

NATURAL & EFFECTIVE RELIEF FOR BACK PAIN

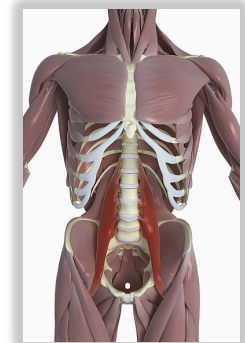
What is Ortho-Bionomy?



Ortho-Bionomy® is a gentle system of bodywork that moves muscles, bones, and joints into new arrangements that reduce pain and restore function. *When everything is in its proper place transformation is possible.*

During a session we place the body into specific, often comfortable, positions. The correct position helps to reset neurological sensors in the body known collectively as proprioceptors. Clients may get significant improvement in 1-3 sessions depending on individual factors.

Ortho-Bionomy is very effective at treating the key muscle in back pain, the psoas muscle. The hyper-contraction of this muscle causes most back pain. The psoas can exert a great force on the spine.



What can Ortho-Bionomy do for someone?

- Release the muscles that cause most back pain
- Break the cycle of pain, including sciatica
- Restore natural balance and alignment of the spine, pelvis and legs
- Encourage fluidity in joints and movement / Increase range of motion
- Locate and relieve secondary conditions such as digestive issues, reproductive problems, and endocrine disturbances

Barry Krost, MA, CMT, NCTMB

Barry is an Advanced Practitioner of Ortho-Bionomy with over 26 years of experience as a Bodywork practitioner. His holistic practice is about discovering the sources of pain and suffering and exploring our natural ability to heal with therapeutic help.



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