

A close-up photograph of a woman's face, showing her eyes, nose, and a slight smile. The image is positioned on the left side of the page, partially overlapping the text area.

The BioMechanics Method

The BioMechanics Method is a revolutionary approach to chronic pain relief. It centers around biomechanically-based structural assessments that identify poor alignment and body mechanics that negatively affect muscles and soft tissue structures. The results of your structural assessment guide your allied health and fitness professional in selecting exercises that are purposefully designed to alleviate your specific chronic pain issues. The combination of anatomically-focused assessments and sequential corrective exercise programs unique to The BioMechanics Method can help you successfully eliminate back, neck, shoulder, knee, foot, ankle and joint pain.

Every aspect of The BioMechanics Method is taught in a step-by-step manner to ensure that you are comfortable and familiar with what you will need to do at each stage of the process.

Choosing to use The BioMechanics Method to help you overcome chronic pain is a great decision. If you perform your homework exercises regularly, you can dramatically improve your quality of life and realize your ultimate dream of living an active life without pain.



Benefits of The BioMechanics Method

Selecting a health and fitness professional trained in The BioMechanics Method is your first major step toward becoming pain-free. These distinguished professionals are proficient in understanding human anatomy and movement, can evaluate musculoskeletal structures for problematic deviations, and are experts in designing corrective exercise programs that swiftly target and eliminate pain. They appreciate how malalignments of any kind can create pain, injury, and dysfunction throughout the entire body, and can use the results of your individualized consultation and assessment to pinpoint your specific needs.

These talented professionals can use their specialty skills to help you address the underlying causes of your chronic pain, not just the symptoms. This means you can eliminate the current issues you are experiencing and also prevent your body from breaking down in the future. Using The BioMechanics Method to address your body as a whole will not only result in the elimination of pain, but can also lead to a reduction in stress and an improvement in performance.

Exercise Solutions for Chronic Pain



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 structural assessment that includes a verbal, visual, and hands-on assessment of your feet and ankles, knees, lumbo-pelvic hip girdle, thoracic spine and shoulder girdle, and neck and head.

This noninvasive assessment will help your specialist identify those musculoskeletal imbalances that are specific to your body and responsible for causing your pain. During the assessment, your specialist will teach you how malalignments in one area of your body may be causing pain and/or dysfunction in other areas.

The BioMechanics Method of structural assessment is designed to enable your health and fitness professional to easily and competently explain what is happening during the assessment process. The assessment results are then summarized for you so that you can understand exactly what is going on with your body.

Corrective Exercise

The results of your structural assessment are used to guide the design and successful implementation of your corrective exercise program. At the start of your exercise program your specialist will teach you self-massage techniques to help rejuvenate and regenerate those tissues that have been adversely affected by poor alignment. As your body begins to loosen up, you will be introduced to specific stretches to teach you how to move correctly through various ranges of motion. Finally, as mobility is gained, strengthening exercises will be integrated into your program to help retrain you to maintain correct alignment and movement mechanics.

The sequential use of The BioMechanics Method corrective exercises ensures that elimination of your pain is permanent and your level of performance continues to improve. Your specialist is trained specifically to know how to regress, progress and create alternatives for any exercise. This means that the exercise portion of your program can be tailored to your particular ability level at each stage, thereby producing outstanding program results.

