

How can Corrective Exercise help me improve joint function, balance, prevent injuries, and lose weight? Corrective exercise is about correcting muscle imbalances. Let me explain:

What is a muscle imbalance you may ask? A muscle imbalance is when there are certain muscles attached to the joint that are tight/overactive and others weak /underactive that pull on the joint causing dysfunction, pain and possible injury if left untreated. In other words it restricts the joints range of motion and its ability to move in its most efficient manner.

What could cause muscle imbalances? Muscle imbalances generally are caused by repetitive use at your job or in the gym, poor posture like internally rotated shoulders which cause the forward head posture, tissue trauma, and scar tissue from surgery are the most common causes. Some of the more common muscle imbalances I see are round shoulders with forward head posture, feet flatten out, knees that internally or externally rotate out when squatting, or a lower back that excessively arches or rounds.

Why correct muscle imbalances? If left untreated these imbalances affect joints above and below them causing pain and dysfunction. With the proper exercise prescription you can strengthen the weak muscles and lengthen the tight overactive muscles to produce efficient movement. Thus, movement and exercise will be easier! Yeah!

Who has muscle imbalances? Even the fittest people and most people in varying degrees. For example, having tight calf muscles that restrict movement at the calf and the knees will prevent you from properly doing a squat. A squat is a basic stand to sit movement that will be used throughout your life.

How do correcting muscle imbalances benefit my fitness program and help me lose weight? I've seen so many individuals stop exercising or limit their progressions because of muscle imbalances. Tight overactive muscles limit the body's ability to move. A body in balance allows you to move in the most efficient manner to break through fitness plateaus. Then, you can increase the intensity of your workout which fosters weight loss!

Who can help me determine if I have muscle imbalances? Work with a Corrective Exercise Specialist, Physical Therapist, or any professional trained in doing postural movement assessments to determine muscle imbalances.

When you move better...you feel better!