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Expert Report:

XCO

A few weeks ago, a prototype for a new training tool, the XCO-Trainer, was introduced to me through a company called Flexi-Sports GmbH, and subsequently placed at my disposal for an 8 week testing phase. During this phase, I implemented this interesting and very compact training device not only into the physiotherapeutic care of my patients and their respective medical rehabilitation training, but also into my capacity as an athletic trainer of diverse top athletes and national sports teams. Even during this very short test phase, I was able to observe very positive results. The system proved itself of value in each capacity I used it for, and it generated a high degree of interest and motivation in the participants using it.

Most notably in the therapy-related uses, XCO complements and optimizes the already known Flexi-Bar concept in an ideal manner, and encourages patients to train the shortened and local muscle groups being addressed with synergistic co-contractions at a more accelerated pace. This effect is extremely conducive to the stabilization of peripheral and central articulations (spine) and thereby reinforces the intended training goals of the Flexi Bar. In particular, the all-too-commonly observed disorders caused by instabilities of the spine and the larger peripheral joints such as shoulders and knees are addressed by, and stand to gain excellent results from, the use of this therapy.

In the field of competitive sports, it is absolutely possible for athletes to use this device to prepare them for the sports-typical transitions between agonist and antagonist muscles, as well as to prepare their muscular performance in a manner that exactly parallels the demands of their particular sports activity. Because instabilities of both of

the above conditions tend to be most prevalent in the field of professional athletics and are largely accountable for extended convalescences due to related injuries, the XCO is found to have a wide range of uses in this field for the prevention of such syndromes. At the same time, by eliciting rapid contraction patterns of reactive exchanges between targeted muscle groups, it offers a perfect complement to classical strength training techniques. The musculature is prepared by rapid stretch-shortening-cycles, thereby

improving the quality of muscular activation. The resultant gains in inter- and intramuscular coordination can be seen in markedly improved performance.

Implementation of this system into the setting of a group dynamic is particularly interesting. Paired with adequate music and a simple choreography, targeted training activities with XCO can be set up to be both highly motivating and effective. Depending on how it is configured, different key points of athletic focus (coordination, flexibility or endurance) can all be built into the same training session. This affords opportunities for a high degree of motivation, particularly from men, whose fitness goals do tend to be quite strength-oriented.

Additionally, we even applied XCO to endurance training, more specifically to the categories of walking and Nordic Walking, where excellent results were obtained with its use, whether in conjunction with the above activities or by itself in supplemental exercises. In this manner, we developed an entirely new discipline: XCO-Walking!

On this line I have already developed a small methodical training series, which I would like to present at some later point.

In closing, I can only recommend the presented device, as it offers an incredibly broad range of uses and above all serves as a training device to effectively target muscular instability, one of the most prevalent problems of the musculoskeletal system.

Consequently, it presents a perfect full body training opportunity for patients, athletes and health-oriented individuals alike in a very simple, yet effective manner. Properly administered and conditioned to the nature of the training, the XCO makes it possible to address all facets of any physical condition.

I personally recommend this training system, in particular in conjunction with the well-known proprioceptive and highly effective Flexi Bar, without reservation.

Mike Steverding

Physiotherapist