



Pilates is a type of exercise that focuses on strengthening the core muscles, improving flexibility, and enhancing overall physical function. It was developed in the early 20th century by Joseph Pilates, who believed that a strong core was essential to good health and well-being.

The Pilates method involves a series of exercises that are performed on a mat or on specialized equipment, such as a reformer. The exercises are designed to engage the deep muscles of the abdomen, back, and pelvic floor, which are responsible for stabilizing the spine and pelvis.

Pilates exercises emphasize proper alignment, breathing, and controlled movements. The exercises are typically performed slowly and with precision, with a focus on maintaining a strong and stable core throughout each movement.

Pilates can be beneficial for a range of individuals, from those who are recovering from injury or surgery, to athletes who are looking to improve their performance. It can help improve posture, balance, and coordination, as well as reduce the risk of injury.

Pilates can be practiced in a group class or in a one-on-one session with a certified Pilates instructor. Many fitness centers, gyms, and studios offer Pilates classes, and it can also be done at home with the use of a mat or specialized equipment. As with any physical discipline, it is useful to learn proper technique from a qualified instructor before starting a home practice. This is especially true if you are recovering from an injury or illness. This is why we recommend seeing Cheryl.

Postural therapy is a type of therapy that focuses on correcting postural imbalances in the body. Poor posture can cause a variety of problems, such as pain, stiffness, and reduced mobility. Postural therapy seeks to identify the root cause of these problems and address them through targeted exercises and other interventions.

Postural therapy typically begins with an assessment of the patient's posture and movement patterns. Cheryl may use various techniques, such as gait analysis and range of motion tests, to evaluate your posture and identify any imbalances or areas of weakness.



Based on the assessment, Cheryl will develop a personalized treatment plan that may include a range of interventions, such as:

Exercises: She may prescribe specific exercises to strengthen weak muscles and stretch tight muscles in order to improve posture.

Manual therapy: Cheryl and the team may use hands-on techniques, such as myofascial release, myokinesthetics, and strain counter strain to address any areas of tension or restriction in your body.

Education: She will educate you on proper posture and body mechanics, as well as strategies for maintaining good posture throughout the day.

Ergonomic modifications: She may recommend changes to your work environment or daily activities to reduce the risk of postural imbalances.



Postural therapy can be beneficial for a variety of conditions, such as chronic pain, back and neck pain, and headaches. It can also be helpful for individuals who spend a lot of time sitting or standing in one position, such as office workers or truck drivers. By addressing postural imbalances and improving overall alignment, postural therapy can help improve physical function and reduce the risk of injury.

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