

# You Too Can Experience More Flexibility & Better Movement Patterns In 5 Minutes A Day With Rotex Motion

Dr Joe LaCaze Interview 2020-07-21

**Joey Myers** 00:00

Hello and welcome to Swing Smarter Monthly Newsletter. This is your host Joey Myers and, on the phone, I have a good friend of mine that another friend of mine had connected us about four or five, six months ago, and his product RotexMotion has been on my radar for over a year and a half.

**Joey Myers** 00:19

For those of you who've read the book, Catapult Loading System, I mentioned a friend of mine by the name of Lee Comeaux out in Texas. He's a golf guy, and he's been hounding me about Dr. Joe's RotexMotion for a while.

**Joey Myers** 00:34

And just before we get into asking Dr. Joe some questions, I want to just say that we sell his product in our store and for those of you who know The Starting Lineup Store, we don't say that lightly. We don't just include everybody, every mother's product in our store. There's a reason why. And the reason why is in the preliminary case studies that we did using Rotex.

**Joey Myers** 00:59

We found that local hitters with heartbeats were improving their ball exit speeds by working a combination of first four weeks on ankle calf and foot exercises and then weeks five through eight, so one through four and then five through eight. We worked his rotational performance exercises, and within about six to eight weeks in, I had hitters that were stuck at around 87 miles an hour ball exit speed off the backspin tee. They ended up at about that six to eight-week mark around 93 off the backspin tee. 96 off of a regular Tanner tee.

**Joey Myers** 01:41

And I had hitters that were stuck in the 77 range that are now at 83. And this is with that. So not only ball exit speed performance, but also in range of motion. We've had guys typically you want to use RotexMotion, once a day or at least twice a day or at least once a day twice a day is optimum, and these hitters were coming to me two days a week. So wasn't even every day and they saw these gains.

**Joey Myers** 02:06

So it is my pleasure to announce Dr. Joe and I've never asked you is it "LaCase" or "LaCaze"?

**Dr. Joe LaCaze** 02:13

It's LaCaze.

**Joey Myers** 02:14

LaCaze. Dr. Joe LaCaze, thank you for joining us today.

**Dr. Joe LaCaze** 02:18

My pleasure Joey.

**Joey Myers** 02:21

I have a couple questions for you. What do you find, my first one, what do you find is the biggest mistake coaches' instructors or strength conditioning coaches make in training their athletes?

## **What do you Find to be the Biggest Mistake Coaches, Instructors, or Strength & Conditioning Coaches make in training Athletes?**

**Dr. Joe LaCaze** 02:32

Yeah, so I'm going to be very careful about mistakes because everybody's got their own form of doing stuff. You know, things that I might think is a mistake might work for some people. But across the board, I think the biggest thing that all of us do wrong is trying to get our athletes to do too much before their fundamental structure is active and strong.

**Dr. Joe LaCaze** 02:59

And I'm not just talking about kids. I'm talking about all the way up through the professional level is... If we look inside the body, we see some very, very little small muscles there, a lot of us have no idea what they're called and what their function is. We need to pay a lot of attention to building those small muscles and integrating them with the brain and the nervous system before we start adding load, speed, power, and all of that stuff.

**Dr. Joe LaCaze** 03:34

Next thing, and you know, I love baseball. I was born playing baseball, so I'm loving conversation, but I do a lot of stuff with golf and I've had the opportunity to work with some of the Top Golf instructors and coaches in the world. And even at that level, I find that they don't realize that once the event changes, and we'll get right back to baseball here really quick. But once the event changes, then we have to start thinking about how to train muscles differently than we ever thought of before.

**Dr. Joe LaCaze** 04:18

In baseball, we've got basic, basically, four positions in baseball, we've got pitcher, catcher, hitter, and runner. So anyhow, let's take runners. And so, if we go back to the anatomy books that we all learn from then those muscles where we're running straight ahead. Those are the muscles that we usually work in the gym and we get them big and strong, but then we get into the pitcher and the catcher and the hitter...

