

# Pain Free Posture MN

CORRECTIVE EXERCISE SOLUTIONS

ELIMINATE CHRONIC PAIN. IMPROVE POSTURE. MAXIMIZE PERFORMANCE.



At Pain Free Posture MN we offer **a variety of complimentary therapeutic modalities and personal training to help YOU meet your health, wellness and athletic performance goals.**

I teach from a whole body approach with YOU, the WHOLE YOU in mind, body and spirit to help you accomplish your goals. Whether you come in to address chronic muscle and joint pain, require posture correction, Pilates, or wanting to improve your overall fitness, functional movement patterns, or body composition change/weight management.

No matter what option you choose, you will be taught with a reference of biomechanics based structural and functional assessments that identify poor joint alignment and body mechanics that negatively affect muscles and soft tissue structures. With this information guiding your programming, I then make recommendations on the best course of training that meets your needs and helps you accomplish your short and long-term goals. I program to select exercises that purposefully alleviate chronic pain, compensated movement patterns and promote normal function to help you move with freedom in activities in daily living and athletics.

The combination of anatomically-focused assessments and sequential corrective exercise programs will help you successfully eliminate back, neck, shoulder, knee, foot, ankle and joint pain, improve core strength and then take this stronger, more stable and functional body into the activities you LOVE to do!

Every aspect of your Corrective Exercise programming 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.

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Choosing to use Corrective Exercise 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 drive of living an active life without pain.

## Benefits of Hiring Coach Deb



Choosing to partner with Coach Deb as your trainer is a privilege and honor!

I am well experienced and proficient in understanding human anatomy and movement, can evaluate musculoskeletal structures for problematic deviations, and love the creative process of problem solving when designing corrective exercise programs to swiftly target and eliminate pain. They appreciate how misalignments 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.

My specialty skills were all sought out to increase my ability to help you address the underlying causes of your chronic pain, not just the symptoms. This means I'll work to teach and empower you with new skills so YOU can eliminate the current issues you are experiencing and also prevent your body from breaking down in the future. My goal is to teach you the skills to address your body as a whole to eliminate pain, improve posture and maximize performance in activities of daily living and athletics.

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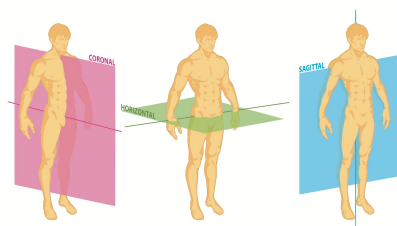
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## The Posture and Function Assessment Process

Should you choose to invest in a Posture and Function Assessment, you will undergo a full-body structural assessment that included 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 misalignments in one area of your body may be causing pain and/or dysfunction in other areas.



This interactive assessment is designed to both educate you, and help 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. For example, you may have chronic low back pain, but never made the connection to a foot that over-pronates, over plantar-flexes causing your knee joint to rotate inward. This information then helps you see the necessity and value in an at-home corrective exercise program, and provides the necessary insight to your coach to program your sessions.

## The Corrective Exercise Process

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

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gained, strengthening exercises will be integrated into your program to help retrain you to maintain correct alignment and movement mechanics.

Follow-up appointments are to build upon your success in a sequential way to ensure that elimination of your pain is permanent and your level of performance continues to improve. Coach Deb 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.

## Equipment

The majority of at-home 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, Lacrosse balls, and golf balls are simple tools I often recommended to be utilized as part of the self-massage portion of your program. Other helpful tools are a foam roller, 4x6 inch yoga blocks, yoga strap and an exercise mat. These small pieces of equipment will help you loosen the 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 foam roller, gym/BOSU ball or exercise band will help you improve your flexibility and increase your strength.

Coach Deb will work with you and make recommendations regarding equipment.

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