

Functional Range Systems:

Functional Range Assessment.

Developed by world-renowned musculoskeletal expert Dr. Andreo Spina, Functional Range Systems and Conditioning® is a comprehensive joint assessment and training system based in scientific principals and research.

There are 3 main training-goals when utilizing the FRC® system which are all closely interrelated and acquired simultaneously:

Mobility development.

Restoring optimal joint mobility and capacity beyond normal ranges of motion forms the core concept behind the FRC system. Optimizing joint capacity allows for more efficient, effective, and safe movement potential.

Joint strength.

Joint strength is developed at the same time as regaining joint mobility in a rotational movement sequence, thereby maximizing efficiency and economy of movement. Deeper core stability muscles are targeted to optimize joint stability, mobility, and strength.

Body control.

The benefits of training with FRC® also extends to your nervous system, due to its meticulous approach and feedback training system. Overall this system will lead to stronger, more mobile joints which translates to less pain, injury, and improved function for daily tasks or athletic performance.