



Z-Health R-Phase Certification Review (Part 1)

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(Dr. Cobb and I at the end of the Seminar)

This past weekend I had the opportunity to attend one of the most unique training seminars that I have ever been to (and I have been to a lot of them!). The weekend was the first part of a 2-part seminar where Dr. Eric Cobb presented a system of training known as Z-Health.

It is difficult to explain Z-Health so I won't even try to. I'll instead quote Dr. Cobb's explanation of Z-Health (You can also check out the following link to see some videos of Z in action for a better idea what this all means: <http://zhealth.net/mediacenter.php>).



(Dr. Eric Cobb, Creator of Z-Health)

“Z-Health is an evolutionary system built from years of study and exploration in diverse scientific and medical fields. It combines this research with ideas adapted from high-skilled authorities, as well as unique innovations and insights. The system is a powerful blend of:

- **Kinesiology**
- **Applied Anatomy and Physiology**
- **Biomechanical Diagnostic Training**
- **Eastern and Western Sports Science**
- **Martial Arts Movement Skills**
- **Ancient and Modern Dance**
- **Respiratory Re-Training**
- **Motor Learning Theory**



(Kathy Mauch, Co Presenter at this weekend’s certification)

Z-Health uses dynamic joint mobility exercises taught in a very precise manner to achieve very specific adaptations in the body. These dynamic joint mobility exercises are powerful tools that can help the skilled Z practitioner reduce pain levels, improve joint health, improve range of motion, increase strength levels, improve performance, and reduce the risk of injuries and do so at a very rapid rate.



(To listen to an audio interview that I conducted with Dr. Cobb click on the following link: <http://snipurl.com/kokd>. There is a ton of great information in this interview so be sure to check it out!)

Ultimately Z-Health helps to improve the efficiency of effective movement. If you look at some of the best athletes on the face of the planet you will see that they move very efficiently and perform very little unnecessary movement. Dr. Cobb was constantly giving examples like Tiger Woods, Michael Jordon, and Kobe Bryant stating that their efficiency of movement is what made them great.



(A Z-Practitioner teaching a Lateral Ankle Tilt)

Dr. Cobb stated that everyone can develop this effective efficiency of movement and his Z-Health system is a systematic way to develop it over time. Many people forget how to move various joints in their body and develop sensory motor amnesia. Some of the exercises in Z look very peculiar but they are designed to help regain control over these forgotten areas of your body. It is amazing to see the benefits that are derived by regaining conscious control over these areas.

The information I learned in this seminar is powerful and I have already put it to good use. For example, one of my athletes is a 6 foot 6 basketball player weighing in at 250 pounds. This athlete suffered a stress fracture in his right shin bone and has been in significant pain for weeks. He rated his level of pain as 8 out of 10 each and every day! I spent 10 minutes with him on Monday (one day after the seminar) of this week and gave him three specific Z-Health exercises to do. After performing these three exercises he noted an immediate relief in his pain stated that he his pain level was now only 2 out of 10 instead of an 8 out of 10! My basketball player was shocked and very, very pleased that his pain had been significantly reduced.



(Kathy Mauch and I at the Z-Health Seminar)

One of the coolest things I like about Z-Health is that the beneficial changes that can be achieved happen almost immediately because the target of the Z-exercises is the Nervous System which happens to be the fastest system in the body!

That means if I give someone the right Z-health exercises for their particular problem then I can see almost instantaneous improvements. It sounds too good to be true but I have seen it in action over and over again.

In fact, I had my girlfriend get a private session with Dr. Cobb with the hopes that he could help alleviate some of her back pain. Dr. Cobb spent some time learning about her injury history (she caught a falling patient in the Nursing home and ruptured a disc in her back), learned about her constant pain levels, assessed her movement patterns, and then prescribed to her a series of specific Z-health exercises that were not anywhere near her back! She stated that after performing these exercises that her back pain was significantly reduced and that her hips felt 'much looser' than normal.

I was pretty impressed because Dr. Cobb was able to achieve in 20 minutes what Orthopedic Doctors, Physical Therapists, General Practitioners, and Massage Therapists could not achieve in 3 years!!!



(Kyle Battis, David Lyle, Dr. Cobb, Charlie McCarthy, Andrew, and Kathy Mauch)

I knew that Z-Health was effective after seeing my friend Josh Henkin using it successfully with many of his clients but after seeing how Dr. Cobb was able to help my girlfriend I was sold on the system (and that all happened before the seminar weekend even started!!!).

After those three days of intensive movement and learning I walked away from the first half of this certification very excited about how Dr. Cobb and Kathy Mauch have given me a powerful tool that I can use to help myself and everyone I work with achieve better results at faster speeds! Stay tuned for the Part 2 Certification Review in February!

Train with purpose,



Kyle Battis CSCS, ATC, NSCA-CPT

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Then Start Here.....**



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<http://snipurl.com/kokw>