



Corrective Exercise for Common Imbalances

Presented by

Justin Price

Creator of The BioMechanics Method



- My story is much like many professionals in the fitness industry
- Launched The BioMechanics Method (TBMM) in 2010
- Now TBMM is the fitness industry's highest-rated CES Credential
- Trained professionals in over 70 countries.
- Author of several books including *The BioMechanics Method for Corrective Exercise* academic textbook
- Subject matter expert for The American Council on Exercise, PTA Global, PTontheNET, TRX, BOSU, Arthritis Today, BBC, Discovery Health, Los Angeles Times, Men's Health, MSNBC, New York Times, Newsweek, Time, Wall Street Journal, WebMD and Tennis.



People Need Your Help

**OVER
50%**

70%

80%

OVER 80%

**Over
80%**

People Need Your Help



People in Need Are Scared



Symptomatic Relief

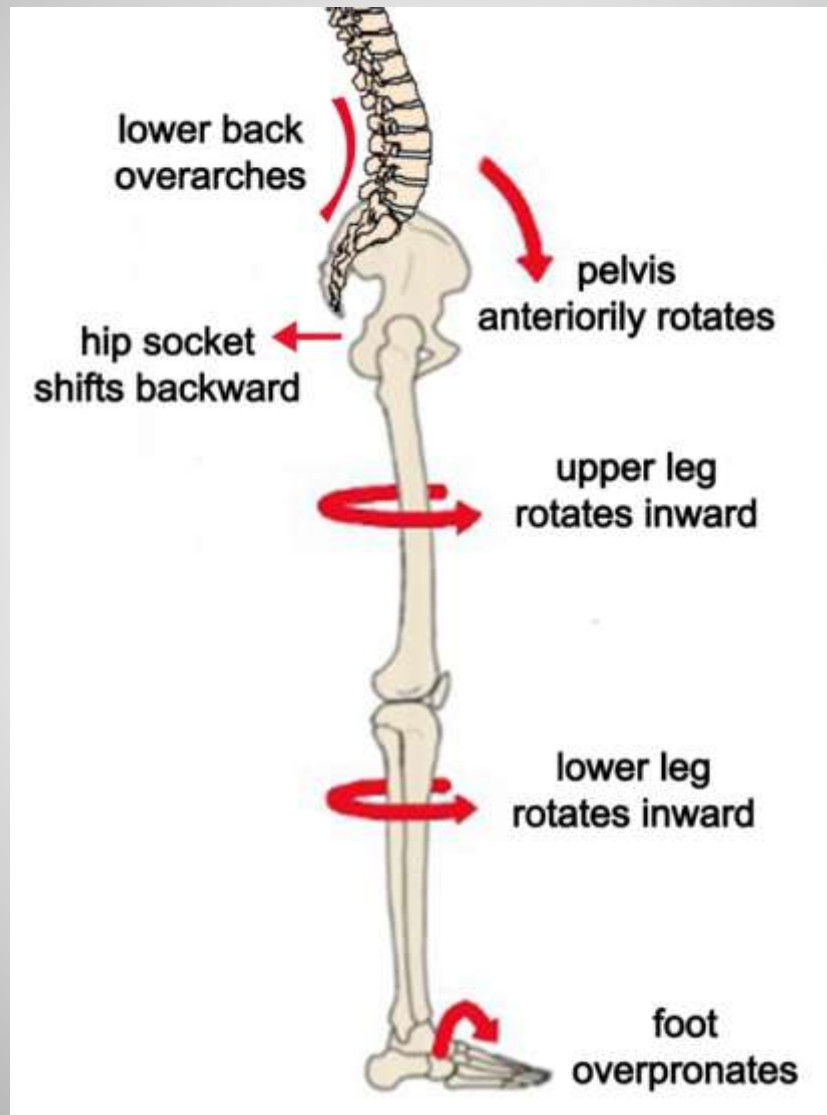


How Can You Provide This?

