

## Optimum -postural training and therapy.

Do you have pain in your body? Do you feel stiff? Do you get tired in the back during the day? Do you have a bad posture? Do you feel sore in the legs, hip, pelvis, back, neck or shoulders? Do you want to improve your performance in sports?

The human body is designed to be pain-free throughout life. The premise is that the body can distribute the load it is subjected to optimally in all situations, so that no joint or muscle becomes oblique or overloaded.

When sitting or standing, this means that the body has a natural blueprint posture where the deep postural muscles work as one unit in the body to maintain the optimal position of joints. We see this in the posture of small children and indigenous populations who live and use their body the way humans have been throughout history. These people rarely suffer from chronic pain in joints and muscles.

If, for various reasons, these deep postural muscles cease to function as they should, unbalance or overloading eventually occurs, leading to chronic or recurring pain.

When restoring optimal function and pain relief, good function needs to be recreated in all of these deeper muscles. This is generally not done in traditional rehab, which focuses on the specific symptom area rather than the function of the whole body.

In Postural training and therapy, we look at the body as a whole to customize a treatment plan that targets the root cause of your symptoms. We do this with a mix of specific targeted exercises, manual treatments and information about your posture in daily life.

For example, if you have back pain, it is usually not enough to strengthen your spine around your back and stomach and stretch your hip flexors to access the problem. On the contrary, in order to address a back problem, one must look at the function of the foot, the knee, the hip, the neck and the shoulder, as all parts work as a unit. Lack of function in any of the other joints and associated muscles can show up as symptoms of pain or lack of function in the back.

In the same way, a knee pain may need to be treated by addressing the function of a shoulder or treating a shoulder pain by addressing and balancing the hip. All parts are intimately linked to each other.



**The major breakthrough with the Optimum Method is:**

- 1) We look at the body as an entity and address the underlying problem instead of just alleviating the symptoms.
- 2) That we know which muscles are designed to keep the body upright and which ones stabilize it in motion.
- 3) We know how the different joints and muscles in the body work together and how an imbalance in one place can lead to pain in another.
- 4) Knowing which specific exercises properly address the right muscles to restore balance to the problem areas and the body as a whole.
- 5) That we know in what order you should perform the exercises in order to get the fastest effect.

With Optimum postural therapy and training you will learn about your body and how you can maximize its function. You won't need to continue returning to therapies to treat symptoms of pain in your body.

You need to invest time in your everyday life to do exercises that target both specific muscles and your nervous system to create new habits of engaging the deep chain of postural muscles to keep a healthy sustainable posture. I will be there to support you in this change.

More info in Swedish about the Method

<http://optimum-metoden.se>

**Prices.**

Each session of 90 minutes is 150 CHF and includes postural analysis, 1 new individualised exercise routine per session (including videos on each exercise), therapeutic treatment when needed to improve the progress of the exercises.

The amount of sessions needed is different for each individual. It depends on what the misalignment in your body is and how much time you are able to invest in your exercises. Usually between 3-5 sessions with me where you do the exercises between sessions, over a period of 2-4 months.





### How does it work?

You start by filling in a complaint history document prior to our first consultation.

- **First consultation** includes analyses of your posture, functional test of movement, discussion of your goals and you will get your first exercise routine to work with more or less daily.
- **Second and third consultation.** Feedback and test to evaluate progress. Manual therapy is included when needed to enable and enhance the targeted exercises you are working with. A discussion of what to include in your daily life to support good and healthy posture.
- **On the last consultation** we set up a routine with a few exercises, with the aim to keep your body in balance for the future. If you wish you will also get a more complete workout for the whole body that you can work with at home on a regular basis.

For more information or to book:

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