



## OVERVIEW

As human beings, we are not anatomically symmetrical and typically orientate to one side. This orientation starts a chain reaction that leads to the development of asymmetrical neuromuscular patterns that can cause left to right side imbalances and biomechanical dysfunction. Typically, the result is inefficient application of force into the ground and transfer of forces through the kinetic chain, which can lead to sub-optimal performance, unnecessary fatigue, pain, and often injury.

At EastSide Centre, we utilize methods from the [Postural Restoration Institute®](#) (PRI) to correct the imbalances and biomechanical dysfunction mentioned above. Our training philosophy integrates scientifically supported methods from traditional Strength & Conditioning, PRI® principles, and an athlete-centered approach to enhance the physiological and psychological factors necessary for athletic performance and biological well-being. Our goals are simple: 1) Develop functional bi-pedal human beings, 2) maximize athletic potential, 3) decrease stress and tension throughout the body to reduce the occurrence of pain/injury, and 4) instill healthy lifestyle habits that will last a lifetime.

## OBJECTIVES

- 1) Enhance bio-motor abilities (strength/power/speed)
- 2) Improve multi-directional speed, agility, and reactive ability
- 3) Develop sport-specific conditioning while maintaining autonomic balance
- 4) Heighten proprioception and kinesthetic awareness
- 5) Build an elite mindset, unbeatable work ethic, and athletic durability
- 6) Identify asymmetrical neuromuscular patterns and biomechanical dysfunction
- 7) Reposition “S” Bones (sphenoid, sternum, and sacrum) to establish a more neutral resting position
- 8) Restore more symmetrical and efficient biomechanical movement
- 9) Restore respiratory function for improved trunk stability and conditioning
- 10) Educate athletes on “other” factors affecting health and performance





## MEET OUR TRAINING STAFF

### **Kyle Piraino M.S., CSCS, USAW-1**

**Certifications:** Certified Strength & Conditioning Specialist (CSCS), USA Weightlifting Level 1 Sports Performance Coach, BioForce Certified Conditioning Coach

\*Working toward Postural Restoration Trained™ (PRT) Credential\*

**Education:** M.S. in Kinesiology with Primary Focus in Strength & Conditioning from Western Illinois University  
B.S. from the University of Illinois at Urbana-Champaign

Kyle worked at EastSide Centre for 4 years prior to leaving in the summer of 2017 to complete an [Olympic Sports Strength & Conditioning Internship](#) at the University of Michigan, where he assisted coaches with the implementation of programs for 23 athletic teams and completed a valuable intern curriculum that included educational sessions and program presentations with criticism/feedback from the coaching staff. He was brought back in the Fall of 2017 for another Strength & Conditioning internship at the University of Michigan, this time with the eventual National Runner-Up Men's Basketball team. In his time at Michigan, Kyle gained invaluable experience from the coaching staff on how to implement and manage a successful Strength & Conditioning program. It was also at Michigan that he met J.R. Epley, who introduced him to principles and methods from the Postural Restoration Institute®.

In February of 2018, Kyle moved to Omaha, NE to open a training facility with J.R. and Ryan Hruska, a Postural Restoration Certified™ (PRC) Physical Therapist. It was there his mind was really opened to PRI®. He spent countless hours shadowing and learning PRI® techniques from Ryan, as well as collaborating with J.R. and Ryan on ways to integrate PRI® principles into traditional Strength & Conditioning programs to make them better. PRI® has become a lifestyle for Kyle that has allowed him to function through day-to-day life without debilitating pain, train like an athlete again, play recreational sports, and sleep without medication.

Kyle returns to Eastside Centre eager to bring back his new coaching philosophy, which involves an integration of things he has learned and experienced during his 8 years in this field. His goal is finding the apex where traditional Strength & Conditioning and PRI® meet to develop functional bi-pedal human beings capable of performing at THEIR maximum potential in both sports and life.

### **Al Nimmo NSCA-CPT, USAW**

Al is the longest tenured EastSide employee and has been the Fitness Director here since our facility opened 20 years ago. He wears several hats while working for EastSide as the Head Martial Arts Instructor certified as a 4<sup>th</sup> Dan Black Belt in Kukkiwon at the World Tae Kwon Do Headquarters in Korea (WTF).

Al is also the Head Sports Performance Coach and has been certified through USA Weight Lifting in Colorado Springs at the Olympic Training Center since 2004 (USAW). Lastly, he is also the Head Personal Trainer and earned his certification with National Strength and Condition Association (NSCA). Al would like to welcome everyone, members and guests alike, to our facility and hopes that EastSide Centre becomes home for your fitness needs!