

Being active in sports, dealing with overuse issues of sitting at a desk, working at the computer, or driving long hours, it's never okay to settle for pain. Myoskeletal Alignment alleviates pain, preps your body for a great workout, and helps you stay on track with your health and fitness goals. These techniques work with the body's soft connective tissue and bones to create skeletal alignment.

Mary German, Physiologist and Pilates Master Trainer, is fully certified in the Erik Dalton Myoskeletal field of manual therapy and has been integrating these techniques in her Pilates private sessions for over the past two years. Mary understands that the body's myofascial and skeletal systems are inseparable. What affects one always affects the other. Accordingly, Myoskeletal Alignment focuses on treating stubborn pain conditions by mobilizing joints through muscle manipulation, and Pilates keep you moving strong and lean in that alignment.

Once we are free from pain and return to a proper balance in our body, we can then better perform our Pilates exercises to maintain this balance, and our everyday fundamentals of better postural alignment of sitting and standing tall. Walking and other activities in life are accomplished pain free.

Fascia is the body's system of that surrounds cells, muscles fibers, groups of muscles, blood vessels, organs and nerves; binding some structures together, while permitting others to slide smoothly over each other. The fascial system is one part of the kinetic chain consisting also of muscles, tendons, ligaments, bones, joints, and the nervous system. Each part of the kinetic chain relies on the proper functioning of the other components.

Working over a desk, or inflammation from strength training, may cause imbalances within the kinetic chain with resulting nerve irritation, tightened connective tissue, and compromised joints. This inhibits proper function and movement. Warming up and stretching is advised, but Myoskeletal Alignment provides a deeper dimension to the "flexibility protocol."

What happens when you tie a knot in a string and pull on each end? The knot gets tighter right? Well, fascia works like that. Stretching may provide a release, but in some cases in order to get to the root of the problem you must apply pressure to activate the neural system. Myoskeletal Alignment clears excessive neurological messaging, balances all type of soft tissue allowing bones to regain neutral skeletal posture and increases joint integrity.

In our over-stimulated society filled with job-related prolonged sitting, stressful (and often competitive) workplaces, peer-pressured children, and other family matters, it's essential that individuals seek out a fitting regular maintenance schedule much like we do with our pets, our cars and our medical exams. What better and more evolving thing can people do for themselves and their family than preventive body maintenance? Myoskeletal Alignment with Pilates is the answer.