CORRECTIVE EXERCISE

Benefits of Corrective Exercise

- Pain Reduction - results can be immediate and profound. Although not immediately permanent, these results may be reproduced on a daily basis in the luxury of their own home.
- Empowers you to take control over your pain without drugs, surgery or manipulation.
- Improves functional and athletic performance.
- Helps reduce the risk of training and sports injuries.
- Identifies physical imbalances and weaknesses.
- Identifies the difference between movement quality and compensations.
- Identifies cause-and-effect relationship to micro trauma.
- Improves the activities of daily living.
- Enhanced strength, flexibility and power.
- Postural Improvement.
- Stress Reduction.
- Better Overall Sense of Well being.

What is Corrective Exercise?

Corrective Exercise is a form of exercise that brings the body back into a perfect postural position. The body is designed to perform at its optimum level when it is in a position of good posture. Unfortunately over time we tend to pick up all of these bad habits of slouching, leaning or even sitting at our desks at work in these really strange positions.

Over time, you will gradually start to assume that position in everyday things that you do. This means that the body will tighten in certain areas and loosen in other areas. Muscles will become weaker and some may not even work at all.

For example, your left hip might not be painful. But because it is not working properly, you develop a rotator cuff problem in your right shoulder. Or your tight calf and restricted motion in your ankle is causing your lower back pain. Compromised movements in one part of your body will lead to symptoms developing in another part of your body.

Corrective Exercise is designed to undo all of these imbalances and compensations and guide the body to work in harmony and without pain.

Through Corrective Exercise you will be loosening the muscles that have become tight, and activating the muscles that have become lazy. Basically you will be working towards reeducating your body to move as it was designed so that it can function at its optimum level.

These exercises improve your body’s biomechanics and remove the negative stresses from your body. It’s these negative stresses that accumulate causing pain and affecting your ability to move normally.

Through Corrective Exercises we reintroduce proper function to your body, which in turn restores correct structure. When your body stops compensating for imbalances you are able to move freely and your pain disappears.

We combine the scientific principles of biomechanics, physics, motor control and human physiology to correct the cumulative stress on your body. Even very small structural changes, if they occur over
time, alter your muscles and joints ability to perform properly. This is because no muscle works alone; each is connected to another part of the body.

**Why Is Corrective Exercise So Different?**

Corrective Exercise focuses on the foundations of optimum posture, quality movement, and core coordination and function. It serves two major purposes:

- A long lasting solution for anybody with injuries, aches, pains, or joint problems looking to resolve their condition
- The missing link for anyone needing exercise to improve, fitness, health, well-being or sporting performance.

Corrective Exercise is based on the simple fact that each muscle is connected to another and our nervous system communicates between all muscles and joints. By reintroducing proper structure in the body, structure can improve and you can move freely and with less pain as time goes by.

Corrective Exercise is an essential tool for people of all abilities and ages. With the right Corrective Exercise program for you, the flaws in any technique can be overcome. From something as advanced as sprinting or as repetitive as working on your computer—Corrective Exercise is the answer. Poor technique in any kind of movement sets the stage for injury, and ill health.

For the athlete or active person, Corrective Exercise can improve performance and efficiency, reduce the chances of injury, and allow the body to rehabilitate optimally from injury.