**Dr. Joe LaCaze** 04:56

And all of those muscles changed the rotational muscles, they're going to be the prime movers that we really need to work on. And there are some small muscles and if you've never heard of, for example, superior gemellus, then that is something that we need to know. I've tried to build a program with that in mind that baseball instructors aren't functional anatomist like I am.

**Dr. Joe LaCaze** 05:29

And so, I try to build a program where people don't have to know all the little muscles in the body, but are able to activate them on a daily basis. Does that kind of answer the question?

**Joey Myers** 05:42

And from there, Jeremy telling me about, before I connected with Dr. Joe, tell me about that really it takes three to five minutes a day, two to five minutes a day to really work Rotex and that's that was a big thing with me. Because I've been used to stretching and doing 40 to an hour stretching. I'm a yoga instructor. So those are like one hour to one hour and 15-minute sessions. And I didn't believe that three to five minute thing until I did myself and felt the difference.

**Joey Myers** 05:42

Yeah, it sure does. Dr. Joe, and many of you out there might be wondering, well, where did Dr. Joe come from? What is Doctor? And Dr. Joe is in chiropractic. He's a chiropractor. And also, many of you may be surprised to hear that he's a former navy seal. And what was interesting to me is the common friend we have, Jeremy Johnson, he introduced us and was giving me a little bit of background and said that Dr. Joe from years of Navy SEAL training and going on his tasks and things like that mission to that broke his body down. And a lot of that led to RotexMotion.

**Joey Myers** 06:53

And then also you can use the body range of motion app, BodyROM, you get that on, I think any Android or iPhone, and you can measure what it is you're trying to do. So Dr. Joe, what would be the difference? Why? Why would Rotex motion be better? Or maybe not better is not the right word than like stretching or any kind of the other recovery methods out there? What makes Rotex different?

## What makes Rotex Different?

**Dr. Joe LaCaze** 07:24

Yeah. This is something I love to talk about is that the time that a muscle has to connect to the brain, okay, so every Rotex exercise has some component of an isometric contraction. And so when we have an isometric hold, let's say it is five seconds for that hold. Then we're sending barrage, millions of extra signals to the brain. This is what I'm supposed to be doing in this position. That makes sense? To ya, Joey?

**Dr. Joe LaCaze** 08:07

The biggest thing I think that people need to know is that when you're using a Rotex machine, anybody can use them from like, eight years old, to 80 years old, because they have a very, very light tension. But the more you turn them, the strongest NFL player can only turn it to the end of their range of

motion, and then they're into an isometric contraction, and they're creating millions of more connections and in that position.

**Dr. Joe LaCaze** 08:40

We can use that information of having all of the stabilizing. But Joey, I'm going to ask you a question. You ever heard of cats and dogs? It is an exercise.

**Joey Myers** 08:50

Oh, no. I've heard of cats and dogs, cats and dogs.

**Dr. Joe LaCaze** 09:00

Okay, so there's an exercise that almost any physical therapists will know about or Chiropractor or whatever, to where you get on your hands and knees and you arch your back and put your head down like a mad cat. And then you get into a position of the show dog. And that basically works all your spine. Well. Recently, we've come out with another exercise, cats and dogs on Rotex.

**Dr. Joe LaCaze** 09:24

It is the difference in night and day because what you're doing is once you put the whole body in tension under working against the tension or resistance of Rotex, then you've activated every single stabilizer and rotator in the body. And then as you go through those motions, much better connections are made.

**Joey Myers** 09:46

Gotcha. In yoga, we call that cat cow. And, if that cow is the dog, right? You're saying that you would be on all fours, hands on the floor models which look to those out there not familiar with the floor model. They will like a DJ turntable, and your hand would go on a circular plate. The floor model itself, I think it's set at 11 degrees.

