

Services

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Car accident and whiplash recovery is best accomplished by providing key information to support early injury recovery! This is an area I specialize in, bringing 25+ years of experience to promote a safe, logical, and progressive care plan for a full return to life's activities and pleasures. Treatment includes calming down acutely injured tissues, instruction on how to position to reduce headaches and to minimize further stress on injured sites. Unfortunately, many with this injury wind up with prolonged healing times due to an overly aggressive start to treatment and/or a lack of critical information that supports early injury recovery.

Injury treatment and prevention programs consist of a thorough evaluation to properly identify injured tissue, then diagnose and properly treat the injury. This involves how you move globally, helping you understand your injury, helping decrease anxiety surrounding pain, and putting you in control. Treatment may consist of soft tissue work, manual therapies, and kinesiotaping. Treatment always includes very specific therapeutic exercise or activity to retrain the body's ability to move without pain. An understanding of what your core is and how to appropriately access that core is essential. Movement instruction is always based on sound body mechanics to prevent further recurrence of injury. I also include cross training suggestions to improve overall performance and function for long term health.

Balance enhancement and fall prevention is essential to healthy maturity. Programs are designed for an individual's specific areas of balance challenge. This can include improving flexibility, strength, and reaction times. Programs are designed to give a client the confidence and skills they need to arise independently from the floor.

Personal Training with your goals in mind. Whether you want strengthening to prepare for a hiking or rock climbing trip or just to feel better in your body, a good program starts with listening to your goals, then creating a program that fits into your lifestyle habits. The best program is the program that gets done! Muscles strength and length, joint range of motion, heart rate and blood pressure are some metrics included in your portfolio of starting points, along with your specific and measurable goals.

Performance Enhancement is an aspect of personal training that begins with an in-depth assessment of muscles, joints, reaction time, and power needed for your specific sport or activity. For example, a weak turn on the ski slopes may be more due to weakness in deep hip muscles rather than what appears to be knee weakness.

Functional Assessments look at large global movements to discern where and why faulty patterns are occurring. These assessments involve performing several functional movements such as squats, stepping up or down various heights, reaching overhead, pushing or pulling objects. The use of mirrors, videos, auditory and tactile cues can be used to enhance feedback.

Movement Re-patterning replaces faulty movement habits. These habits can be a "chicken or the egg" scenario, with faulty movement patterns leading to pain, or pain leading to faulty movement patterns. Either way, the goal is to provide options for corrective re-patterning.

Soft tissue massage and joint mobilizations are important tools in both assessing and treating injury and movement dysfunction. This is an integral part of my toolbox to return you to peak function. This may involve a focused area, or broader areas of the body, depending on your specific concerns and type of injury. Instructions in some of these techniques may be possible for you to do independently, between our treatments, with the use of tools or your own hands.