980 --> 01:29:18,980

and then you lift.

1639

01:29:18,980 --> 01:29:21,260

You're going to be okay.

1640

01:29:21,260 --> 01:29:27,060

Now the beauty about this if you do a lot of great technique work what happens when

1641

01:29:27,060 --> 01:29:29,860

you hit a max weight?

1642

01:29:29,860 --> 01:29:34,980

Your technique will possibly break down as you'll see in Olympic weightlifters.

1643

01:29:34,980 --> 01:29:39,940

Yeah but you build such a capacity for it that it doesn't matter because you're only

1644

01:29:39,940 --> 01:29:42,520

doing that rarely.

1645

01:29:42,520 --> 01:29:46,100

Don't do shit technique for a long period of time and then go to your max because that's

1646

01:29:46,100 --> 01:29:47,700

where it pays out.

1647

01:29:47,700 --> 01:29:51,940

The best lifters all have great technique and maybe it will fail that top weight.

1648

01:29:51,940 --> 01:29:53,900

But here's an interesting one.

1649

01:29:53,900 --> 01:29:59,420

The top 10 squats in human history as far as absolute weight go have a look at how they

1650

01:29:59,420 --> 01:30:00,420

move.

1651

01:30:00,420 --> 01:30:04,700

There is zero knee movement across the frontal plane.

1652

01:30:04,700 --> 01:30:06,040

They are dead set.

1653

01:30:06,040 --> 01:30:14,020

You can't move a weight at absolute limits 400 kilos plus without perfect position.

1654

01:30:14,020 --> 01:30:16,820

You will not get away with doing this.

1655

01:30:16,820 --> 01:30:21,220

You'll get the way with doing that if you're a female who's setting the world record in

1656

01:30:21,220 --> 01:30:26,180

a deadlift or a squat for example but you've got 200 kilograms.

1657

01:30:26,180 --> 01:30:29,180

Yeah it's not 400.

1658

01:30:29,180 --> 01:30:33,760

Everything relates to absolute load and that's what a lot of people who don't understand

1659

01:30:33,760 --> 01:30:34,760

the science behind it.

1660

01:30:34,760 --> 01:30:35,960

Oh look this person does that.

1661

01:30:35,960 --> 01:30:36,960

This one does this.

1662

01:30:36,960 --> 01:30:38,940

Yeah but what's the absolutes do?

1663

01:30:38,940 --> 01:30:41,140

100% perfection.

1664

01:30:41,140 --> 01:30:47,220

So you see absolute technical evidence at absolute weight.

1665

01:30:47,220 --> 01:30:50,140

That was the humbling thing about being in CrossFit because I ended up coaching and I

1666

01:30:50,140 --> 01:30:52,100

agree with you completely.

1667

01:30:52,100 --> 01:30:57,900

We were woefully ill equipped early on in the CrossFit years.

1668

01:30:57,900 --> 01:31:01,300

I didn't specifically do CrossFit coaching that much.

1669

01:31:01,300 --> 01:31:05,220

I kind of loved the strongman stuff just from a tactical athlete point of view so that's

1670

01:31:05,220 --> 01:31:07,260

where I ended up kind of focusing on.

1671

01:31:07,260 --> 01:31:13,500

You'd watch an Olympic lifter doing a snatch and then you'd watch your regular joes doing

1672

01:31:13,500 --> 01:31:19,980

a snatch and unable to do an overhead squat with X amount and then expecting to be able

1673

01:31:19,980 --> 01:31:23,200

to snatch it and it's like we're missing the point.

1674

01:31:23,200 --> 01:31:28,060

You watch these incredible athletes that spend hours and hours and hours doing these movements.

1675

01:31:28,060 --> 01:31:29,700

That's why they can catch that weight.

1676

01:31:29,700 --> 01:31:36,660

So I think as CrossFit kind of matured, I think there was a lot of humility that needed

1677

01:31:36,660 --> 01:31:42,180

to take place and then we started getting Chad Vaughan and some of these incredible

1678

01:31:42,180 --> 01:31:46,420

experts in each of these fields coming in and doing more workshops and then the coaches

1679

01:31:46,420 --> 01:31:50,980

that really were ingrained in CrossFit really started to flourish and understand what they

1680

01:31:50,980 --> 01:31:53,020

were teaching.

1681

01:31:53,020 --> 01:32:00,820

It wasn't ill intention but we jumped into a range of modalities that was so varied from

1682

01:32:00,820 --> 01:32:10,140

gymnastics to Olympic lifting to all the things that was why people were getting hurt because

1683

01:32:10,140 --> 01:32:16,300

we really as coaches just weren't equipped to look at the human, how they moved, approach

1684

01:32:16,300 --> 01:32:21,060

them and tell them that they had to pump the brakes and give them a PVC pipe for example

1685

01:32:21,060 --> 01:32:25,860

and then just like you're saying with Matt, give them an on ramp where they have earned

1686

01:32:25,860 --> 01:32:27,460

the right to even lift the weight.

1687

01:32:27,460 --> 01:32:30,900

So beautiful isn't it, earn the right.

1688

01:32:30,900 --> 01:32:33,980

We'll have to translate that into Latin and just put it somewhere.

1689

01:32:33,980 --> 01:32:36,980

And then I get tattooed.

1690

01:32:36,980 --> 01:32:40,060

But there it is, yeah, earn the right.

1691

01:32:40,060 --> 01:32:46,180

So the challenge we have is professionals in our fields, medical fields are not educated

1692

01:32:46,180 --> 01:32:53,980

very well to individuals who have injuries from realistically extreme occupations such

1693

01:32:53,980 --> 01:32:57,060

as military and first responder.

1694

01:32:57,060 --> 01:33:00,220

And you've got to find a professional who has experience with those individuals and

1695

01:33:00,220 --> 01:33:03,980

an experience that means bringing them back to excellence.

1696

01:33:03,980 --> 01:33:05,700

And there's some good ones out there.

1697

01:33:05,700 --> 01:33:07,140

That's the thing about it.

1698

01:33:07,140 --> 01:33:12,340

It's just tough when you're in an area where you don't have a lot of support.

1699

01:33:12,340 --> 01:33:13,700

Absolutely.

1700

01:33:13,700 --> 01:33:16,020

Well I've heard you talk about proprioception a lot.

