

# RESILIENCE IS A SKILL, NOT A REHAB TOOL

**Building capacity for Runner's**

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# Running doesn't fix what running exposes.







# SITUATION...







# MEDICAL CLEARANCE



# PERFORMANCE CLEARANCE







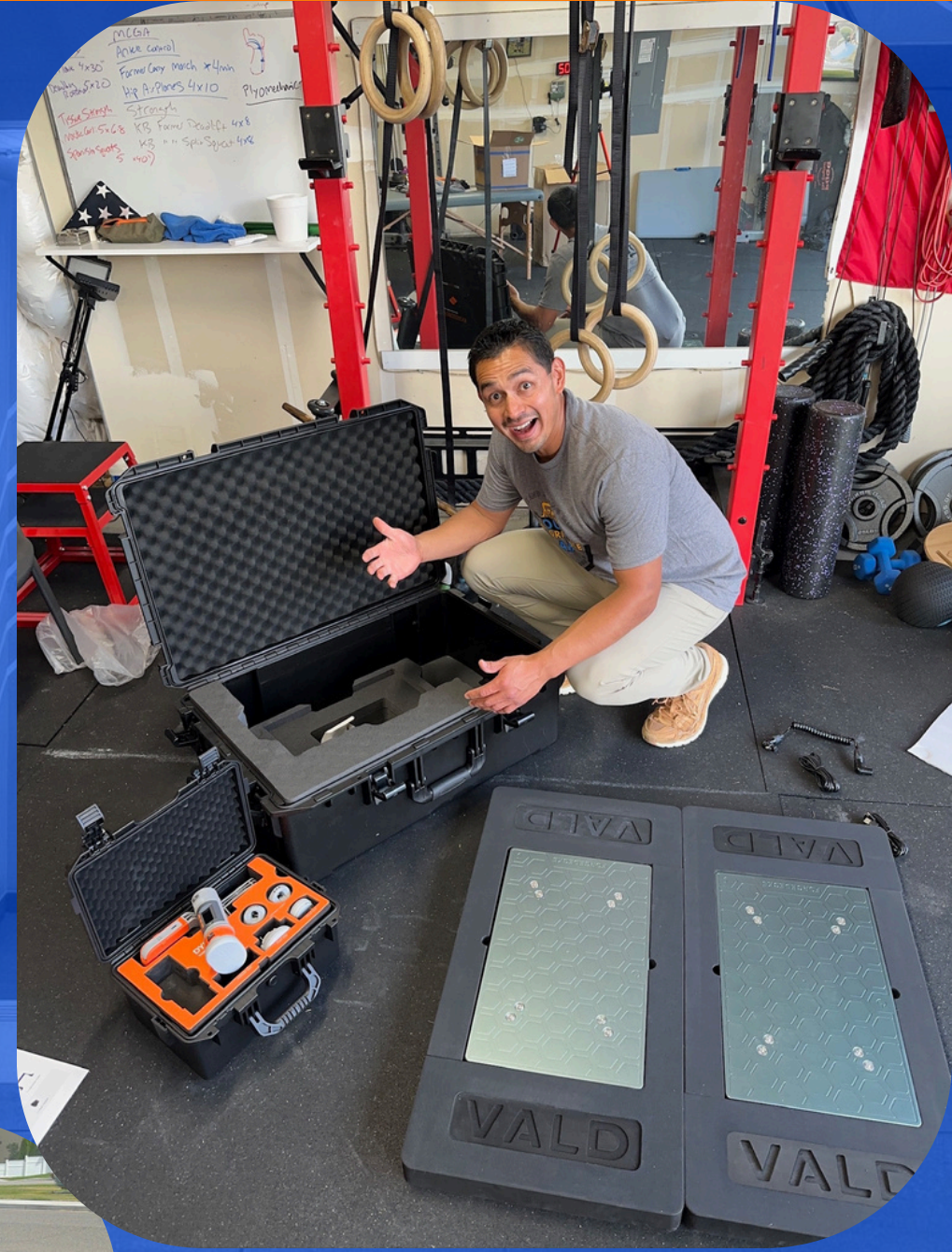
# THE BODY ADAPTS TO EXPOSURE...NOT INTENTION







# VALD PERFORMANCE







# SAID PRINCIPLE

**Specific Demand → Specific Adaptation**

**Control → Control Tolerance**

**Force → Load Tolerance**







**WHY IS  
REHAB  
NOT  
ENOUGH?**





**REHAB= CONTROLLED**

**SPORT= CHAOTIC**



# Building Resilience

## Force Absorption



## Force Redirection



## Force Expression Under Fatigue







**Athlete's don't break from force...  
they break from poor absorption**







# IMPACT CONTROL PRESSION

**Your turn!**

- **3 part landing Drill**
- **KB Farmer eccentrics**
- **Depth Jumps**







# FORCE REDIRECTION







**ABSORB  
REDIRECT  
GO.**







# WHAT DOES THIS TRAIN?







# STRENGTH WITHOUT COORDINATION DOESN'T TRANSFER

Activity Time





- **DEPTH JUMP PROGRESSION**
- **LATERAL LUNGE**
- **REVERSE LUNGE**
- **REVERSE → LATERAL LUNGE**
- **“ ” “ ” WITH SKATER**
- **KB DRILLS**
  - **SWING**
  - **SL RDL TWIST**
  - **LATERAL LUNGE**
  - **CLEAN**





# **FORCE EXPRESSION UNDER FATIGUE**

- Tissue capacity sustains load.**
- Motor programming  
sustain movement**







# WHAT THIS LOOKS LIKE?

- **Acceleration Drill**
- **Top Speed Mechanic Drill**
- **Wall Punches**
- **Short vs. Long Distance Strides**



# SYSTEM DESIGN:

- **Warm Up = Training**
- **Drills are movement Exposure**
- **Workouts instruct the nervous system**





# WHAT IS YOUR WORKOUTS TRAINING?

**Resilience is a skill.  
Train it.**





# THANK YOU

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