**Dr. Joe LaCaze** 10:12

Yeah. Yeah.

**Joey Myers** 10:12

In a down motion. What you would do, it sounds like you'd put the hand on each turntable on all fours? And then you would turn...

## The Secret 'Cat' 'Cow' Rotex Exercise

**Dr. Joe LaCaze** 10:23

You rotate your shoulders out. And then once you rotate your shoulders out about 40 to 50 degrees, you've got a lot of tension. It goes all the way down your spine and into your sacrum. And then you start doing the work cats and cows?

**Joey Myers** 10:40

Yeah, right. Cat and cow. Yep.

**Dr. Joe LaCaze** 10:43

Yeah. Then you start doing it, it's a whole different exercise. You can feel that thoracic extension you can feel the neck flexion the ankle flexion.

**Joey Myers** 10:56

Well, I love that I'm going to add that in because I you do the normal one where you have it where you pinch the Scap together and then you outwardly rotate the hand. 30, 40 and 50. And then you go into kind of a child's pose. I will add that in because I love that and that's a big thing...

**Dr. Joe LaCaze** 11:12

Yep. I'll send you a video I made last night...

**Joey Myers** 11:14

Please. Yeah, that's a big one in. In yoga, especially in the beginning, when we first start, we do some groundwork before we get into the sun salutations stuff. And you go into that cat cow quite a bit. I mean, you inhale in cat and then you exhale into cow and you do that like 10 times and such a great move to do in the beginning to get the spine moving. Because most people when they're sitting, they go into a cat flex position, where they're rotating the pelvis backwards and posterior tilt.

**Joey Myers** 11:43

And so you get into that cat position, but they don't really feel the cow.

**Dr. Joe LaCaze** 11:48

Yeah, yeah, I gotcha, so you having thought that...

**Joey Myers** 11:52

Any movement, really, unless like you said, running has rotational elements in it.

***“Every Single Natural Movement in the Body is some Form of Rotation.”***

**Dr. Joe LaCaze** 12:43

Yeah, so I don't want to completely discredit myself. But really, every single natural movement in the body is some form of rotation, okay? And torque is what creates rotation. If you take the... let's just take the shoulder joint, right? We can rotate that forward; we're going to call it flexion. We can rotate it back, which we're going to call extension, we can rotate it out to the side, which we call abduction, we could rotate it inwards, which we call adduction, we could rotate it inwardly and rotation we call the internal rotation and external rotation. There are six movements. But if you look at the shoulder joint itself, all it's doing is rotating. Right?

**Dr. Joe LaCaze** 13:28

So we we've taken that information, and come up with a plan that every single time, and I'm sure that your listeners have heard of compensation patterns, things like that, but every single time we have an

issue, then three of those ranges of rotation are going to be tight and three of them are going to be looser and weaker on the opposite side.

**Dr. Joe LaCaze** 13:57

What we do is we activate the opposite side. We can create much more range of motion and much more stability and less time than anybody ever thought.

**Joey Myers** 14:09

And it's amazing, part of one of the questions I had when we first connected was how long does this stick? Can you talk a little bit more about when they do a three to five minute, say whether it's ankle or say even shoulder? How long do the benefits stick?

## How Long do the RotexMotion Benefits Stick?

**Dr. Joe LaCaze** 14:25

Yeah. You mind if I tell you a quick story about an ambush. Not a military ambush. But I was invited to a really, really high level. Hip Institute. I won't mention it, but I don't think that they would mind me mentioning this. But anyway, I was kind of ambushed. I was invited there, they said they wanted to find out more about it. Well, there were two people in there. One is a world class physical therapist. The other one is the owner of the Institute and there was another person there, a world class, like exercise guy, right?

**Dr. Joe LaCaze** 15:07

So anyhow, the owner said, well, you measure her and you measure him for hip range of motion and bodyweight squat. And then we're going to do the four Rotex motion moves that Dr. LaCaze has for us. And then we're going to measure again, and they were like jaw dropping that they had increased so much. And both of these people are like, you wouldn't think that they could increase a degree or anything.