1701

01:33:16,020 --> 01:33:19,580

One of the things I love to do, I'm not out running marathons barefoot or anything but

1702

01:33:19,580 --> 01:33:21,580

I try and be out of shoes as much as I can.

1703

01:33:21,580 --> 01:33:25,260

I try and lift barefoot as much as I can.

1704

01:33:25,260 --> 01:33:27,460

I just feel like I'm more connected with the floor.

1705

01:33:27,460 --> 01:33:31,220

I feel like my body is more aware of where everything is.

1706

01:33:31,220 --> 01:33:32,220

What is your perspective?

1707

01:33:32,220 --> 01:33:33,700

I know it's more than just barefoot.

1708

01:33:33,700 --> 01:33:39,140

What is your perspective of getting out of shoes as much as you can?

1709

01:33:39,140 --> 01:33:41,700

For the right, let's put everything in context.

1710

01:33:41,700 --> 01:33:44,940

Everything is right for the right person to some extent.

1711

01:33:44,940 --> 01:33:47,620

So there are people who need to squat with heels.

1712

01:33:47,620 --> 01:33:50,740

There are people who should squat with bare feet.

1713

01:33:50,740 --> 01:33:54,820

There's a lot of things that are related to the assessment to know who's who because

1714

01:33:54,820 --> 01:34:00,460

their particular hip sockets, lever lengths, muscle mass, various things contribute to

1715

01:34:00,460 --> 01:34:01,460

it.

1716

01:34:01,460 --> 01:34:07,340

But the concept of proprioception, which was a term that was coined in 1906 by Lord Sherrington,

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01:34:07,340 --> 01:34:11,180

who won a Nobel Prize in regard to the physiology of the nervous system.

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01:34:11,180 --> 01:34:13,260

Essentially that was one of the big things.

1719

01:34:13,260 --> 01:34:14,260

Where's my little model?

1720

01:34:14,260 --> 01:34:15,260

I've got a good model.

1721

01:34:15,260 --> 01:34:18,380

There's another model, a sick one.

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01:34:18,380 --> 01:34:22,620

In spinal research, for example, we tend to talk about three muscles.

1723

01:34:22,620 --> 01:34:29,380

We talk about the thoracic extenders, superficial, they're called iliocostalis and longissimus.

1724

01:34:29,380 --> 01:34:32,980

Iliocostalis and longissimus actually have lumbar components.

1725

01:34:32,980 --> 01:34:33,980

So there's two of those.

1726

01:34:33,980 --> 01:34:38,660

And then there's a third one underneath called multifidus that attaches to the spinal processes.

1727

01:34:38,660 --> 01:34:39,660

Right.

1728

01:34:39,660 --> 01:34:45,740

There's actually a fourth muscle that gets ignored in research in regard to spinal rehab.

1729

01:34:45,740 --> 01:34:47,940

And that's because it's not big enough to produce force.

1730

01:34:47,940 --> 01:34:49,740

And that's this little fellow there called.

1731

01:34:49,740 --> 01:34:54,100

That one's going to be your intertransversari muscle.

1732

01:34:54,100 --> 01:34:55,100

They sit between them.

1733

01:34:55,100 --> 01:34:59,900

And then you've also got another one in here in between there called the interspinale muscle.

1734

01:34:59,900 --> 01:35:04,460

Those muscles have a high lot of what we say are muscle spindles.

1735

01:35:04,460 --> 01:35:09,100

That means their job is to tell your body is positioned in space.

1736

01:35:09,100 --> 01:35:12,820

People who have had low back injury have a disturbance of knowing where their body is

1737

01:35:12,820 --> 01:35:13,820

in space.

1738

01:35:13,820 --> 01:35:16,780

Your dry needling is not going to fix that.

1739

01:35:16,780 --> 01:35:18,820

Your stretching is not going to fix that.

1740

01:35:18,820 --> 01:35:22,100

Your massage isn't going to fix that.

1741

01:35:22,100 --> 01:35:23,660

Proprioceptive rehab does.

1742

01:35:23,660 --> 01:35:26,380

How do you start proprioceptive rehab?

1743

01:35:26,380 --> 01:35:27,380
Here's a good test for people.

1744
01:35:27,380 --> 01:35:28,380
I like this one.

1745
01:35:28,380 --> 01:35:29,380
All right.

1746
01:35:29,380 --> 01:35:30,380
A nice test we did.

1747
01:35:30,380 --> 01:35:34,540
I did this in a workshop with some professors a few years ago.

1748
01:35:34,540 --> 01:35:40,780
I said, everyone stand up, put your hands on your hips and bend backwards once.

1749
01:35:40,780 --> 01:35:43,380
Now tell me how that feels and how far you went.

1750
01:35:43,380 --> 01:35:44,760
Remember it.

1751
01:35:44,760 --> 01:35:46,260
Now stand on your right foot.

1752
01:35:46,260 --> 01:35:49,100
Shut your eyes for 30 seconds.

1753
01:35:49,100 --> 01:35:50,100
Then we went to the left foot.

1754

01:35:50,100 --> 01:35:51,460

Shut your eyes 30 seconds.

1755

01:35:51,460 --> 01:35:52,460

Did that twice.

1756

01:35:52,460 --> 01:35:54,540

Re-examine your backward bend.

1757

01:35:54,540 --> 01:35:57,780

And pretty much universally everyone went zip so much further.

1758

01:35:57,780 --> 01:35:58,860

All right.

1759

01:35:58,860 --> 01:35:59,860

So what happened?

1760

01:35:59,860 --> 01:36:04,380

Why does standing on one foot suddenly improve your lumbar spine movement?

1761

01:36:04,380 --> 01:36:05,700

Proprioception.

1762

01:36:05,700 --> 01:36:09,860

Your body's ability to give you movement because it knew where it is in space.

1763

01:36:09,860 --> 01:36:13,940

Now this is me working as a clinician figuring things out because I'm working with weight

1764

01:36:13,940 --> 01:36:20,740

trainers and I'm teaching them how to work with unstable weights to enhance their proprioception.

1765

01:36:20,740 --> 01:36:25,000

But on a normal human being, proprioception is actually important to rehab as well.

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01:36:25,000 --> 01:36:29,360

So your gen pop person still needs to rehab their proprioception.

1767

01:36:29,360 --> 01:36:30,360

It's an imperative.

1768

01:36:30,360 --> 01:36:32,740

It's that third part of the triad.