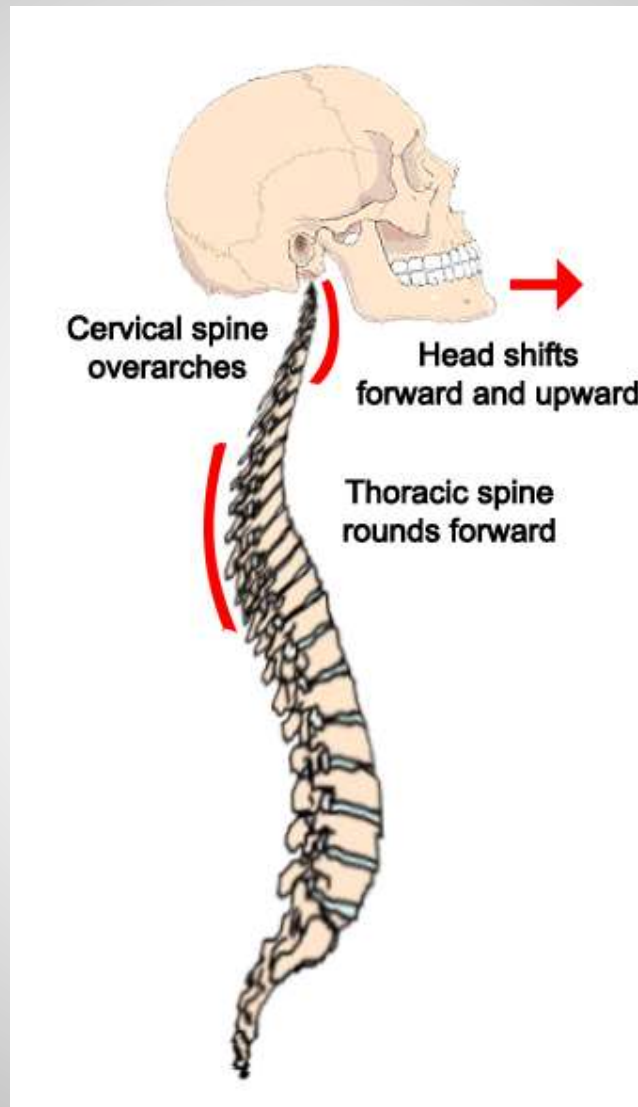
**ASSESS
AND
ADDRESS
CAUSES OF
SYMPTOMS**



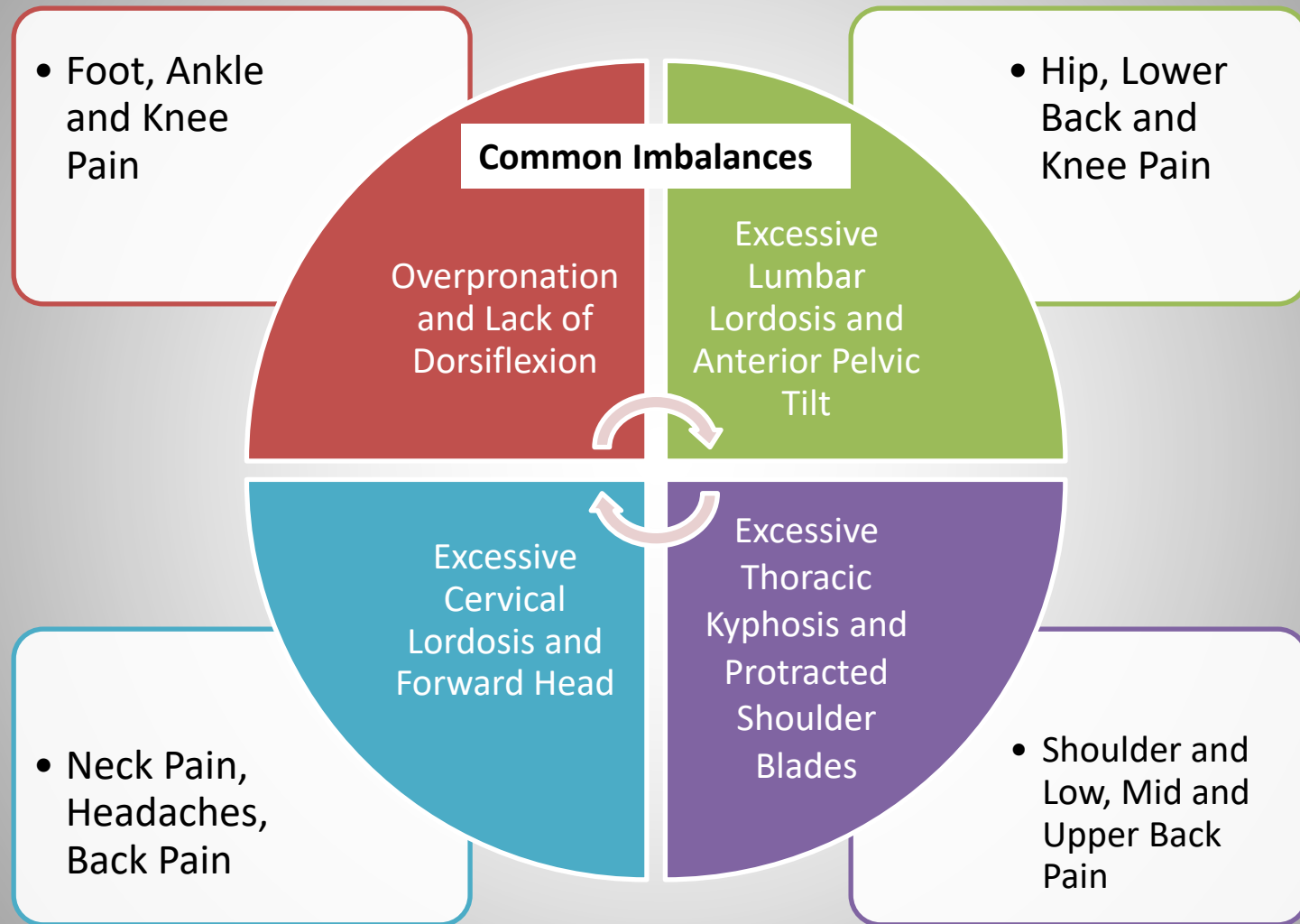
Common Imbalances



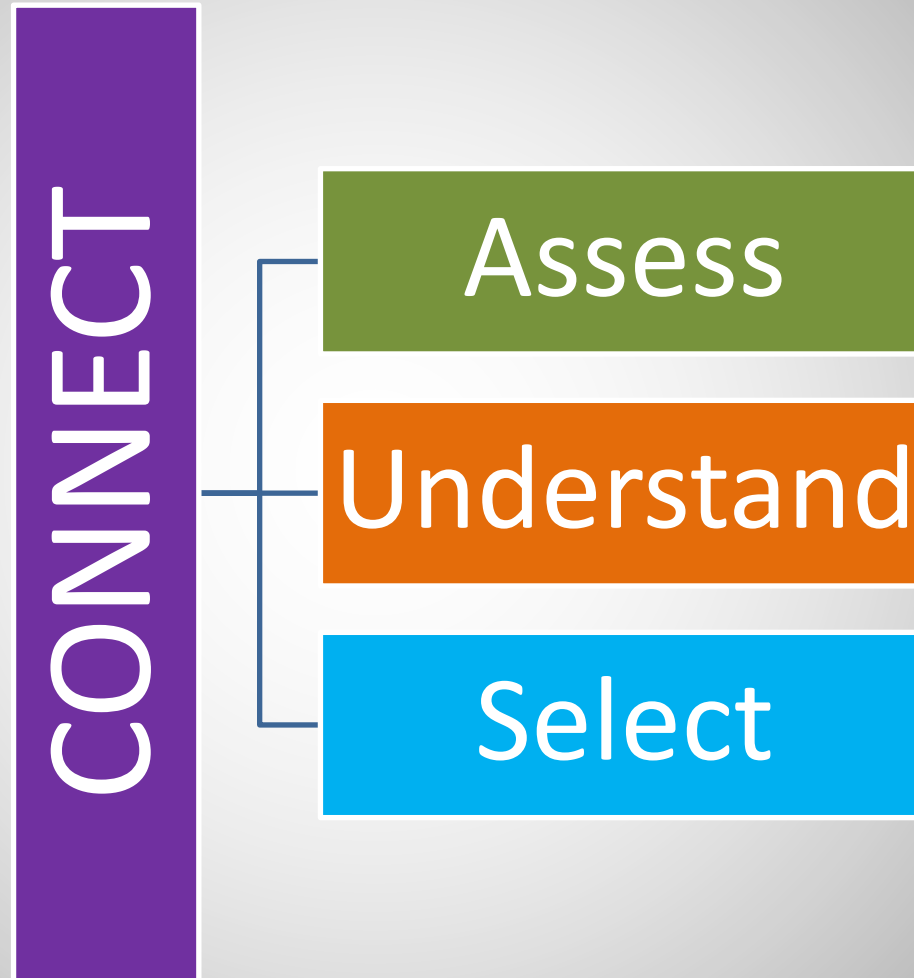
Common Imbalances



Link Common Imbalances to Symptoms



Include Clients in Process



The BioMechanics Method Assessment Process



Verbal



Visual



Hands-On

Use Assessments That Make Sense

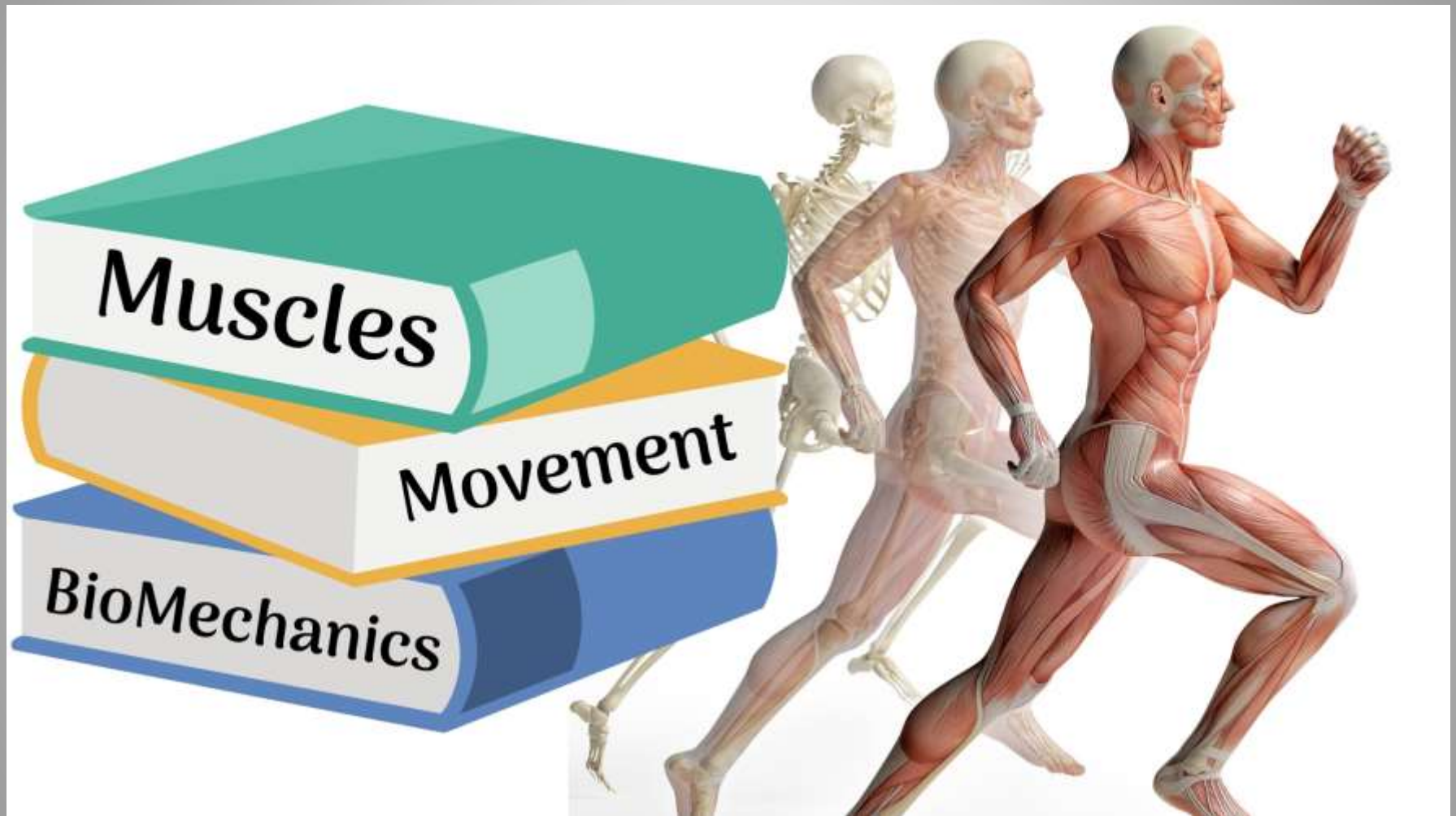


Visual Assessment of the Feet

Use Assessments That Can Also Be Performed Remotely



Show How Muscles Are Affected



Empower Your Clients with Knowledge



Muscles and Movement

Empower Clients With Knowledge

