

BASKETBALL and HORSES What can these sports learn from each other???

What does Stephen Curry, considered to be one of the leading 3-point shooters of all time, and horses have in common? Well, Curry's form, game after game, shot after shot, changes very little. He is one of the most symmetrical athletes in today's game.



Here are examples of Curry's great form on the court....



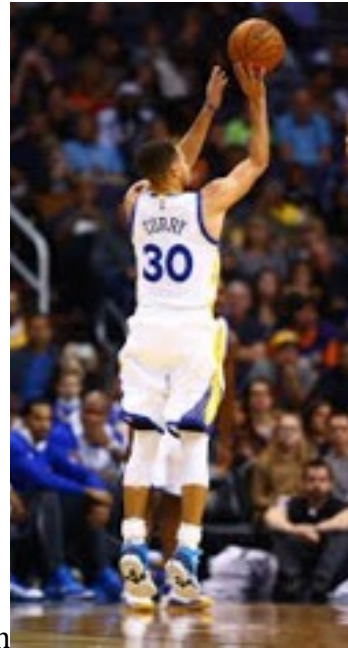
and again



and again



and again



and again

Could this symmetry be a reason why Curry is so consistent? Extraordinary performances are being accomplished by many athletes, but it is difficult to repeat these performances time and time again. Can symmetry be a hallmark of a consistent athlete?

There are many degrees of asymmetry but only one degree of symmetry. One of the major advantages of FES training is symmetrical stimulation of spinal muscles leading to a balanced and symmetrical spinal function. Could FES help improve muscle symmetry therefore improving performance consistency? An intriguing question.