1769

01:36:32,740 --> 01:36:37,180

Passive system, active system, neurological rehab.

1770

01:36:37,180 --> 01:36:38,180

Big missing component.

1771

01:36:38,180 --> 01:36:43,220

Realistically, I think Vladimir Yandere back in about 1964 was talking about it.

1772

01:36:43,220 --> 01:36:45,900

No one else forgot about it because he was Czechoslovakian and most people didn't read

1773

01:36:45,900 --> 01:36:46,900

his work.

1774

01:36:46,900 --> 01:36:47,900

It's all there.

1775

01:36:47,900 --> 01:36:51,500

It's all in science, but it's not within the last five years.

1776

01:36:51,500 --> 01:36:54,460

So you're not allowed to read it if you're at university.

1777

01:36:54,460 --> 01:36:59,540

Is that one of the components that factors in to the psychological element of rehabbing

1778

01:36:59,540 --> 01:37:00,540

an injury?

1779

01:37:00,540 --> 01:37:07,440

Because what I've seen within myself first and then with people is even though structurally

1780

01:37:07,440 --> 01:37:12,180

they may have rehabbed to the point where they are safe to do those movements, that

1781

01:37:12,180 --> 01:37:17,860

fear almost creates instability.

1782

01:37:17,860 --> 01:37:21,380

Fear probably prevents them from challenging their stability.

1783

01:37:21,380 --> 01:37:23,380

It doesn't really create the instability.

1784

01:37:23,380 --> 01:37:25,820

It probably stops them going there.

1785

01:37:25,820 --> 01:37:28,940

So I did some work with a very famous individual recently.

1786

01:37:28,940 --> 01:37:30,940

It was quite an amusing one.

1787

01:37:30,940 --> 01:37:34,860

He's a martial artist, teaches a lot, wonderful fellow.

1788

01:37:34,860 --> 01:37:38,780

And he said, I asked him, what can't you do?

1789

01:37:38,780 --> 01:37:39,780

So show me, tell me.

1790

01:37:39,780 --> 01:37:42,900

He says, well, I can't do this particular movement where I've got to get off the ground

1791

01:37:42,900 --> 01:37:46,140

with a gun in my hand and control an opponent.

1792

01:37:46,140 --> 01:37:47,300

He said, it's integral.

1793

01:37:47,300 --> 01:37:48,300

That's what I teach.

1794

01:37:48,300 --> 01:37:49,300

He said, I can't do it.

1795

01:37:49,300 --> 01:37:51,300

And I said, OK, shut your eyes.

1796

01:37:51,300 --> 01:37:53,380

I want you to do it in your head.

1797

01:37:53,380 --> 01:37:54,380

Can you do it?

1798

01:37:54,380 --> 01:37:55,380

Go through it now.

1799

01:37:55,380 --> 01:37:59,060

And then he just opened his eyes and said, I can't imagine it.

1800

01:37:59,060 --> 01:38:00,060

I can't think of doing it.

1801

01:38:00,060 --> 01:38:03,700

And I just said, shit, exactly.

1802

01:38:03,700 --> 01:38:09,660

There's that sudden, if you can't do it in your head, you aren't going to do it physically.

1803

01:38:09,660 --> 01:38:12,620

So then all we do is we supply the exercises.

1804

01:38:12,620 --> 01:38:16,500

So I did the activation work with him in the various areas where he was weak.

1805

01:38:16,500 --> 01:38:18,020

And then I made him get on the ground.

1806

01:38:18,020 --> 01:38:20,180

I didn't give him 10 seconds.

1807

01:38:20,180 --> 01:38:24,860

I just, as soon as the last exercise was down on the ground, now get up, go.

1808

01:38:24,860 --> 01:38:25,860

And it was it.

1809

01:38:25,860 --> 01:38:26,860

It was like, OK, just go.

1810

01:38:26,860 --> 01:38:30,940

And he just stood up and goes, shit, just did it.

1811

01:38:30,940 --> 01:38:35,380

Yeah, we just broke the barrier because I didn't give him time to overthink it.

1812

01:38:35,380 --> 01:38:39,420

All I did was show him, re-it, just basically activated, strengthened.

1813

01:38:39,420 --> 01:38:42,580

But then put him into a neurological pattern he's done a million times.

1814

01:38:42,580 --> 01:38:44,500

So his body knew the neurology.

1815

01:38:44,500 --> 01:38:48,980

But his brain wasn't given the time to cognitively say, oh, I don't know about this.

1816

01:38:48,980 --> 01:38:52,500

No, it was perform now, immediate performance.

1817

01:38:52,500 --> 01:38:54,300

So he broke the barrier immediately with that point.

1818

01:38:54,300 --> 01:38:55,300

That's it.

1819

01:38:55,300 --> 01:38:56,300

Now he's up off the ground.

1820

01:38:56,300 --> 01:38:57,300

No problem.

1821

01:38:57,300 --> 01:38:59,380

Then I can make him think about it and he can do it.

1822

01:38:59,380 --> 01:39:00,660

So we often do that.

1823

01:39:00,660 --> 01:39:06,720

We have to say, I'll say to a patient, can you close your eyes and do what I'm asking?

1824

01:39:06,720 --> 01:39:10,500

And they go, damn, I can't actually do it in my head.

1825

01:39:10,500 --> 01:39:11,840

That's right.

1826

01:39:11,840 --> 01:39:15,780

So we had to actually make sure that you can consciously do it.

1827

01:39:15,780 --> 01:39:19,060

Yeah, I'm not a psychologist.

1828

01:39:19,060 --> 01:39:21,460

All I'm doing there is using some neuroscience.

1829

01:39:21,460 --> 01:39:23,420

Yeah, that makes perfect sense.

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01:39:23,420 --> 01:39:28,460

It's an important tool for some of us that maybe you've had an incident that got us hurt

1831

01:39:28,460 --> 01:39:29,460
on the fire ground.

1832

01:39:29,460 --> 01:39:31,500
And maybe there's a fear of doing that.

1833

01:39:31,500 --> 01:39:36,580
But to visualize climbing the ladder again or going into the confined space or whatever

1834

01:39:36,580 --> 01:39:43,700
it was that caused us a mental or physical injury prior seems like an interesting tool

1835

01:39:43,700 --> 01:39:44,700
to try.