**Joey Myers** 15:36

Was it like three to five minutes?

**Dr. Joe LaCaze** 15:37

They were for four exercises. Two minutes. So anyhow, and then as I was going out, he said, Okay, how long are you going to be here? Because the guy's going to come from California... said how long you got to be here and I said, I'm going to be here two days. Okay. 48 hours, come back in here. And you guys measure yourselves again without doing Rotex again.

**Dr. Joe LaCaze** 15:58

And it was the same. So again, hung around at least, and actually hers went up a little bit. So making some integration with the nervous system for that the nervous systems kind of like seeing a new program kind of complicated and I don't even really understand all the ways it works, but it does work, and if it's done correctly pretty much 100% of the time.

**Joey Myers** 16:27

And part of what struck me about Dr. Joe, was that coming from a chiropractic background for those that don't quite understand what chiropractic is, haven't been to one or have been to one just don't understand what's working. Chiropractic and correct me if I'm wrong, Dr. Joe, but it's more of working on central nervous system. I call it like tripping a circuit breaker and then turn it off. Turn it back on. That's kind of what...

**Dr. Joe LaCaze** 16:53

Yeah, yeah, yeah. And I just want to add something if you don't mind. I'm not trying to beat my chest. But I want to add in some other things in the way that I invented Rotex, also am a neuromuscular therapist also certified for flexibility techniques also taught spinal biomechanics for eight years. So those are all the combination of what brought me to invent such a simple thing that worked so well.

**Joey Myers** 17:23

Yeah. And I that's what I was getting. Dr. Joe like, yeah, you hear the chiropractor, former Navy SEAL guy. He's got some good credibility. And then when we were talking, he was talking about he understood the spinal engine, which, as many of you know, are on this, listening to this. And you know, I'm huge on the spinal engine, springy fascia, Thomas Myers, he was into that. Any name that I mentioned around that he understood.

## **Moving Better in TWO to FIVE Minutes per Day**

**Joey Myers** 17:46

And that's where we start to figure out somebody who creates something so to me, so intuitive, and it doesn't take a lot of time for it to work and it's an easy it's not a 40-minute stretch routine. It's not an hour and 15 Yoga routine where you have to segment an hour and 15 minutes of time, or hour and 15 segments of time in order to get it done.

**Joey Myers** 18:09

We're talking three to five minutes and like Dr. Joe said, but two minutes to do four exercises, when he got ambushed and found out that it stuck for at least 48 hours could be more than that. And I just can't speak more highly about it. I just feel like what I felt and from my perspective, I did my own experiments I like to do that with things like this. And I did a week. The first week I got it I did the foot ankle and calf exercises. I think there's five there, I did five or six.

**Joey Myers** 18:45

Because I had an ankle that I turned really bad in college on my freshman year and it's translating into my knee and then my right knee the tightness in the right knee. I measured dorsiflexion from the body range of motion the beginning and did two times a day for a week and I increased my ankle stretch on my right side, that's the problem ankle 15 degrees in a week. And that was just probably what, three minutes, three minutes for all the exercises two times a day.

**Joey Myers** 19:13

And then the next week, I did the rotational movement ones. And I increased my rotational movement on both sides, which I think I started off at... I don't know if I measured right, but it was something like 75 degrees one way to 80 degrees the other way, or 85 degrees the other way. I was 10 degrees off imbalance, at the end of it, at the end of the week doing the rotational performance exercises once a day. I did it seven times total. At the end, I increased 20 degrees, around 20 degrees in each direction ended up being 105/105.

