



October 3, 2000

Henry Gong
47-36 161st Street
Flushing, NY 11358

Dear Henry,

Thanks very much for your presentation on isolating the lumbar region to our faculty and students this past week. Your ideas are certainly interesting and I believe that all those in attendance appreciated your infectious enthusiasm for this subject!

Tim Niiler indicated that you are interested in specific feedback on the presentation. I liked the physical demonstrations you enacted, and felt that those really helped to make your points appreciated, as well as keeping the audience attentive. However, what particularly interested me was your theory as to why isolating movement of the lumbar region is so important.

You alluded to two different advantages of isolating movement in the lumbar region. One is the increased strength/power that you demonstrated. We know that maximal power delivery is typically achieved by activating as many large muscle groups as possible. However, most people never utilize the spinal rotator muscles. It certainly makes sense that activating these muscles in addition to those surrounding the hip and shoulder will contribute to increased potential for generating power.

You also mentioned that isolating movement of the lumbar region contributes to reduced likelihood of low back pain. This makes a lot of sense, because the process of focusing movement in the lumbar region would undoubtedly have the effect of strengthening the lumbar muscles and would probably also enhance flexibility in the region, both of which should help protect the lower back against injury.

Tim tells me that you are working on a book about these ideas, which I think is terrific! Good luck with the book project; I will be looking forward to seeing it in print! It was a pleasure to meet you and thanks once again for the fine presentation.

Best regards,

A handwritten signature in cursive script that reads "Susan J. Hall".

Susan J. Hall, Ph.D.
Professor and Chair