1836

01:39:44,700 --> 01:39:45,700
Oh, definitely.

1837

01:39:45,700 --> 01:39:50,060
When I was playing, you know, I was in baseball.

1838

01:39:50,060 --> 01:39:53,940
We were taught we had to do mental rehearsal for all our tasks.

1839

01:39:53,940 --> 01:39:57,420
So it was analyze, visualize, center and execute.

1840

01:39:57,420 --> 01:39:59,300
It was AVSEC.

1841

01:39:59,300 --> 01:40:04,300
Analyze the task, center on the task, analyze, visualize, center on the task, execute in

1842

01:40:04,300 --> 01:40:05,560

your head.

1843

01:40:05,560 --> 01:40:07,020

That's how you had to practice.

1844

01:40:07,020 --> 01:40:11,460

So you practice that performance in your head before you came to training.

1845

01:40:11,460 --> 01:40:15,340

And that was a sort of like a 10 minute requirement for everyone on the team.

1846

01:40:15,340 --> 01:40:18,420

It needs to be there in occupations as well.

1847

01:40:18,420 --> 01:40:19,420

100%.

1848

01:40:19,420 --> 01:40:23,860

I want to throw one more thing at you before I go to some closing questions.

1849

01:40:23,860 --> 01:40:26,020

You mentioned body dysmorphia.

1850

01:40:26,020 --> 01:40:32,660

I don't know if I have a skewed perspective, but I grew up and we grew up when the bodybuilding

1851

01:40:32,660 --> 01:40:34,620

world really exploded.

1852

01:40:34,620 --> 01:40:36,540

And then you kind of tape it off a little bit.

1853

01:40:36,540 --> 01:40:37,820

There was more of the CrossFit thing.

1854

01:40:37,820 --> 01:40:40,420

Our action heroes weren't bodybuilders anymore.

1855

01:40:40,420 --> 01:40:46,100

They were arguably more CrossFit style physiques or even less than that.

1856

01:40:46,100 --> 01:40:52,640

But I feel like there's been a resurgence now of that entire area.

1857

01:40:52,640 --> 01:40:58,540

And what worries me is we're seeing a lot of very young kids that I'm assuming are on

1858

01:40:58,540 --> 01:41:02,420

TRT because there's no other way that they would suddenly be able to balloon and look

1859

01:41:02,420 --> 01:41:06,080

the way that they did that we knew everyone was on back in the 80s.

1860

01:41:06,080 --> 01:41:11,340

So talk to me about your observations of body dysmorphia, your own journey, and then if

1861

01:41:11,340 --> 01:41:14,780

you're seeing any kind of resurgence at the moment.

1862

01:41:14,780 --> 01:41:18,780

Yeah, well, social media is going to make it obvious.

1863

01:41:18,780 --> 01:41:19,780

That's the thing about it.

1864

01:41:19,780 --> 01:41:21,780

It may have been out there.

1865

01:41:21,780 --> 01:41:25,460

But of course, now it becomes more available and then it becomes you're seeing it all the

1866

01:41:25,460 --> 01:41:26,460

time.

1867

01:41:26,460 --> 01:41:31,380

So then people are going to find answers to their body dysmorphia a lot quicker.

1868

01:41:31,380 --> 01:41:34,340

So all I did was eat a lot of food and get real fat.

1869

01:41:34,340 --> 01:41:36,540

You know, that was me.

1870

01:41:36,540 --> 01:41:45,300

I got to 300 pounds with just eating three dozen eggs a day and, you know, a couple of

1871

01:41:45,300 --> 01:41:49,140

pints of milk a day every day for five years.

1872

01:41:49,140 --> 01:41:50,620

So yeah, I didn't need drugs.

1873

01:41:50,620 --> 01:41:51,700

I had to eat.

1874

01:41:51,700 --> 01:41:56,980

And also to become a really champion athlete takes a certain sort of mindset.

1875

01:41:56,980 --> 01:42:00,620

And the guy ran one of our I used to train with a couple of top pro bodybuilders back

1876

01:42:00,620 --> 01:42:04,020

in the early days of the pros.

1877

01:42:04,020 --> 01:42:06,300

And the coach used to say to me, you'll never be a good bodybuilder.

1878

01:42:06,300 --> 01:42:10,980

You're too smart, which means I over thought the tasks way too much.

1879

01:42:10,980 --> 01:42:12,220

And there was that element of that too.

1880

01:42:12,220 --> 01:42:15,180

Yeah, you know, I just noticed some of the best athletes.

1881

01:42:15,180 --> 01:42:16,460

They don't overthink it.

1882

01:42:16,460 --> 01:42:17,460

They do it.

1883

01:42:17,460 --> 01:42:21,060

So, yeah, with body dysmorphia, I got trapped into it.

1884

01:42:21,060 --> 01:42:25,860

And seriously, it's taken me forever to even try and handle.

1885

01:42:25,860 --> 01:42:28,060

So I just converted to it a positive.

1886

01:42:28,060 --> 01:42:29,460

So I took up powerlifting.

1887

01:42:29,460 --> 01:42:30,980

Yeah, that was it.

1888

01:42:30,980 --> 01:42:31,980

Great.

1889

01:42:31,980 --> 01:42:34,700

So I just took the body dysmorphia and made it a gift.

1890

01:42:34,700 --> 01:42:35,740

Now what does it do?

1891

01:42:35,740 --> 01:42:40,360

It made me learn about how to apply my profession to people who lifted weights.

1892

01:42:40,360 --> 01:42:43,020

So body dysmorphia was the best gift I ever had.

1893

01:42:43,020 --> 01:42:48,980

It made me learn about the tasks I was undertaking because I wanted to get bigger.

1894

01:42:48,980 --> 01:42:50,420

I wanted to load better.

1895

01:42:50,420 --> 01:42:52,300

So I had to learn how to move better.

1896

01:42:52,300 --> 01:42:58,140

So the science of weight training was actually would never come to me if I stayed baseball,

1897

01:42:58,140 --> 01:43:01,460

but I had to learn how to be bigger and stronger.

1898

01:43:01,460 --> 01:43:04,300

So body dysmorphia turned me into the professional I am today.

1899

01:43:04,300 --> 01:43:09,100

I know everything about spines due to body dysmorphia because it made me learn anatomy.

1900

01:43:09,100 --> 01:43:11,820

Then I had injury and I needed answers to injury.