**Joey Myers** 19:47

I balanced it out, plus increasing 20 on one side and what 10 on the other whatever it amounted out to be 20 or 30. So balanced out and that's the big thing with my hitters that I always talk about is #1: we're looking for balance. We want balance both ways. Whether it's right ankle, left ankle or turning right turning left, we want minimize, which is going to help minimize injury, we want to increase. So that's increase your range of motion. And then it translates almost directly, we could probably argue indirectly to your ball exit speeds.

**Joey Myers** 20:22

We're getting here at the end of the time, but who this is for before I ask you, Joe, where people can find you more, who this is for. You're talking about a range of price. And if you get just the handheld i think is Joe's at 150?

**Dr. Joe LaCaze** 20:38

149.

## One Handheld Model: Half the Price of a Metal Bat

20:41

And if you get the two floor models, I think it's 349. Right? It's up in price if you get the whole thing. I have one handheld and two floor models; I think that is 510...

**Dr. Joe LaCaze** 20:56

429. So how much is a bat?

**Joey Myers** 21:01

Exactly. A bat is between 300 and 500 bucks.

**Dr. Joe LaCaze** 21:04

I can make a guarantee that this will be much more work to the baseball player and the parents than a bat could ever be.

**Joey Myers** 21:16

That is a great point to the parents as well. You parents out there that golf you parents out there sit a lot you parents out there that have knee issues, shoulder, neck, whatever you name it. This is going to help the parents as well I've had a few of my parents, my local parents jump on and do some exercises and felt so much better afterwards.



**Joey Myers** 21:35

So if you're looking for something that's going to help the performance help reduce injury, and to increase range of motion and just make if the hitter or the parent doesn't have certain body aches, pains, whatever. Obviously pain you want to see a specialist and don't just jump on just to reduce the pain but see a chiropractor, PT or whatever, just to make sure you know where that that pain is. We don't do that on we don't say that it's going to reduce pain or anything like that you got to be professional.

**Joey Myers** 22:06

But you can increase the range of motion all that kind of stuff, so Dr. Joe where can we find more of... where can people find you?

**Dr. Joe LaCaze** 22:15

Okay so our site is RotexMotion.com, and Rotex by the way stands for "rotational exercise". It's R-O-T-E-X motion.com. And then on Instagram and by the way, people that are interested in understand a little bit more about the body. We have an Instagram page called Rotex motion and then my name is attached to it Dr. Joe LaCaze.

## **10% OFF Discount Code to Apply to Checkout**

**Joey Myers** 22:42

Cool and then I again I mentioned the beginning of this that I have Rotex in at TheStartingLineupStore.com. And you can go there and you can get the Rotex and if you put in the coupon code, GET10OFF. So all caps G-E-T, the number 10 without the hashtag sign, so GET10 and then off O-F-F, put that in at checkout and you can get 10% off any one of the Rotex packages, whatever it is that you find that you want.

**Joey Myers** 23:13

And if you can't say, I got some players that are college hitters that don't have a lot of money. So what I tell them is to at least invest in the handheld because there's a lot of things you can do on handheld, and if you go to RotexMotion.com, click the training tab. Dr. Joe's got a ton of exercises in there and you can look at all of them if you just click the "All Exercises" tab that he's got.

**Joey Myers** 23:35

But if you want just handheld exercises only, click that one and it'll come up with all the video exercises with all handhelds and just with the handheld you can get a lot done. It's not complete you probably need the floor models at least for calf exercises and a lot of the shoulder stuff and the cat cow one that Joe was talking about, but the handheld at 149... You can't beat that price for a lot of this stuff that you can get and plus 10% off. So, Joe, Dr. Joe, thank you so much for coming on. We may do a part two in the future, but I appreciate your time here today.

**Dr. Joe LaCaze** 24:12

It was great, always great talking to you Joey. Thanks for having me.

**Joey Myers** 24:17

You got it, brother. Thanks. Oh, and I'll talk to you. Well, we'll keep in touch.

**Dr. Joe LaCaze** 24:21

Sounds great.

**Joey Myers** 24:22

You got it.

**Joey Myers** 24:22

Bye