

Move more freely!

ReGained Movement
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Dearest clients,

Move more freely by addressing your old injuries / compensations

It is common for people to think that they become stiff and tight and unsteady because of aging. It is coming to light, though, that old injuries (as far back as your most early years) are largely to blame for tightness and pain. If this is true, **why do some people not suffer pain** despite a history of injuries?

It is noticeable that those people who had been **active throughout their lives** (or at least in the recent past) are far better able to move freely than those who didn't exercise consistently. Think of people who have sport as a hobby (canoeists, cyclists, tennis players), ballet dancers turned (Pilates) teachers, (marathon) runners, outdoor fanatics, etc.

Stiffness is NOT due to old age but rather an accumulation of lifelong compensation patterns due to injury.

People who exercise regularly are not without their issues. Many have injuries and operations but **because they're active the pain is often absent and only tightness remains** as a reminder from the brain that it needs your attention. The problem arises when they **STOP** exercising...

Example: A long standing Pilatista

This is a long-standing Pilatista of mine. She is super active – plays tennis, does Pilates,



Yoga and Bootcamp and walks daily long distances with her dogs. Needless to say, that she doesn't suffer daily pain but from the occasional neck pain, likely due to a car accident years ago. What she does **experience daily, is tightness in her lower left lumbar area.**

When I asked her one day after class to do a roll down (as if to touch her toes, called an Adam's test), I noticed she has **mild scoliosis** (a twist in the spine). We arranged to meet and two weeks ago, I treated her eye (optic nerve) and a little scar under her chin.

In the picture on the left (the BEFORE) her **ribs are tilting down** on the left and the same side **hip sits higher** than the right. After the first treatment her spine was still slightly to the right of the vertical white line (the middle picture) but, a week later I treated her lower spine and everything lined up perfectly (the righthand picture).

*Compensation patterns
from old injuries are often
the cause of the next injury*

Does that mean she is now sorted? NO, not yet but she certainly has visibly **fewer compensation patterns!** Clearing her childhood chin scar likely also corrected a few newer compensation patterns that built up on top of the earlier ones.

But what is the objective – why do I need to treat tightness?

- To **reduce the probability of future injuries** due to old compensation patterns. Think here, for example, of having lost your balance (vestibular function) due to illness or injury or tripping over your own feet (potentially an optic nerve dysfunction).
- To become **strong and robust from exercise** rather than to end up in pain.

What does this all mean for you?

- **Don't wait for the pain** before you address your compensation patterns. Tightness and / or a inability to perform a movement / exercise is enough to tell you that something is amiss.
- **Start with group Pilates** if you cannot afford 1:1 therapy. 6-8 sessions of Pilates will already be enough to know if this is a good route for you to take.
- I know I'm biased but the best way to move forward is **to check in with me** for a 1:1 intake. I can test your core and find out why it's not working as designed and restore its function. A **strong, balanced core often reduces tightness in the hips and shoulders**. ANY intervention around your belly (giving birth, appendix scars, belly button piercings) can upset the balance in your core leaving you vulnerable to herniations (i.e. discs, inguinal, diastasis recti)

Special offer*: Book in for a double session (3 hours) for the price of two (£150). This gift voucher can be used until the end of Feb 2024.

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With appreciation,
Berna Basson

*Long breaks between sessions require retesting every time before I can start the next session therefore a session of 3 hours gives you the same value as about 5 individual bookings!