

Posture Clinic

with Steve Davis, RYT, LMT, NCTMB

A proven method of structural alignment for excellent health, wellness and performance in every aspect of your life.

Frequently asked questions

What are the benefits to improving my posture?

The benefits to improving your posture to what is commonly known as 'neutral posture' are profound, and it will literally transform your life for the best. You will experience more energy, be able to focus and concentrate better, including thinking more clearly, which will improve your memory and perception skills. Your sleep will be more relaxed, and many problems will simply disappear. You will look and feel better!

What are some of the problems caused by or associated with posture imbalance?

There are many problems caused by or associated with incorrect posture, defined as any posture out of balance from classic 'neutral posture'. They range from various spinal problems, including disc compression, rupture, scoliosis, excessive spinal curvature, 'upper thoracic hump' from the common 'head-forward' and 'shoulders-forward' postural imbalance, accompanied by neck stiffness, compression of the neck vertebrae and discs, loss of range of motion, including rotation of the head, to trouble breathing and sleeping, as in sleep apnea, contribute to such problems as thoracic outlet syndrome, carpal tunnel syndrome, nerve impingements, severe headaches, trouble focusing, concentrating, memory problems, TMJ, trouble with balance, plantar fasciitis, shin splints, myofascial adhesions, hypertonic, facilitated muscles, joint problems, general weakness, low energy, depression. The list goes on and on. Many problems are diagnosed and well-researched. Other problems are not as well-known. My scope of practice as a LMT does not include diagnosis. My scope of practice as a RYT is not legally defined or limited. I am not diagnosing medical problems. I am addressing postural imbalances.

Remember that without the muscles, tendons, and ligaments, your body would be a pile of bones.

The muscles keep the skeleton aligned. Posture is all about the proper muscle balance of tension, defined as the resting length of the muscles. When action is called for, there is much more power when balance is achieved. All functions of the body will be more efficient, including the delivery of oxygen, blood, and fluids to all organs, glands, and muscles. The nervous system will be more efficient.

What happens during the first appointment?

Please read 'Intro to Massage Therapy' and 'Intro to Yoga' for guidelines and benefits before your first appointment.

Intake interview: The intake interview will include a thorough medical history. There is no charge for this intake process. It will take approximately 15 minutes after your form is filled out.

Photos (optional): Four photographs will be taken with a plumb line, to visually measure your posture. It is best to wear form-fitting yoga clothes or workout clothes for these photos, so the outlines of the body can be seen. These photos are for your benefit, and they will remain private.

The four photos will be repeated at intervals to measure progress.

Massage Therapy Session: We will start a massage therapy session, based on the treatment plan agreed to in the intake form and interview. This session will be a process of discovery. The session will take about 90 minutes. It will involve relaxation, and deep work. There will be little to no pain.

After this, an evaluation and plan will be made. You will be given some homework, and a password to your private wordpress blog on my website.

Time: The entire appointment will take about two hours.

Schedule next appointment, and make a plan. We will schedule your next appointment. You may prepay for at least four sessions to benefit from a substantial discount. You are also welcome to pay as you go, but by prepaying, you will save money, and it will commit both of us to work on improving your posture.

After this first appointment, I will write a thorough evaluation of your posture, including the findings from our massage therapy session, which may include precise descriptions of structural imbalances, and which muscles may be causing the imbalance. A plan of action will be written. The photos will be uploaded to the private and secure wordpress blog, along with this detailed report. There is no charge for this work.

Then what happens?

Your future sessions will vary, depending on how much work needs to be done, and your budget. For example, a person may have a minor structural misalignment requiring only four sessions of one hour each to correct it. Another person may have significant structural misalignments, facilitated, hypertonic muscles, with myofascial adhesions that require much more extensive work, requiring longer sessions of two hours each time.

In both cases, yoga asanas will likely be required, as well as other exercises fitting to your specific situation. Yoga is integrated with massage therapy to reshape your body into correct posture. For this to work, you must be pro-active.

Private Yoga Sessions are highly recommended, along with **Massage Therapy Sessions**. Both of these disciplines are integrated for a highly effective, permanent result.

If you apply yourself, you will make faster progress. For example, I can release the adhesions and hypertonic muscles, but if you do not correct the postural habits that caused these problems, they will reappear. This program will give you the opportunity to make a permanent, positive change in your life. You will feel better, look better, and perform better in every aspect of your life once you complete the program.

How long will it take?

This will vary from person to person, depending on the condition they are starting in, their commitment to doing the work, and how often they can come in for appointments. I recommend appointments at least once per week. If you can do it, come in every other day and make rapid progress. Let me know if you have further questions about this program.

Namaste,

Steve J Davis, RYT, LMT, NCTMB

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Session length (hours)	One Session	Four Sessions	Eight Sessions	
½	\$50	\$160	\$312	
1	\$80	\$256	\$499	<i>To extend session, add \$40</i>
*1.5	\$120	\$384	\$749	<i>per additional ½ hour up to</i>
*2	\$160	\$512	\$998	<i>3 hours total per session.</i>
		<i>20 % discount</i>	<i>22 % discount</i>	

*Recommended for full body massage, and for yoga sessions. The shorter times are best for focused work on one area, while the longer times are for deeper work. Session cards valid for six months, transferable upon approval.

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Massage Therapy/Private Yoga Sessions: \$80 per hour,
½ hr to 3 hr sessions. Hours: Mon – Fri: 9am to 9pm by
appointment only. Some weekends by appointment only.

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