



Patricia 'Pat' A. VanGalen. M.S.

"Knowing is not enough; we must apply. Willing is not enough; we must do!"
JW von Goethe

Professional Resources

Acknowledgements

My journey into the philosophy of *function* began in 1990, when an Athletic Trainer colleague mentioned closed vs. open chain exercises for knee rehab. That was an 'ah-hah' moment, and it forever transformed my training lens.

Along came *Vern Gambetta's* articles in *Training & Conditioning* [I have every one of them], and I was hooked on learning everything and anything about functional training. The majority of available information at that time evolved out of rehab, and sports-performance training, a paradigm that I use today for all clients.

Gary Gray, Michael Boyle, Gray Cook, Lee Burton, and Mark Verstegen were pioneers in 'questioning' traditional training methods, injury rates and performance outcomes. For me, there was no going back.

25 years ago, *Perform Better* was created by *Chris Poirier*, providing equipment and training tools for functional training. Then came workshops and summits, where Chris has assembled some of the best in our field.

So, my transformation began in 1990, and I am grateful to the professionals mentioned above. Since then, they have shared, researched, experimented, published, 'taken heat' and debated controversial topics, all for our benefit and that of our clients, athletes and patients.

Thanks guys!

Over the years, I have continued to seek out those professionals who 'hold the line' on integrity, check their egos at the door, and who have a passion to share, learn, challenge and evolve, with the well-being of 'the folks' front and center.

I have compiled a list of resources, continuing education providers and suggested reading from pioneers and more recent contributors. Hopefully, they affirm AND 'rock' your world.



Pioneers and Pushing Forward! [chronological order of influence]



Vern Gambetta

www.thegainnetwork.com



Michael Boyle

www.bodybyboyle.com
www.strengthcoach.com



Gray Cook and Lee Burton

www.functionalmovement.com



Gary Gray

www.grayinstitute.com



Chris Poirier

www.performbetter.com

Over the Last Couple Decades [alphabetical order]



John Berardi

www.precisionnutrition.com/



Paul Chek

www.chekinstitute.com/



Alwyn & Rachel Cosgrove

www.resultsfitnessuniversity.com



Dan John

www.danjohn.net



Stuart McGill

www.backfitpro.com/



Julie and Colin Milner

www.icaa.cc/



Emily Splichal

www.evidencebasedfitnessacademy.com/

Mark Verstegen

www.teamexos.com/



Research-Based Organizations, Publications, Position Stands & Certifications



Professional Organizations, Publications and Certifications

