

Services Offered

Sport, Functional Movement & Gait



How you move matters

Movement, of any kind, occurs when the brain sends a message to your muscles to move a joint through space. A joint is where two bones come together, such as the thigh bone (femur) and the shin bone (tibia) forming the knee joint. Each joint has an optimal amount of movement based on your structure. Each muscle has an optimal length and optimal ability to contract. Limited mobility in these structures or tissues can impair your movement, your function, and your ability to complete daily tasks such as standing up, lifting your child, carrying the groceries, or going down the stairs to do laundry.

How you move matters

How you move depends on your structure, and your structure largely depends on your posture – that is, how you support your structure against gravity (a.k.a. body mechanics). All of this can be boiled down to: **efficient posture = efficient movement**. At Healing Hands Physical Therapy, our job is to determine how your structure and posture should move and work together to give you the most efficient and effective movement.

How we assess and treat movement dysfunctions

The physical therapists at Healing Hands use a variety of assessment techniques – including video analysis – to assess your movement. But movement analysis is not just gaited analysis; it's functional analysis – how you move your body through space with regard to your sport, your hobby, or your occupation... in other words, your life.

Our treatment strategies are integrative, looking at how your core supports and moves your structure as an interconnected whole. For example, your “core” doesn't just include your abdominals; it's multiple muscles along your entire head, spine, and pelvis that need to work together for optimal movement. This means we work to free up any mechanical restrictions and then teach you how to activate the right muscles at the right time to move better – to swing a golf club better, to stand longer for household tasks, to get up from the floor after playing with your kids or grandkids.

By optimizing how you move, we can help you decrease compensations and the risk of injury, and improve function, physical performance, and even longevity. Contact Healing Hands Physical Therapy at 734-222-8515 to learn how we can help you get back to the life you want to live.