Dr. Richard O. Hargreaves,
Certified Strength and Conditioning Specialist
Certified Personal Trainer

1400 King Street, Suite 105   Bellingham, WA 98229   Phone: (360) 734-5433   Fax: (360) 392-8635   www.spinestrengthforhealth.com

Musculoskeletal Injuries

Musculoskeletal injuries, especially of the lower body, can significantly negatively affect balance, stability, mobility and safety. When an injury does not properly heal to the body's true potential , the byproducts of the ongoing injury can include muscular weakness, imbalance, altered ranges of motion, joints instability, joints immobility, reduced weight-bearing capabilities, corrupted sensory input, altered gait, brand new satellite aches and pains in remote areas, etc., etc., etc..

Functional Balance Rehabilitation is crucial for the individual to be able to regain the interconnected strength, stability, mobility and overall function use of the affected injured area and the apparently affected uninjured areas within the kinetic chain. If left untreated, now chronic injury or injuries may lead to altered movement patterns which create additional mobility and stability deficits ending up in compensatory pain at other apparently uninjured parts of the body.

Using **ProBalance360 and FDA cleared Vestibular Neuropathway Therapy** in association with **ProSoft Mechanical Motion Therapy** technology plus appropriate home exercise training, can spur the patient to get to the next level of function. This level is achieved by retraining neuropathway firing patterns, developing stronger neural drive, restoring movement coordination and improving the integrity, strength and ranges of motion of the joints and muscles.

To achieve these gains the neuromusculoskeletal system has to be progressively challenged on a regular basis in order for the gains to be internalized within the entire complex system.

In essence, **if Life Chiropractic treats the person as they are, that person will stay as they are. However, when the person allows Life Chiropractic to treat the person as what they ought to be and could be, that person will become what they ought to be and could be.**