1901

01:43:11,820 --> 01:43:15,100

So I always say embrace your gift.

1902

01:43:15,100 --> 01:43:17,220

Look at what it gives you.

1903

01:43:17,220 --> 01:43:21,580

Now with the kids there, yeah, unfortunately they haven't got to that stage yet.

1904

01:43:21,580 --> 01:43:26,900

And seriously, there's a reason that, you know, certain, but you can't drink in the

1905

01:43:26,900 --> 01:43:27,900

US until you're 21.

1906

01:43:27,900 --> 01:43:32,660

Well, there's a fairly good reason because your basic ability to understand and integrate

1907

01:43:32,660 --> 01:43:37,760

reality isn't very well set until about that age, if at all.

1908

01:43:37,760 --> 01:43:40,580

So you're going to get kids who are hitting the gym at 16.

1909

01:43:40,580 --> 01:43:42,940

Of course, how are you going to change them?

1910

01:43:42,940 --> 01:43:46,860

Well, chances are they're not going to listen to you that much anyway, except for the bright

1911

01:43:46,860 --> 01:43:48,020

ones.

1912

01:43:48,020 --> 01:43:52,260

The ones who are heading for goals are going to do what those goals are.

1913

01:43:52,260 --> 01:43:53,760

Now I've got a big population.

1914

01:43:53,760 --> 01:43:58,340

Is it really more body dysmorphia that exists or really you just see more of it put onto

1915

01:43:58,340 --> 01:43:59,340

the screens?

1916

01:43:59,340 --> 01:44:03,260

That's a hard call, but I understand it.

1917

01:44:03,260 --> 01:44:09,540

I probably would have gone the same route if I'd been born now, which was I'll do whatever

1918

01:44:09,540 --> 01:44:11,300

it takes to get there.

1919

01:44:11,300 --> 01:44:14,300

Hey, I want to be a winner.

1920

01:44:14,300 --> 01:44:15,300

That's what I did.

1921

01:44:15,300 --> 01:44:16,300

Yeah.

1922

01:44:16,300 --> 01:44:17,300

So I don't know.

1923

01:44:17,300 --> 01:44:20,100

I really don't think it's going to change.

1924

01:44:20,100 --> 01:44:24,140

I don't think you can sit down in front of a classroom of kids and say, by the way, this

1925

01:44:24,140 --> 01:44:27,580

stuff should be used maybe later when you've reached a certain level of ability.

1926

01:44:27,580 --> 01:44:31,900

They look at each other and go, where can I get it?

1927

01:44:31,900 --> 01:44:36,460

Where do you think the root cause of your body dysmorphia was?

1928

01:44:36,460 --> 01:44:37,460

No idea.

1929

01:44:37,460 --> 01:44:42,100

I used to love when it came to my aspirations, baseball was it.

1930

01:44:42,100 --> 01:44:47,620

Then for some reason, I physically saw that Arnold Schwarzenegger magazine and thought,

1931

01:44:47,620 --> 01:44:49,980

yeah, that's how you're supposed to look.

1932

01:44:49,980 --> 01:44:53,140

Now why the hell did I look at that and think that that's how you're supposed to look?

1933

01:44:53,140 --> 01:44:54,940

No idea at all.

1934

01:44:54,940 --> 01:44:59,500

I used to watch boxing with my grandfather when I was probably five and six years old.

1935

01:44:59,500 --> 01:45:02,380

Took up boxing myself, enjoyed it immensely.

1936

01:45:02,380 --> 01:45:08,660

There was an element of seeing performance athletes in gyms and I always enjoyed the

1937

01:45:08,660 --> 01:45:09,660

heavyweights.

1938

01:45:09,660 --> 01:45:13,460

So, you know, didn't matter Ali, Frasier, things like that.

1939

01:45:13,460 --> 01:45:14,460

Imposing human beings.

1940

01:45:14,460 --> 01:45:16,900

I want to be an imposing human being.

1941

01:45:16,900 --> 01:45:17,900

Why did I want to do that?

1942

01:45:17,900 --> 01:45:22,540

Why didn't I want to drink a soy latte and, you know, write poetry?

1943

01:45:22,540 --> 01:45:23,540

I don't know.

1944

01:45:23,540 --> 01:45:24,540

It wasn't me.

1945

01:45:24,540 --> 01:45:29,860

You know, not saying there's anything wrong with it, but it wasn't going to be me.

1946

01:45:29,860 --> 01:45:35,220

I liked the things that have a little bit more, yeah, aspects of the alpha probably

1947

01:45:35,220 --> 01:45:36,940

mindset.

1948

01:45:36,940 --> 01:45:42,340

It's from some of the people I've had on that found themselves going that way, especially

1949

01:45:42,340 --> 01:45:45,420

more in just the bodybuilding side.

1950

01:45:45,420 --> 01:45:48,540

There was an element of building an armor around them.

1951

01:45:48,540 --> 01:45:50,540

There was a kind of frightened child.

1952

01:45:50,540 --> 01:45:56,580

I mean, in a compassionate way, deep inside and there was this projection of masculinity

1953

01:45:56,580 --> 01:46:01,660

that some maintained to this day and others then stepped away from and then became elite

1954

01:46:01,660 --> 01:46:03,140

soldiers or whatever it was.

1955

01:46:03,140 --> 01:46:06,620

But it was an interesting when you think about that, the women, you know, the body dysmorphia

1956

01:46:06,620 --> 01:46:11,500

ends up being losing weight, but we forget that men struggle and some of us, if we've

1957

01:46:11,500 --> 01:46:18,180

been hurt when we're young, some of us choose then to create this muscular armor.

1958

01:46:18,180 --> 01:46:20,060

You got me figured this one out.

1959

01:46:20,060 --> 01:46:22,540

I never actually took it there, but now you just explained it.

1960

01:46:22,540 --> 01:46:25,420

I have no insecurities whatsoever.

1961

01:46:25,420 --> 01:46:28,940

You have never met a person with less fucking toxic life.

1962

01:46:28,940 --> 01:46:32,620

No one who's probably could have had a better upbringing.

1963

01:46:32,620 --> 01:46:33,620

What happened to me?

1964

01:46:33,620 --> 01:46:35,860

I think it was very, very young.

1965

01:46:35,860 --> 01:46:41,340

I remember there was a there was a movie and there was a song called The Impossible Dream.

