

Corrective Exercise

- In everyday life we constantly participate in activities that create imbalances in our bodies. From sleeping on one side, to sitting for a long periods of time, to playing tennis or golf, or even wearing heels... Our bodies slowly develop strengths and weaknesses that eventually lead to asymmetry in our posture and movement. Muscle imbalances can lead to chronic problems such as knee pain, back pain, headaches and increase your risk of injury.
- Our Corrective Exercise Programs will not only help you reduce risk of injury and pain through loosening up your tight muscles, strengthening weak ones, and improving posture and coordination, but also through teaching you how to get the most out of your current workout routines. This includes continuous evaluation through performance, posture, and movement assessments to insure the progress.
- Let us show you how you can move pain free and enjoy doing what you love to do the most.