

Postural Malalignments:



Postural problems and associate postural Malalignments are simply caused by chronic abnormal posturing. Chronic abnormal posturing means that a person would be in the wrong posture all the time, he will be walking, standing, sitting in the wrong way, caused by weakened muscle groups, pain and disease.

There are a number of different postural problem, but most of them do involve our spine. Our spine is highly sensitive to movement, and we are naturally imprinted to protect and over protect our spine, caused by the fact that all our neural routes down the body combines in the main channel of the spine; disorders, shifts and fractures of the vertebra can be severe, and fatal.

Without proper physical assessment, it is impossible to over come these problems. All the muscles in the body have to be stretched and strengthened again. Regaining hypertrophy is essential. This is the only way to combat brittle bone, skew structures and weak muscles.

Postural deviations are often a major underlying cause of sports injuries. Postural Malalignment may be the result of unilateral muscle and soft-tissue asymmetries or bone asymmetries. As a result, the athlete engages in poor mechanics of movement (pathomechanics). Many sport activities are unilateral, thus leading to asymmetries in body development. The resulting imbalance is manifested by a postural deviation as the body seeks to reestablish itself in relation to its center of gravity. Often, such deviations are a primary cause of injury. For example, a consistent pattern of knee injury may be related to asymmetries within the pelvis and the legs (short-leg syndrome) unfortunately, not much in the form of remedial work is usually performed. As a result, an injury often becomes chronic – sometimes to the point that participation in a sport must be halted. When possible, you or your trainer should seek the right answer for Malalignment through Active Isolated Stretching – The Mattes Method. It is the most comprehensive method to alter postural problems available to date.

A number of postural conditions offer genuine hazards to athletes by making them exceedingly prone to specific injuries.

Other people that need to consult an expert in Active Isolated Stretching will be children in growth spurt, people with chronic hip/back/joint pain, elderly suffering from atrophy (muscular degeneration), osteoporosis and faulty body mechanics and any one that knows he/she is struggling with a skew body structure.