

Our Postural Therapy programs are holistically designed to help those of all ages and backgrounds to:

- Resolve the root cause of chronic pain conditions such as back pain, hip pain, other joint pain, degenerative and repetitive stress conditions, migraines, sciatica, bursitis, tendonitis, scoliosis, arthritis, vertigo, breathing, balance challenges and much more!
- Improve posture alignment and musculoskeletal function to look, move and feel your best in your day to day life.
- Enhance your balance, strength and flexibility for optimal athletic and artistic performance.
- Help eliminate the fear, frustration and limitations imposed by pain.
- Relieve stress and bring mental clarity and ease.

Take the steps to return to an active and healthy lifestyle, contact us at (203) 488-1700 to learn more!

ABOUT ALAN FRANZI MS, PAS, C-IAYT



Alan's therapeutic work is centered around his experience as a Egoscue® Certified Postural Alignment Specialist. He is also a C-IAYT

Certified Yoga Therapist. With over 25 years' experience Alan has an advanced understanding of movement re-patterning and somatic education. He is passionate about providing postural and movement solutions for those whose lives have been impacted by chronic pain.

Our Services Include the Following:

- Comprehensive Posture Assessments.
- Posture Alignment Therapy Programs to support the resolution of Chronic Musculoskeletal Pain, Movement Limitations and Balance Problems.
- Additional Advanced Movement Mastery Programs to break through performance plateaus and support artistic and athletic excellence.
- Sessions can be facilitated Onsite, In-Home, Skype or Facetime Remote Sessions.

***Contact us for a Free Phone Consultation and Learn How Posture Therapy Can Help You:
(203) 488-1700***

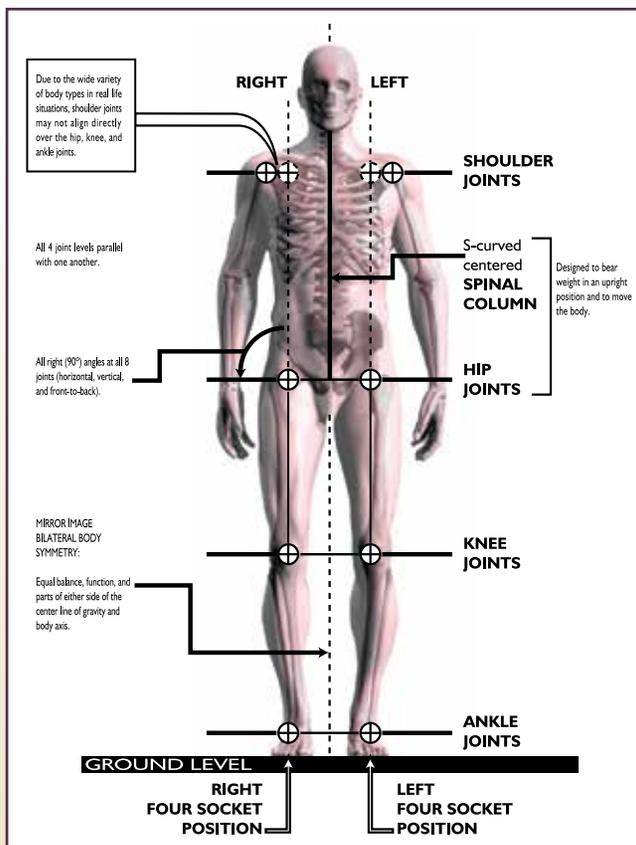
**CHRONIC PAIN
DISRUPTS
YOUR
ACTIVE
LIFESTYLE**

***Remove the Mystery of Pain
and Take Control Over
Your Health Now***

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Blueprint of a Balanced and Functional Body



If you are experiencing distressing chronic pain, a nagging injury, movement limitations or balance problems despite your best effort to resolve them the time may be right for a new approach.

We help you resolve these problems at their root, so you can regain control of your health and find a lasting and truly holistic way to get back the life you love.

FAQS:

What is Posture Alignment Therapy?

Posture Alignment Therapy is a non-medical, non-invasive approach that is grounded in the science of biomechanics, which addresses the relationship between the structure, function and movement mechanics of the human body. It is not a quick fix, but instead a comprehensive program designed to work with the deeper causes of musculoskeletal pain without drugs, surgery or manipulation.

Our whole-body posture alignment paradigm and corrective exercise and neuromuscular repatterning approach can be the missing piece to helping you stop chasing symptoms and break the cycle of pain.

How is this approach different?

We are unique in our belief that your past and current injuries/symptoms are related to your present posture and movement patterns. The body functions as an integrated unit, not as separate parts. This crucial understanding allows us to more effectively address the root causes of difficult pain, balance and movement challenges. We start by optimizing the problematic alignment and movement patterns throughout the body to provide you with an effective solution.

What is the Therapy Program?

This client-centered program consists of:

- Individual posture and movement analysis.
- A plan that is developed based on the analysis and client goals. This includes a specific prescription of systematic sequences of “menus” of exercises to be done at home.
- Instructions on how to perform the exercises with take home instructions, and access to videos to support you as you practice the program on your own.
- Follow-up re-assessments and program adjustments to deepen the benefits and maximize progress.

How Long will it take to feel better?

The good news is that by reintroducing proper movement into your daily routine the body responds by being able to move more freely and easily, you will feel taller, and straighter. Everyone is different, but often you will feel better after the first session and can continue to build upon this as you progress in the program. As posture and movement patterns are optimized, symptoms can finally resolve more fully and the body is able to heal.

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