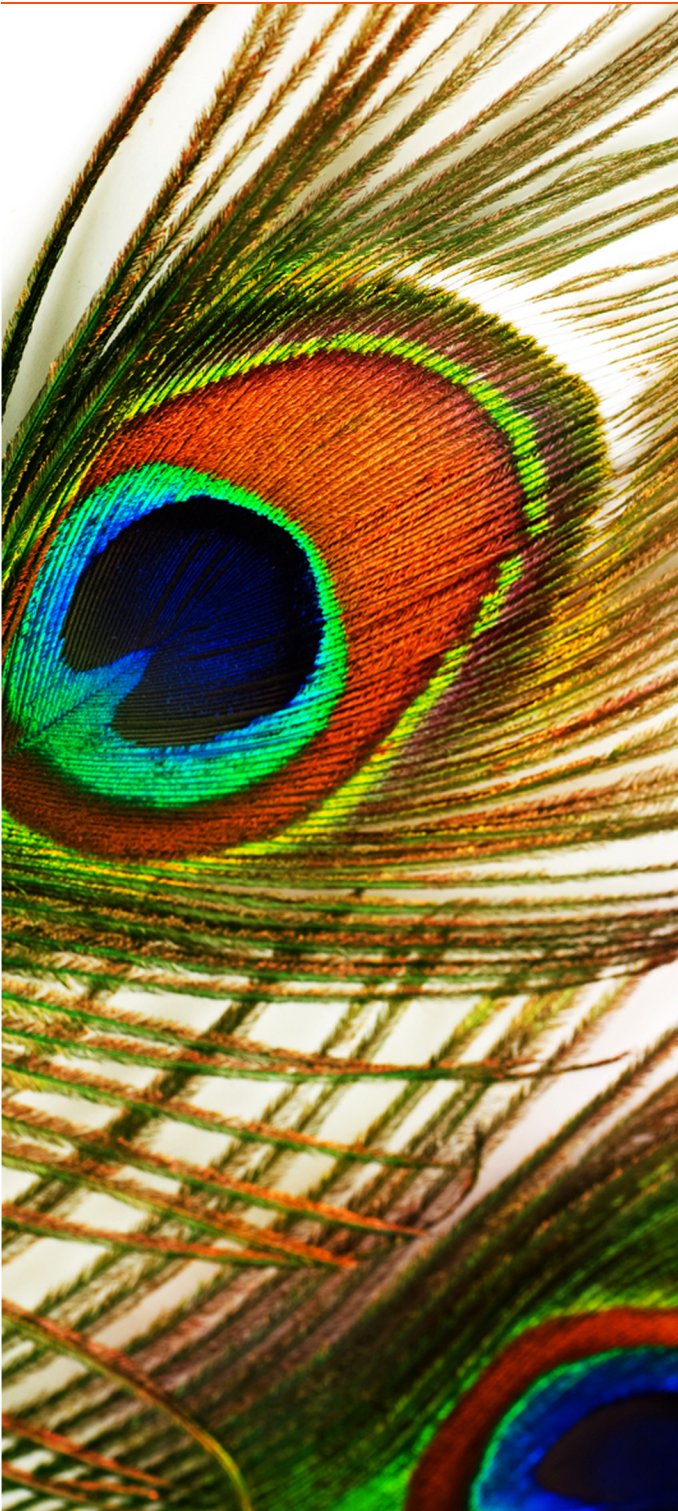


A close-up photograph of a person's lower leg and foot. The person is wearing black athletic shorts and a black and orange running shoe. Their foot is resting on a large, blue, dome-shaped exercise ball (BOSU ball).

Equipment

The majority of The BioMechanics Method corrective exercises are designed to be performed using little or no equipment. However, some exercises may require that you purchase a few very inexpensive items to help facilitate your success. Tennis balls, baseballs, and golf balls are simple tools that will be recommended by your health and fitness professional to be utilized as part of the self-massage portion of your program. Your specialist may also recommend that you purchase a foam roller, Theracane®, or other small 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 a gym/BOSU ball or an exercise band will help you improve your flexibility and increase your strength.

The creators of The BioMechanics Method have vetted many of the world's most prestigious equipment distributors to ensure the equipment you use while performing your corrective exercises is second to none. Ask your specialist for recommendations regarding equipment or visit www.thebiomechanicsmethod.com to see what's available on the products page.

A close-up photograph of a peacock feather, showing the intricate patterns and vibrant colors of the eye. The feather has a central blue and green eye surrounded by orange and yellow, with fine, radiating lines of brown and green.

Fun Facts

Did you know that creators of The BioMechanics Method have appeared in The Wall Street Journal, The New York Times, The LA Times, Newsweek, Tennis Magazine, Men's Fitness, Men's Health and Fitness, Arthritis Today, Shape Magazine, Self Magazine, and on The British Broadcasting Corporation, MSNBC, The Discovery Channel, Fox News, and WebMD?

Did you know that components of The BioMechanics Method are utilized all over the USA (including Alaska and Hawaii) as well as in Canada, the United Kingdom, the Republic of Ireland, The Netherlands, Belgium, Germany, Switzerland, Sweden, Spain, Italy, Greece, Israel, Croatia, Russia, United Arab Emirates, Kuwait, Singapore, Australia, New Zealand, and South Africa?

Did you know that educational content developed by the creators of The BioMechanics Method is used by some of the world's most recognized health and fitness educators including the American Council on Exercise, the International Dance and Exercise Association (IDEA), the National Strength and Conditioning Association, Personal Training on the Net, Personal Training Academy Global, Power Systems, BOSU, and Fitness Anywhere?



Exercises



Today's date

My next session is

Exercise Solutions for Chronic Pain