



Rick Olderman

Rick graduated from physical therapy school in 1996. After failing to help his patients adequately, he realized that standard physical therapy education left him unprepared to truly help people with chronic pain or nagging injuries. As a result Rick has spent the past 20+ years developing his pioneering approach.

Shortly after Rick took over a small physical therapy clinic in Denver in 2012, business grew very rapidly due to word-of-mouth referrals and physicians seeing his rapid and lasting results for their most difficult patients. Body in Balance Physical Therapy has become *the* clinic to recover from painful injuries. He has trained all his therapists in his approach to fixing pain and is sought out for help around the world.

One of the driving forces behind Rick's search for answers was his own chronic back pain which began before he attended school. Not finding the answers in PT school, Pilates, personal training or yoga, Rick realized a fundamental element connecting movement, structure and pain was missing from most disciplines. He has dedicated these past two decades to unravel the secrets about how the body works to create and eliminate pain. He has distilled his discoveries down to a very simple system anyone can follow, based on an understanding of how poor movement habits break down muscles, tendons, ligaments and bone to create pain. Fixing these painful habits such walking, bending over, sitting, standing, or sleeping helps tissues heal and restores pain-free function by relieving excessive pressure on these tissues. Additionally Rick offers simple stretching, strengthening and taping recommendations for key muscles to speed recovery and heal damaged tissues.