

# Exercise and Fitness Programs



## **Exercise and Fitness Programs**

When was the last time you did anything to strengthen the muscles in the back of your neck, your lower back or between your shoulder blades? When was the last time you truly felt a thorough stretch in your neck, shoulders, lower back or the hamstring muscles in the back of your legs? We see many people who have exercised in the past, although, most admit they have never been taken through a thorough evaluation or set up on a program which targets their problem areas. Unfortunately, when exercises are performed incorrectly, they can cause incorrect movement patterns, muscle imbalances and compensation which can cause the injury or chronic pain to worsen. We look forward to having you challenge us as we take you through one of the most complete functional evaluations most people will ever experience in their lives.