1966

01:46:41,340 --> 01:46:43,740

The movie was The Man of La Mancha.

1967

01:46:43,740 --> 01:46:48,080

And there was this particular moment in the movie where the singer song called The Impossible

1968

01:46:48,080 --> 01:46:49,180

Dream.

1969

01:46:49,180 --> 01:46:53,500

And it basically says that let's go to it.

1970

01:46:53,500 --> 01:46:58,500

And the world will be better for this that one man scorned and covered with scars, still

1971

01:46:58,500 --> 01:47:03,540

strove with his last ounce of courage to reach the unreachable star.

1972

01:47:03,540 --> 01:47:08,700

And this is my quest to follow that star, no matter how hopeless, no matter how far,

1973

01:47:08,700 --> 01:47:13,420

to fight for the right without question or pause, to be willing to march into hell for

1974

01:47:13,420 --> 01:47:15,780

a heavenly cause.

1975

01:47:15,780 --> 01:47:17,420

That was my inspiration.

1976

01:47:17,420 --> 01:47:22,600

I was supposed to become big and strong and be good.

1977

01:47:22,600 --> 01:47:27,580

So I was actually that into the thing where I had to fulfill my destiny and my destiny

1978

01:47:27,580 --> 01:47:31,380

and potential requires that I become the best I can be.

1979

01:47:31,380 --> 01:47:33,660

I'm not doing it for I'm scared.

1980

01:47:33,660 --> 01:47:37,880

I'm not sure I'm doing it because there are people who are scared.

1981

01:47:37,880 --> 01:47:40,620

So yeah, I got the super I got the superhero approach.

1982

01:47:40,620 --> 01:47:44,980

Funny thing, Mike De La Pava down at the Battle Axe gym.

1983

01:47:44,980 --> 01:47:48,220

So he's a Colombian fellow and we caught up in Miami last year.

1984

01:47:48,220 --> 01:47:51,480

He's got the word courage tattooed on his head.

1985

01:47:51,480 --> 01:47:54,260

And here we are smoking cigars in the cigar lounge.

1986

01:47:54,260 --> 01:47:58,980

And suddenly, we both realized that the thing that had got us both in our lives was this

1987

01:47:58,980 --> 01:48:00,820

particular song.

1988

01:48:00,820 --> 01:48:02,580

That's why he has the tattoo.

1989

01:48:02,580 --> 01:48:03,580

He's got the same thing.

1990

01:48:03,580 --> 01:48:06,500

And we both sang the damn song in the cigar lounge.

1991

01:48:06,500 --> 01:48:07,500

We had it.

1992

01:48:07,500 --> 01:48:11,660

And it's the funniest thing we both are driven in our quest to be the best that we can be

1993

01:48:11,660 --> 01:48:19,500

only because we feel we we would be disrespectful to our potential if we didn't try and reach

1994

01:48:19,500 --> 01:48:20,500

our potential.

1995

01:48:20,500 --> 01:48:22,640

We're not expected to reach our potential.

1996

01:48:22,640 --> 01:48:25,060

It's impossible to be that good.

1997

01:48:25,060 --> 01:48:29,060

But it is not right that you don't try and reach your potential.

1998

01:48:29,060 --> 01:48:30,060

That's us.

1999

01:48:30,060 --> 01:48:32,060

So yeah, you got me now you figured it out.

2000

01:48:32,060 --> 01:48:33,420

I didn't see it from there.

2001

01:48:33,420 --> 01:48:34,420

I'm glad I asked that question.

2002

01:48:34,420 --> 01:48:35,420

That was a hell of an answer.

2003

01:48:35,420 --> 01:48:38,180

Well, I want to be mindful of your time.

2004

01:48:38,180 --> 01:48:40,740

So let me let me ask you the first of the closing questions.

2005

01:48:40,740 --> 01:48:44,020

Is there a book or are there books that you love to recommend?

2006

01:48:44,020 --> 01:48:46,940

It can be related to our discussion today or completely unrelated.

2007

01:48:46,940 --> 01:48:50,860

Well, it depends you want a book that's probably going to take you somewhere.

2008

01:48:50,860 --> 01:48:52,660

You've got to read Hamlet by Shakespeare.

2009

01:48:52,660 --> 01:48:57,140

I got you now because essentially what's going to happen is you probably look at your hell

2010

01:48:57,140 --> 01:48:58,140

of hell.

2011

01:48:58,140 --> 01:48:59,140

What?

2012

01:48:59,140 --> 01:49:00,140

Yeah, but I want you to read it.

2013

01:49:00,140 --> 01:49:02,540

Then I want you to try and find out how to understand it.

2014

01:49:02,540 --> 01:49:06,420

Probably the most important book on the development of a human being.

2015

01:49:06,420 --> 01:49:07,420

But take your time.

2016

01:49:07,420 --> 01:49:14,180

It is worth taking your time reading it, going back, rereading it, read the critic, the critics

2017

01:49:14,180 --> 01:49:16,020

who write about it.

2018

01:49:16,020 --> 01:49:19,500

Understand what this story, what this book is really about.

2019

01:49:19,500 --> 01:49:20,500

So yeah, get ready.

2020

01:49:20,500 --> 01:49:21,500

It's not easy.

2021

01:49:21,500 --> 01:49:22,500

It's not a little golden book.

2022

01:49:22,500 --> 01:49:24,500

You're going to have to do some work.

2023

01:49:24,500 --> 01:49:28,920

But yeah, I would say Hamlet is an imperative to understanding the human condition and what's

2024

01:49:28,920 --> 01:49:29,920

behind it.

2025

01:49:29,920 --> 01:49:31,540

That's a great one.

2026

01:49:31,540 --> 01:49:36,460

Then the book I've read the most would be Fear and Loathing in Las Vegas by Hunter S.

2027

01:49:36,460 --> 01:49:37,460

Thompson.

2028

01:49:37,460 --> 01:49:39,100

Now, why?

2029

01:49:39,100 --> 01:49:41,780

Because it's authentically different.

2030

01:49:41,780 --> 01:49:47,500

It was a way of writing and a way of journalism, but it was about a change in the way that

2031

01:49:47,500 --> 01:49:48,820

you approach things.

2032

01:49:48,820 --> 01:49:53,580

And in there is one of the greatest paragraphs I think that's ever been written as well,

2033

01:49:53,580 --> 01:49:57,860

where he describes the end of the 1960s and the aspirations that were related to it and

2034

01:49:57,860 --> 01:49:58,860

the failure of it.

