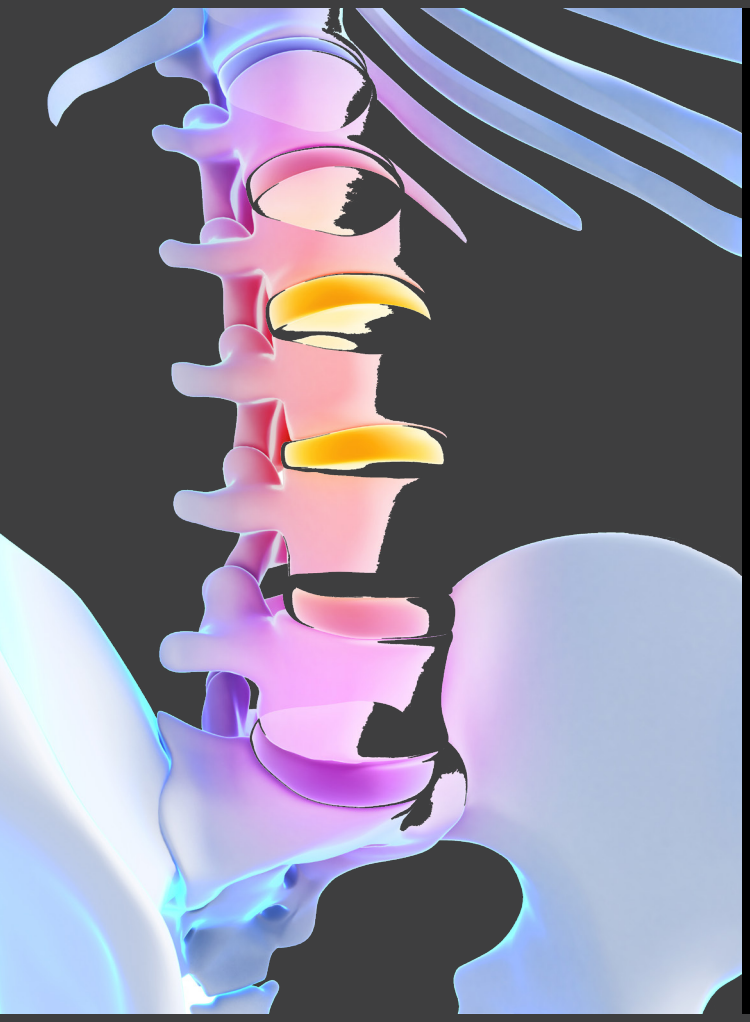
INVERSE OPERATIONS

'The Anatomical Tactician' by Peter Ottens



When a 120 pound woman runs the combined stresses upon her lumbar spine through the physics of inertia can amount to 460 pounds! with EVERY step!

This attrition begins to have a cumulative effect over a period of years and in the long term can lead to DJD, Degenerative Joint Disease. So on one hand we are enjoying ourselves taking in the country side, exercising to keep ourselves fit while on the other hand we are destroying very vital tissue, often beyond repair.

QUESTION

- Is there an answer to this dilema?

ANSWER

- ***Well... Yes!***

It is called ***INVERSE OPERATIONS*** and it is a tactical approach. ***As in the military and special forces, tactics are what wins the battle, it is the combination of actions to achieve a result.***

In mathematics, the term inverse operations is when you add or subtract and and see what remains.

1 + 1 = 2
the inverse operation to this is:
2 – 1 = 1

Now, let's apply this to the physics of running. with every step you are multiplying the attrition within the spine and disc's including the hip and knee and ankle, being the most compressed.

A major rescue operation is needed... enter the DMCP (Decompression Mobilization Conditioning Program)

The most common statement made at this point is, how can just a few mintes of DMCP offset hours and years of compression?

Continue >>>

Fitness Upon The Shoulders of Giants

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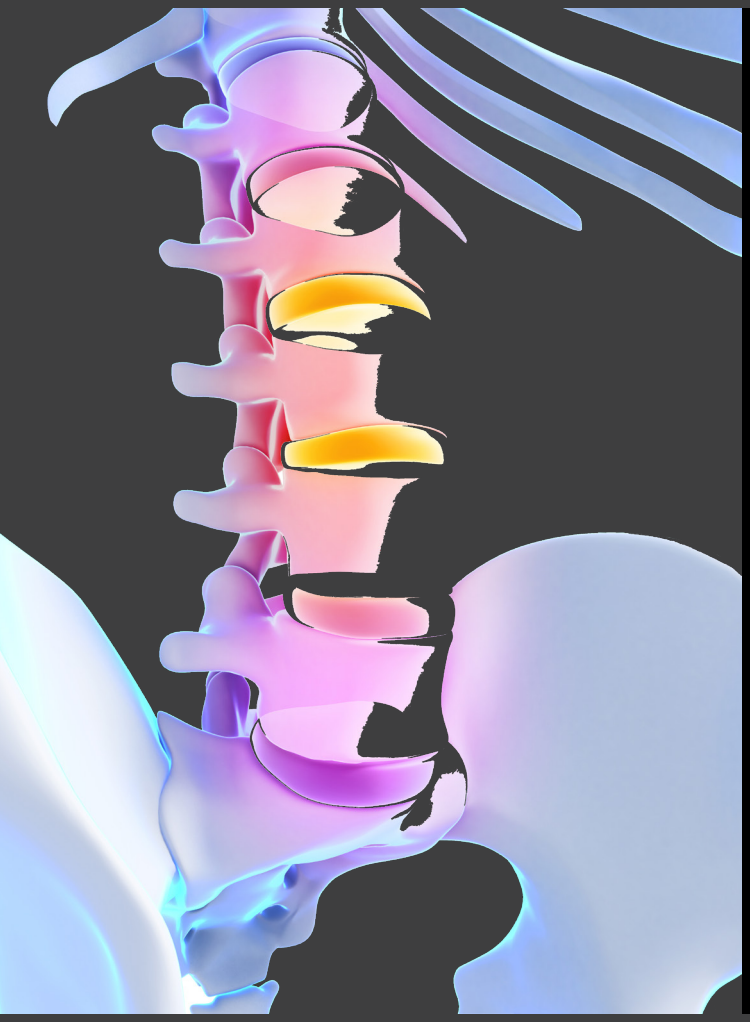

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This a fantastic question and can be answered through a complex combination of theoretical criss crossing of microbiology, bio mechanics, anatomy and physiology and of course experience in the field.

To start with, we answer the question with a **QUESTION**:

- What happens to tissue with prolonged and sustained activity?

Once you've answered that question you go to the next:

- How do you remedy this, if at all?

Then more questions arise:

- Is there another way to achieve this? If so, what? Are there any other dilema's associated with the activity? What is the method to recover from this?

Now you can see that this one operation covers a very complex problem which makes it so incredibley effective.

I heard a person once say that nothing in life is ever free, and this is true about health, especially in regard to recovering from exercise.

So now the cat is out of the bag!

Our vey much needed part of life is exercise but the ***INVERSE OPERATION*** to this is ***DMCP***.

Now this insight leads us to an amazing situation or cross road, balancing on a resounding **QUESTION**...

- Does DMCP stand alone, and does it make conventional exercise obsolete?

ANSWER

- No to both parts of the question. We still need conventional exercise and the role it plays in maintaining the dynamic processes of the human body.

Fitness Upon The Shoulders of Giants