



Reclaim Method

AFTER A THOROUGH INITIAL ASSESSMENT OUR SIGNATURE RECLAIM METHOD TAKES YOU THROUGH A SYSTEMATIC PROGRESSION THAT WILL SOLVE YOUR PROBLEM FOR GOOD.

RELEASE

- Address myofascial tissue restriction
- Relax tight muscles
- Calm irritated nerves and down regulate central nervous system
- Mobilize rigid viscera

WEEKS 1-4

REBUILD

- Strengthen muscles
- Build core stability
- Improve joint proprioception and neural pathways
- Begin to load the system

WEEKS 5-8

RECLAIM

- Return to exercise
- Run and play with your children
- Enjoy intimacy
- Gain back your confidence
- Live your life without embarrassment or pain

WEEKS 9-12

At Moving Like A Mother Physical Therapy we are passionate about giving you the tools to live pain free, heal your body, and to be stronger and more empowered than ever before.