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Importance of Following Your Corrective Stretching/Exercise Program

Why Bother With Corrective Stretching and Exercise?

Corrective stretching and exercise are meant to help you move to your full potential. Once our Registered Kinesiologist starts you off on your specific stretching/exercise program, you will want to give them a try. The theory behind the corrective stretches/exercises is to reduce improper movement patterns and to enhance proper posture. Without knowing it, your body may be developing asymmetries due to overuse and/or repetitive movements or injuries. If your body develops asymmetries or dysfunctions, this can lead to issues such as low back pain, hip pain, knee pain and neck pain. If these asymmetries or dysfunctions are not completely fixed, you could return with the same injury or develop a new injury in a few weeks, months or years.

The Screening System We Use

Various movement screens are used to assess your movement pattern efficiency and what movements trigger pain so that we can set you up on the road to success and recovery. With the Chiropractor, you will be taken through the SFMA screen (which is a series of 7 full-body movement tests designed to assess fundamental patterns of movement such as bending and squatting in those with known musculoskeletal pain). With the Kinesiologist, you may be taken through the Functional Movement Systems (FMS) screen. The FMS screen is a ranking and grading system that documents movement patterns that are keys to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. From there, each patient will be started on an individualized program to help the body become more balanced, reduce asymmetries, encourage proper muscles firing, improve efficiency and reduce pain symptoms.

Implementation

Throughout your treatments we will help you stay on top of completing your stretching and exercise program. Your program is geared towards you so be sure to let us know how it's coming along. If you find doing five or less stretches or exercises works best for you and your schedule, we will ensure to give you the most important ones to complete. Our goal is to see your movement patterns improve, your posture improve and your activities of daily living become more efficient. The focus of our rehabilitation process is to see you gradually improve. We will ensure that your program is progressive and that you are comfortable with each movement given to you and that you fully understand the benefits. Proper form and function is of prime concern to ensure that you leave feeling great and come back feeling great as well. If a more symmetrical body is achieved it will lead to further benefits in efficiency, symmetrical strength and differences in the way your body looks, moves and feels will be apparent as well.