

Rehabilitation and Functional Training – The Perfect Marriage

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Functional Training Institute (FTI) started out as a small dream to help people live pain-free lives. As success grew, there was a need to “clone” more Functional Trainers. The challenge was how to transform a bodybuilder trainer into a functional trainer.

The plan was simple: “perfect practice makes perfect”. New trainers undergo weekly intensive training for six months, followed by daily ongoing staff workouts together helping ensure skills were perfected, and finally weekly brainstorming sessions to create even more innovative functional training exercises to satisfy clients. Researching through other means such as the media or reading books also helped our Functional Trainers understand their practice and perfect their skills. As a firm believer in workplace learning, success comes from teamwork and finding people who can teach you more within your limitations.

A golden opportunity then arose as people with chronic pain started to look for us. This required Functional Training to go into the world of rehabilitation and develop a breed of “x-factor” trainers. To do this doctors and physiotherapists from the US and Australia came over quarterly to certify our trainers and equip them with the right skills. Some of the trainers, however, were fearful of using their new knowledge and skills, which meant that confidence needed to be built. This involved trainers practicing on each other and inviting their parents and spouses to participate in free treatments.

The results seen from our x-factor trainers were immense, including an autistic girl being able to open her fists, bounce a ball and run on a treadmill without falling off. Another magical moment was when an 89 year-old lady who could not walk due to operations on her knees was able to walk freely after three months of training.

While mastering the art of healing the physical body, Functional Training also brainstorms more ways to reach the mental and spiritual well-being of clients. With this endeavour, we started the FTI culture, which included lifting the profiles of females in the fitness industry, ensuring each client laughs during their sessions, and celebrating the birthdays and successes of our clients.