

Was great to meet you. My philosophy for treatment is to address pain, breathing patterns (since breath is what really creates safety for your whole body) and then patterns of movement and connective tissue relationships that are more complex. I give myself 3-5 sessions, for most situations, to create a change for you. If I can't get some changes happening in that time, then I'm likely not the right person for you, but I will find someone who can help. I believe in teaching people prevention and giving you the tools to heal yourself. I do not believe in chasing perfection; there is no one perfect, only perfect for YOUR body. That is what I will help you to find. I am always available by email to answer questions, and if you need me to review how you are doing an exercise you can send me a video to make sure you are on the right track.

**The general rules for corrective exercises are as follows (aka. how to avoid "cheats"):**

1. Always keep your breath and jaw relaxed while doing them. If you hold your breath, strain, or clench the jaw then stop or start over.
2. Correctives should be done without pain, muscle cramp or struggle. If any of those things happen, same rule as above - stop or start over.
3. In order to earn great movement, try to do these exercises 2x/day; repetitions do not matter as much as quality does. More is not better, better is better. If this means you do 2 reps, that is perfect. Work up to more when your body tells you it is ready. Pushing through these drills just to get them done, but not doing them well will not help you, it will simply reinforce a compensation strategy.

**Here are the corrective exercises specific to our findings:**

Do your homework consistently over the next 4-5 days. Send me an email, and let me know how you are feeling and what changes you are noticing. Please let me know if anything is unclear, or if you have any questions for me.