

# RESILIENCE IS A SKILL, NOT A REHAB TOOL

**Building capacity for Runner's**

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# Running doesn't fix what running exposes.



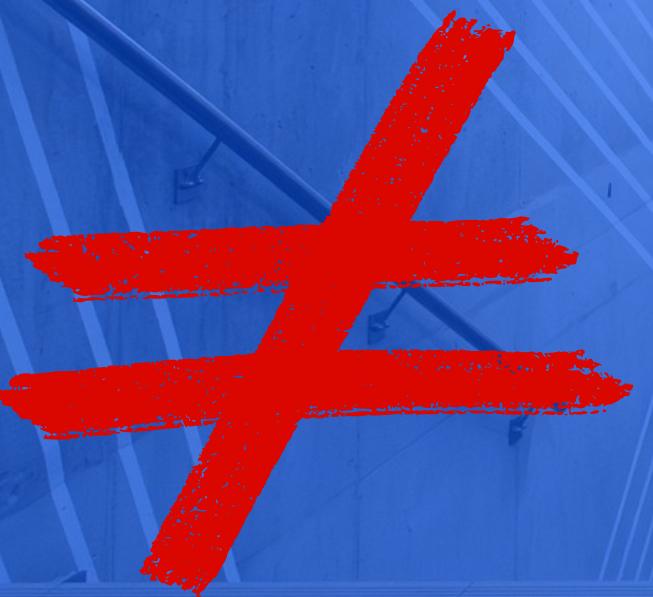


# SITUATION...





# 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

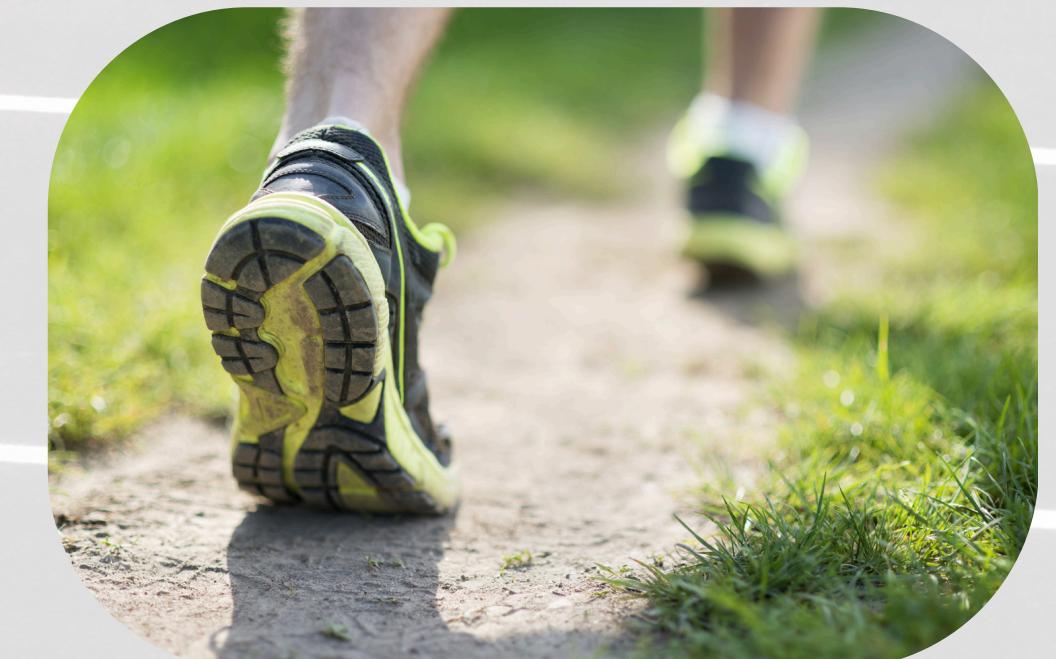
## Force Absorption



## 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
- “ ” “ ”
- KB DRILLS
  - SWING
  - SL RDL TWIST
  - LATERAL LUNGE
  - CLEAN



# FORCE EXPRESSION UNDER FATIGUE

- Tissue capacity sustains load.
- Motor programming sustain movement





- **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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