

Pain → Relief

Most conditions can be likened to a glass of water- where symptoms develop whenever the glass overflows.

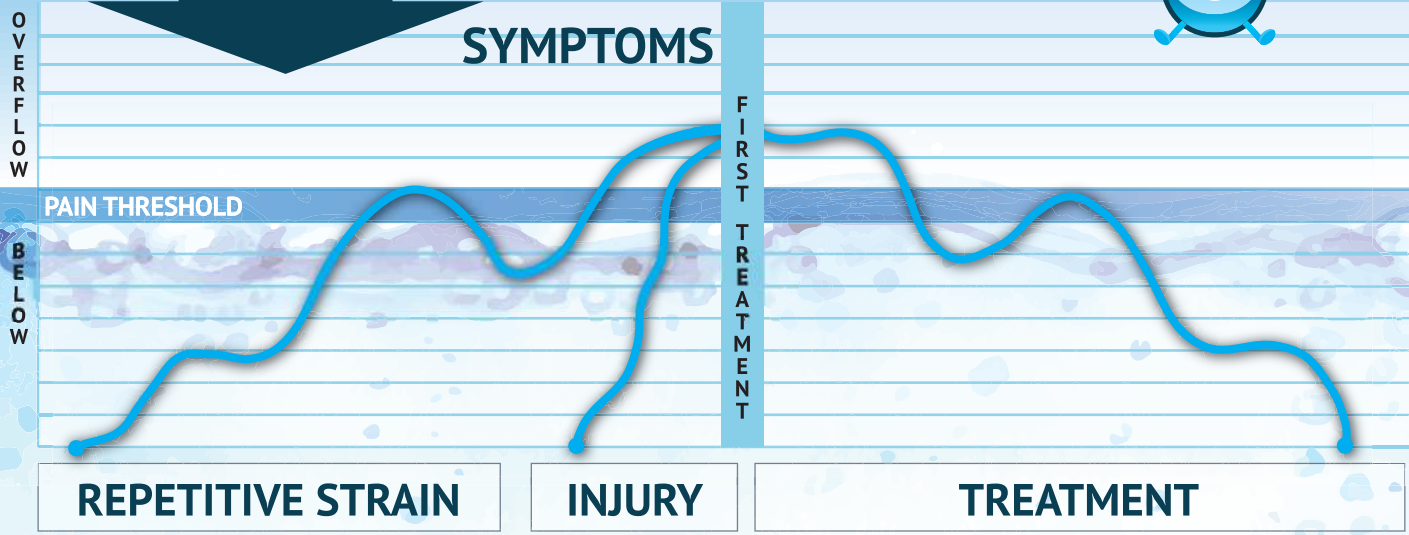
Every muscle, tendon, ligament, bone and joint has a capacity to tolerate stress; and exceeding that capacity causes problems.



TREATMENT SEEKS TO:

- Drain your glass by removing mechanical and postural stress.
- Increase the height of your glass (tissue capacity) through strengthening exercises.

Your glass can be filled quickly with an acute injury, or slowly through things like repetitive strain, poor posture and stress.



The level of water in your glass fluctuates with nearly everything you do- and so do your symptoms. Treatment progress is often characterized by periods of improvement with occasional setbacks.

Your glass drains quicker when you consistently follow your treatment plan, activity modifications and home exercise recommendations.

Problems are not generally caused by any single drip, rather a multitude of combined drips. Anything that partially fills your glass makes it more likely for the next drip to exceed the capacity, overflow, and cause pain.

Although your symptoms may fade whenever the level of water drops below the rim, our goal is to help you “empty your glass” to maximize capacity and minimize potential future problems.