Knowledge

Empowers

You

Show How Body Is Interconnected



Body is Interconnected

Make Decisions About Exercises



SMR



Stretch



Strengthen



Self-Massage, Stretch, Strengthen



Exercises

Progress and Regress for Success



Customize Your Corrective Exercise Programs

Don't Set Yourself Up as the Expert



Work Together With Your Clients



Develop a Teamwork Approach

Build Long-Term Adherence



Program Design

Refer Out When Necessary



Success Drives More Referrals

**Design Program to
Ensure Success**



Developing Your Skillset Further

**Get better
tools in
your
toolbox!**



Assess the Underlying Causes



TBMM-CES: Module 1

THE FUNDAMENTALS OF STRUCTURAL ASSESSMENT

Understand The Assessment Results




TBMM-CES: Module 2

**UNDERSTANDING
MUSCLES
AND
MOVEMENT**

Appreciate The Fundamentals



TBMM-CES: Module 3

THE FUNDAMENTALS OF CORRECTIVE EXERCISE



Access a Library of Exercises



TBMM-CES: Module 4

THE COMPLETE CORRECTIVE EXERCISE LIBRARY

Help Clients Realize Their Dreams



TBMM-CES: Module 5

CORRECTIVE EXERCISE PROGRAM DESIGN

You Hold The Future in Your Hands



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USE CODE: MFN30

TheBioMechanicsMethod.com

***Discount applies to
regularly priced courses**