

Corrective Exercise

Why corrective exercise?

Corrective exercise pays detail attention to how the body is moving as a whole. When dealing with injuries or being out of shape, the muscle systems of the body are either too tight or too weak. Over time, these imbalances accumulate, resulting in decreased functioning of your body or perhaps injury. Corrective exercise allows for your pattern to be identified through a gait analysis and an observation of the exercises themselves so the proper sequencing of exercises can be recommended to safely bring you out of pain and help you meet your goals.

CSM's Style

Bryan assists his clients in learning a series of exercises to facilitate a progression of movement into proper biomechanics, giving them the tools to create workouts that address their individual neuromuscular imbalances. Walking, standing, lifting, pushing and pulling are some of the most basic activities that we do as humans. Using proper biomechanics allows you to perform these movements with stability and without pain. All the exercises that we give you have a practical use in every day common activities and sports.

Benefits:

- Rehabilitate chronic and acute injuries

- Knowledge of proper biomechanics

- Reverse unhealthy neuromuscular patterns

- Increase stability, balance, strength,
flexibility, and confidence