

KC ATHLETIC
CUT

Postural Alignment

POSTURAL ALIGNMENT THERAPY

Postural Alignment Therapy is a holistic approach to treat the underlying dysfunctions and inefficient movement patterns that can cause chronic pain symptoms and limit you from enjoying life to its fullest.

\$1590

Certified through the Symmetry and Alignsmart Technology, by using methods that promote structural, muscular, and joint rebalancing. We customize take home exercise routines to restore postural alignment, reduce muscle and joint wear & tear, and alleviate pain symptoms. These methods have a high success rate and require NO drugs, manipulation or surgery!

6 MONTH COMMITMENT INCLUDES

- 16 Postural Alignment Scans and Training Sessions
- Daily access to personalized sessions app. This App is not downloadable and does not store phone data.
- 24 hour software access and support
- Six 3Body Scans to Track Progress
- Training equipment pack (\$75 value)

With the use of the ALIGNSMART® TECHNOLOGY I measure structural malalignment, create individualized sequenced corrective routines, and provide an easy -to-use interface that engages clients to be proactive daily for a lifetime of optimum performance. You then will be more likely to reach your goals without injury.

While all trainers have a basic understanding of form and the skills to adjust their clients, diving deeper into Corrective Exercise gives us an opportunity to have the upper hand, on functional success and mobility.

We are able to see our client's movements with a more analytical eye and identify their needs, and offer exercises that target the exact issue they might be experiencing, getting ahead of any larger issues that could come up later.

Truly a win for all!
