

## THE PERFORMANCE THERAPY LENSES: PHILOSOPHY, SCIENCE & ART

**The ALTIS Performance Therapy Course helps coaches and therapists understand the link between the way we move and how we perform, so they can help their clients and athletes reach their athletic potential.**

The way in which we progress through the chaos of our sporting worlds is through the creation of concepts – new ideas, new modes of thinking, and new ways of understanding the way in which the world works.

We don't create concepts out of thin air; this process is borne of necessity – as solutions to problems.

We navigate these problems through the lenses of philosophy, science, and art, and this forms the basis of the ALTIS Performance Therapy Methodology – the iterative-dynamic process by which we move from problem to management strategy:

### PHILOSOPHY

Accurately identify the problem

### SCIENCE

Analyze the nature of the problem

### ART

Identify and trial effective management strategies to the problem

Philosophy reflects critically on the way things are; it thinks hard about the most difficult problems, and it sets rules for how to manage them.

Science analyzes existing concepts; it is interested in why these problems exist, and the necessary steps required to solve these problems.

Art is the creative process of the application and iteration of these solutions.



In the ALTIS Performance Therapy Course, we do our best to present what we do, why we do it, and how we came up with it. It was quite the project to synthesize the thoughts of 4 individuals with over 100 years of cumulative experience into a single Course.

Just as with the development of our flagship Foundation Course, this has truly been a labor of love. We began working on this Course while we were in London in 2011, and it has gone through multiple versions since. We taught it at our home-base in Arizona over a dozen times in person, and if one thing became clear, it was the fact that there was far too much content to cover in person over 4 days.

That began the serious process of writing up the digital version – of which was the primary focus of ours for going on two full years.

All of us are in agreement with how we structured the Course. Essentially, we presented it here in the same manner in which we go about our work:

Starting with a problem, we ...

1. **Hypothesize** on how to manage it, and then through a fully integrated team.
2. **Trial and error** these strategies, and improve upon them over time.

We naturally seek insight and understanding. Some of us are interested enough to go further, and aspire to knowledge and wisdom – both theoretical and practical.

We do these through philosophy, science, and art – which are the themes of our three BOOKS within the Course. Through philosophy, we reason and reflect. Through science, we observe and experiment. And through art, we appreciate and create.

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Whatever unique work we have come up with over the years, has been a reaction to what we see around us in the sport performance industry, and the professions within coaching and sports medicine.

We all felt that we could do better, and tried our best to beat a clearer path. This is why we have presented this Course not as a system – but as a means through which others can find their own path. We hope that through this Course, to help provide you with the knowledge that is required to either continue, or begin this life-long quest.

We are all incredibly fortunate to work in sport; we truly feel that this is an amazing industry to work in because of the challenges that it presents. We hope that you too step up to meet these challenges; that rather than following someone else's paint by numbers processes, that you will do the work.

We hope that you continue to be critical – of yourself and others.



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# Performance Therapy Course

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The ALTIS Performance Therapy Course will educate performance coaches and medical practitioners alike through an interactive digital course that can be accessed any time, any where, and on any device.

## Course Offerings:

- ALTIS AGORA Council Facebook group
- Knowledge from the leading practitioners, coaches, & therapists
- Hours of exclusive video content
- Interactive guided learning material
- ALTIS Certificate of Completion

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