

***I prioritize the following three philosophies in my corrective and myofascial work with clients.***

1) Beginning With the End in Mind

As with any coaching program aimed at improving a client's quality and fulfillment of life, the best way forward often involves identifying a bigger picture worth striving for. My goal with my clients is never simply to alleviate pain or to overcome movement restrictions, but to help them reimagine what life might be like with less pain and more freedom, power, and confidence in their movement. The clearer that vision becomes, the more likely clients are to adhere to the work, and take to the work enthusiastically.

2) Education

My number one priority as a corrective exercise specialist is to educate and empower my clients in developing their own understanding of the way all the different components of the musculoskeletal and fascial systems work together and affect one another. It's easy for a corrective exercise specialist to identify structural misalignments, imbalances, and weak spots and put together some exercises that will begin to alleviate pains and restrictions a client is experiencing, but the next step is giving clients the tools to become self sufficient in their ability to understand and implement the tools on their own on an ongoing basis. I want my clients to leave our work empowered to take their alignment, movement, and strength into their own hands and run with it!

3) Customization through Commonality

Everything I put together for my clients is aimed towards the lifestyle and goals they want to experience and achieve, and to alleviate the particular pain, dysfunction, or restriction they're experiencing. With that said, all myofascial corrective work is based on a set of principals and beliefs that apply to all bodies. We are always aiming for structural neutrality. The more neutral one's musculoskeletal alignment becomes, the more balanced, relaxed, and powerful the body becomes. A lot of our musculoskeletal imbalances come as a result of excess tension and shortening of one side of the system, and this only creates more tension and imbalance elsewhere. The more balanced, relaxed, and powerful our bodies become, the easier it is to keep them aligned, and to keep them moving with ease and efficiency.