2035

01:49:58,860 --> 01:50:00,860

Yeah, that's a good book.

2036

01:50:00,860 --> 01:50:04,620

Watch the movie, but read the book a couple of times.

2037

01:50:04,620 --> 01:50:05,620

Very inspirational.

2038

01:50:05,620 --> 01:50:08,780

Didn't go into the drug culture myself because of that.

2039

01:50:08,780 --> 01:50:11,260

No, it was more, ah.

2040

01:50:11,260 --> 01:50:15,540

I can see we got something here that you're trying to understand and it was authentic.

2041

01:50:15,540 --> 01:50:16,540

Yeah, they might.

2042

01:50:16,540 --> 01:50:21,700

They'll be my two obvious go tos because the bookshelves are full of books.

2043

01:50:21,700 --> 01:50:22,700

Yeah.

2044

01:50:22,700 --> 01:50:25,020

And I'd say most of them are Thompson's work or somebody else.

2045

01:50:25,020 --> 01:50:29,980

Oh yeah, I could probably say you're going to go back, but you probably should listen

2046

01:50:29,980 --> 01:50:32,300

to The Ascent of Man by a guy called Jacob Bronowski.

2047

01:50:32,300 --> 01:50:36,140

You have to watch the videos because they were shot on video.

2048

01:50:36,140 --> 01:50:37,860

I think it must be 1980s.

2049

01:50:37,860 --> 01:50:43,780

But either way, a very good logical discussion about the development of humanity.

2050

01:50:43,780 --> 01:50:46,860

And there's a guy called Kenneth Clark who did one called Civilization.

2051

01:50:46,860 --> 01:50:47,860

They remade them.

2052

01:50:47,860 --> 01:50:49,060

Oh, they haven't remade those two.

2053

01:50:49,060 --> 01:50:51,300

They remade Cosmos with Carl Sagan.

2054

01:50:51,300 --> 01:50:54,700

But yeah, Bronowski, fantastic presentation.

2055

01:50:54,700 --> 01:50:57,660

Well worth if you find a way to download that one.

2056

01:50:57,660 --> 01:51:00,820

And Clark on civilization.

2057

01:51:00,820 --> 01:51:02,420

Very thoughtful human beings.

2058

01:51:02,420 --> 01:51:03,420

Brilliant.

2059

01:51:03,420 --> 01:51:07,380

And what about films and documentaries?

2060

01:51:07,380 --> 01:51:11,060

You know, I'm a sucker for any superhero stuff, really, aren't I?

2061

01:51:11,060 --> 01:51:15,140

So yeah, while everyone else can critically decry them, I want to see Thanos kick somebody's

2062

01:51:15,140 --> 01:51:16,140

ass.

2063

01:51:16,140 --> 01:51:18,580

So yeah, I'm happy to go there.

2064

01:51:18,580 --> 01:51:20,900

Yeah, get Man of La Mancha.

2065

01:51:20,900 --> 01:51:21,900

Go and watch it.

2066

01:51:21,900 --> 01:51:23,660

I think it's Peter O'Toole, Man of La Mancha.

2067

01:51:23,660 --> 01:51:25,200

Get a copy.

2068

01:51:25,200 --> 01:51:27,940

Watch it and feel it.

2069

01:51:27,940 --> 01:51:32,860

It's a great movie that it will take you a good place.

2070

01:51:32,860 --> 01:51:35,180

Dead Man by Johnny Depp's good.

2071

01:51:35,180 --> 01:51:39,380

It's more fun, though, if you actually understand who William Blake, the poet, was.

2072

01:51:39,380 --> 01:51:40,780

That will help a little bit as well.

2073

01:51:40,780 --> 01:51:43,300

I would put that in one of my top 10 movies.

2074

01:51:43,300 --> 01:51:48,460

And any Western with Bud Spencer and Terrence Hill is going to do you good.

2075

01:51:48,460 --> 01:51:52,900

In fact, there's a there's a one that hardly anyone's going to know of called My Name

2076

01:51:52,900 --> 01:51:58,040

Is Nobody with Terrence Hill and Henry Fonda.

2077

01:51:58,040 --> 01:52:01,980

And it's a story about a gunfighter who wants to retire.

2078

01:52:01,980 --> 01:52:03,980

And he wants to disappear.

2079

01:52:03,980 --> 01:52:07,780

And this stranger turns up who won't let him disappear because he said, you're too much

2080

01:52:07,780 --> 01:52:09,420

of a legend.

2081

01:52:09,420 --> 01:52:11,020

You've got to go out in a gunfight.

2082

01:52:11,020 --> 01:52:13,500

You can't disappear.

2083

01:52:13,500 --> 01:52:17,420

And the whole thing is about not letting him disappear.

2084

01:52:17,420 --> 01:52:21,320

And the guy is naming it Nobody.

2085

01:52:21,320 --> 01:52:24,820

Great movie to watch, especially the final part.

2086

01:52:24,820 --> 01:52:30,620

When nobody faces down the famous gunslinger in the middle of the street because you can't

2087

01:52:30,620 --> 01:52:32,700

let him go without a gunfight.

2088

01:52:32,700 --> 01:52:35,260

Get a hold of that one.

2089

01:52:35,260 --> 01:52:36,400

My name is Nobody.

2090

01:52:36,400 --> 01:52:37,400

My name is Nobody.

2091

01:52:37,400 --> 01:52:38,400

Brilliant.

2092

01:52:38,400 --> 01:52:39,400

All right.

2093

01:52:39,400 --> 01:52:42,980

Well, then, speaking of names, the next question, is there a person that you recommend to come

2094

01:52:42,980 --> 01:52:48,060

on this podcast as a guest to speak to the first responders, military and associated

2095

01:52:48,060 --> 01:52:50,500

professions of the world?

2096

01:52:50,500 --> 01:52:53,620

Mike Dela Pava, the Battle Axe Jim.

2097

01:52:53,620 --> 01:53:00,820

He is a very interesting human being with a fine degree in social work, I think.

2098

01:53:00,820 --> 01:53:02,420

From shit could be Stanford.

2099

01:53:02,420 --> 01:53:04,460

He's pretty bright guy.

