

## FREQUENTLY ASKED QUESTIONS

### **What leads to compensations, weakness, and pain?**

Over time, and for various reasons, we develop compensations. Perhaps daily movement has been neglected because we sit in front of a computer more than ever before. Perhaps you've sustained an injury due to an accident. The body will make up for a weakness by asking more of other muscles and joints than they are designed to do. This becomes what most people term 'overuse,' but in reality it is improper use. The good news is that your body reacts to stimulus all day long, and you can reverse compensations by reintroducing proper movement into your daily routine. In no time at all, you will feel taller, straighter, stronger and more connected than ever.

### **Is this program any different from Pilates or yoga?**

Our approach incorporates movements and poses from all types of exercise programs, including Pilates and yoga. The focus of our approach is to assess and improve posture, joint position and muscular function. Daily routines are designed for you in a one-on-one setting to address any existing biomechanical dysfunctions. Routines are also highly individualized to address your unique history and to unravel your patterns of compensation and dysfunction. Most clients find that this approach then greatly improves their ability to practice yoga, Pilates and perform all other sports or daily activities.

### **How is this program different from Physical Therapy?**

Traditional physical therapy employs the use of a generalized protocol to treat a specific injury or part of the body in pain. Our approach works in conjunction with physical therapy to address the cause of your symptoms and also to prevent future injury or pain. This approach differs from physical therapy in that it remains focused on improving joint position and biomechanics to eliminate pain and improve function. In addition to addressing the entire body as a unit, we also take into account your entire list of symptoms and seek to resolve them as connected problems. In this way, you will finally be able to end the cycle of pain and compensation.

### **How does this program enhance athletic performance?**

The routines are designed to complement traditional fitness and training programs by eliminating muscular compensations and weaknesses that would otherwise inhibit optimal performance. Achieving and maintaining a neutral hip and spine position along with proper knee and foot position will translate into speed, power and efficiency. If the right muscles are stabilizing and moving the body, then you will then get the most out of your body. Correcting muscular imbalances will not only keep you off of the sidelines, but will also ensure that you will be the strongest and most efficient player out there.

### **Can I still see my chiropractor, massage therapist, acupuncturist, etc.?**

The most important thing is to be aware of how you feel once you begin your postural routine. Some clients continue to need a combination of therapies in order to make progress. Others find that their need for other modalities of pain relief are diminished or eliminated altogether. If you continue to seek assistance from another practitioner, remember to communicate with him/her about what your posture routine entails.

### **Will my insurance cover this form of therapy?**

Flexible spending accounts usually cover this type of therapy. Most insurance plans will only cover corrective action, and will not pay for preventive action. Check with your carrier to see if you can get a reimbursement for the services provided by your therapist.

## **How long will it be before I feel better?**

It all depends on the individual; it probably took a long time to get to your current condition, sometimes it takes a while for you to get out of it. For some, the results are almost immediate, for others it takes longer. Remember, the more consistently you perform your prescribed routines, the sooner you will be pain free and feeling better. It's all up to you!

## **How many routines do I need?**

Each routine builds on the previous routine. There is no magic number of routines, since the layers of compensation and dysfunction are different for everyone. If you have been in pain for years, it will probably require more than one session to get your body to be able to move without limitation. You may need to go through a series of routines that will progressively unravel years of compensation. With each routine your body will increasingly look and feel better.

## **How long are the routines?**

Everyone responds differently, but generally speaking, a commitment of an hour a day will yield the fastest results. As your body changes, you will need to do less each day to maintain your health. Be sure you let us know how much time you can commit to daily. It will take longer to feel better if you don't commit much time, or if you don't do the routine daily, but it will still help. Just like any exercise program, your results will be determined by the effort you put into the program. You can perform almost all of the stretches and exercises in the comfort of your own home, eliminating extra commuting time to a gym.

## **Do I have to follow the order of the exercises in my routine?**

Menus are prescribed in a specific manner for specific reason. It is imperative you follow your menu as it is written.

## **Does it matter if I perform my daily routine in the morning or the evening?**

While it is preferable to perform your entire routine in the morning (in order to gain the benefits of an aligned foundation for the rest of your daily activities), it is certainly acceptable to perform the exercises at other times during the day. Performing the exercises properly and on a consistent daily basis is more important than WHEN they are done. It is also acceptable, if necessary, to split the menu of exercises into morning and evening segments. Consult with your therapists about when and how to break up the routine into smaller segments if needed.

## **Should I continue my workout routine or current activities?**

This depends entirely on your condition(s) and should be left up to your therapist. Seek advice from your therapist about what to keep doing. Our bodies are designed to move, and all movement should be good for the body. If a specific activity or movement hurts, then the body is alerting you to the fact that something is wrong. You will have to listen to your body to determine how quickly you can get back to your current activities. The pain will diminish as you improve the biomechanics and joint position of your body with the daily routine. You will begin moving with greater mobility, range of motion and body awareness, thus finding greater enjoyment in your current workout program, sports, or daily activities.

## **Once the pain is gone, do I need to keep doing my routine(s)?**

Yes! In order for the body NOT to fall back into old patterns of misalignment, you must continue to remind it of how it was designed to move. Your therapist can update your routine at any time to add variety and challenge, and to continue address your specific biomechanical weaknesses. In the similar way that you brush our teeth daily to promote tooth and gum health, you can promote long-term joint and muscle function by doing a maintenance routine of a few exercises and/or movements daily.