



## *The BioMechanics Method*

The BioMechanics Method is a systematic assessment and corrective exercise process used by health and fitness professionals in over 60 countries to help people alleviate muscle and joint pain and improve their movement capabilities. It is endorsed and approved by the industry's major certifying organizations and widely recognized as the most popular corrective exercise program in the world.

When you first begin working with your corrective exercise specialist expertly trained in The BioMechanics Method you will undergo a comprehensive musculo-skeletal assessment. Results from this assessment will then guide your specialist to understand what muscles and other soft tissue structures are contributing to your condition. This information will then be used to select and design a sequential and progressive corrective exercise program to successfully eliminate your aches and pains so you can move without limitations and enjoy life to the fullest!



## *Benefits of The BioMechanics Method*

After evaluating your musculoskeletal system your specialist will design a corrective exercise program that not only swiftly targets your painful symptoms, but improves the function of your whole body to safeguard your long-term movement and exercise capabilities. Retraining your body in this manner ensures that it will continue to work efficiently as a healthy integrated system that can function without pain, excessive stress and unnecessary wear and tear—now and in the future.

Every aspect of The BioMechanics Method is taught in a step-by-step and easy to understand manner to make certain that you are competent and familiar with what you will need to do at each stage of your program. Specialists in The BioMechanics Method are also trained to utilize different learning styles to communicate with you in order to facilitate your adherence to and success with your corrective exercise program.



## *The Assessment Process*

When you first begin working with a health and fitness professional trained in The BioMechanics Method you will undergo a full-body musculoskeletal assessment.

This process begins with an in person verbal consultation to gain insight into your health history and those factors that might be affecting your current musculoskeletal health. A comprehensive visual and hands-on assessment will then be conducted of your feet, ankles, knees, hips, pelvis, spine and head. This noninvasive procedure will identify any problematic imbalances that might be contributing to your pain and dysfunction. During the assessment process, your specialist will teach you how the imbalances they find in one area of your body may be causing pain and/or dysfunction in others.

At the conclusion of the assessment process your specialist will summarize what they have discovered and discuss possible corrective exercise solutions.

## *Your Corrective Exercise Program*

At the commencement of your corrective exercise program your specialist will select and teach you the most effective self-myofascial release techniques to help rejuvenate and regenerate those areas of your body that have been negatively affected by your musculoskeletal imbalances.

As the health of your muscles improves, you will then be introduced to specific stretches to improve your range of motion and joint mobility. Finally, as movement is restored strengthening exercises will be integrated into your program to fortify your body to maintain correct alignment.

Your specialist is trained specifically to know how to regress, progress and create alternatives for any exercise. This allows your program to be tailored specifically to meet your particular needs and abilities at each stage thereby guaranteeing outstanding program results.



## *Equipment*

The majority of The BioMechanics Method corrective exercises are designed to be performed using little or no equipment so that you can continue with your program anywhere. However, some exercises may require that you purchase a few very inexpensive items like two tennis balls, a baseball, and a golf ball for use during the self-myofascial release portion of your program.

Your specialist may also recommend that you purchase a foam roller or other pieces of equipment that will help you loosen those parts of your body that are restricted and tight. As you progress into the stretching and strengthening phases of the program, regular access to an exercise ball and band will help you improve your flexibility and increase your strength.