2100

01:53:04,460 --> 01:53:10,020

He runs a Battle Axe Jim and he is a great mental hygienist.

2101

01:53:10,020 --> 01:53:15,520

His work is about mental hygiene with, well, he does a lot of actually first responders

2102

01:53:15,520 --> 01:53:17,820

and he does a lot of high performance athletes.

2103

01:53:17,820 --> 01:53:20,620

He's been in the kickboxing ring.

2104

01:53:20,620 --> 01:53:21,620

He's done strong man.

2105

01:53:21,620 --> 01:53:22,620

He's done powerlifting.

2106

01:53:22,620 --> 01:53:24,360

His journey never ends either.

2107

01:53:24,360 --> 01:53:27,460

He's always about feeling potential.

2108

01:53:27,460 --> 01:53:33,460

But he is brilliant about the things you want to know about in regard to mental hygiene.

2109

01:53:33,460 --> 01:53:34,460

Get Mike on.

2110

01:53:34,460 --> 01:53:35,460

I will.

2111

01:53:35,460 --> 01:53:36,460

That would be fantastic.

2112

01:53:36,460 --> 01:53:38,260

He said he was here in Florida too.

2113

01:53:38,260 --> 01:53:39,260

He's down in Miami.

2114

01:53:39,260 --> 01:53:40,260

Okay.

2115

01:53:40,260 --> 01:53:41,260

Absolutely.

2116

01:53:41,260 --> 01:53:42,260

Perfect.

2117

01:53:42,260 --> 01:53:43,260

Beautiful.

2118

01:53:43,260 --> 01:53:44,260

All right.

2119

01:53:44,260 --> 01:53:45,260

Well, then the last question before we make sure everyone knows where to find you in your

2120

01:53:45,260 --> 01:53:50,020

work, what do you do to decompress?

2121

01:53:50,020 --> 01:53:51,020

Podcast with you.

2122

01:53:51,020 --> 01:53:52,020

I never decompress, man.

2123

01:53:52,020 --> 01:53:57,980

I seriously I'm up to one o'clock in the morning working on writing courses.

2124

01:53:57,980 --> 01:54:03,820

I get up 730 in the morning, grab coffee and I go to the gym.

2125

01:54:03,820 --> 01:54:04,820

Now that's what I do.

2126

01:54:04,820 --> 01:54:08,300

I remember I don't, I don't, I don't negotiate on that.

2127

01:54:08,300 --> 01:54:10,580

We go to the gym every day.

2128

01:54:10,580 --> 01:54:12,580

So that's, that's my Zen.

2129

01:54:12,580 --> 01:54:15,940

Put on the headphones, train for an hour or two.

2130

01:54:15,940 --> 01:54:17,580

I don't need more than that.

2131

01:54:17,580 --> 01:54:18,580

My daughter's grown up.

2132

01:54:18,580 --> 01:54:21,980

She doesn't need me looking after her so she can look after herself.

2133

01:54:21,980 --> 01:54:24,060

My dear girl, Julie, she's pretty smart.

2134

01:54:24,060 --> 01:54:25,060

She looks after herself pretty well.

2135

01:54:25,060 --> 01:54:26,060

We're a good team.

2136

01:54:26,060 --> 01:54:31,020

So now I just go back into what I love, which is fulfilling my potential intellectually.

2137

01:54:31,020 --> 01:54:35,100

I better find the answers and I better teach professionals how to find those answers.

2138

01:54:35,100 --> 01:54:37,580

That is my quest to follow that star.

2139

01:54:37,580 --> 01:54:40,380

No matter how hopeless, no matter how far.

2140

01:54:40,380 --> 01:54:41,380

Beautiful.

2141

01:54:41,380 --> 01:54:47,220

Well, speaking of your work then, so where can people find you online and social media?

2142

01:54:47,220 --> 01:54:49,100

Social media is pretty easy.

2143

01:54:49,100 --> 01:54:52,580

It's Andrew underscore lock underscore strength.

2144

01:54:52,580 --> 01:54:54,400

That's on Instagram.

2145

01:54:54,400 --> 01:55:00,300

And I work as part of a team with Julie and Danny in a thing called United Health Education.

2146

01:55:00,300 --> 01:55:04,780

So we put out courses to educate professionals on movement.

2147

01:55:04,780 --> 01:55:10,540

And I've got a lumbar spine leadership academy, which is a 12 month course to teach anybody

2148

01:55:10,540 --> 01:55:17,340

who's in the health and fitness industry in one year, what took me 30 years to figure

2149

01:55:17,340 --> 01:55:18,340

out.

2150

01:55:18,340 --> 01:55:24,020

So we put together a 12 module course that will take you from your planes of movement

2151

01:55:24,020 --> 01:55:26,100

through all the anatomy, all the movements.

2152

01:55:26,100 --> 01:55:28,660

And at the end of it, you learn how to squat and deadlift as well.

2153

01:55:28,660 --> 01:55:32,780

If you've got a high performance athlete or firm person, we do all the proprioception.

2154

01:55:32,780 --> 01:55:37,700

We do the how the passive structures work, the active structures work.

2155

01:55:37,700 --> 01:55:40,740

And that's a 12 month signup.

2156

01:55:40,740 --> 01:55:41,740

So enjoy that one.

2157

01:55:41,740 --> 01:55:42,740

Or you can just download the book if you want.

2158

01:55:42,740 --> 01:55:45,380

If you're a cheap ass and you just want the book and you want the lectures and the exercise

2159

01:55:45,380 --> 01:55:48,260

library and you're smart, you get a lot out of that.

2160

01:55:48,260 --> 01:55:49,260

That's beautiful.

2161

01:55:49,260 --> 01:55:51,100

Well, I want to thank you so much.

2162

01:55:51,100 --> 01:55:52,980

It's been an incredible conversation.

2163

01:55:52,980 --> 01:55:58,820

We've gone all over the place from the mental side and body dysmorphia through to back and

2164

01:55:58,820 --> 01:56:00,740

shoulder rehab and everything in between.

2165

01:56:00,740 --> 01:56:04,460

So I want to thank you for being so generous with your time and coming on the Behind the

2166

01:56:04,460 --> 01:56:05,860

Shield podcast today.

2167

01:56:05,860 --> 01:56:09,100

James, thanks for inviting me.

2168

01:56:09,100 --> 01:56:22,940

I can contribute to helping somebody out there in their quest.