

What is a CHEK practitioner?

A CHEK practitioner (**C**orrective **H**igh-Performance **E**xercise **K**inesiology) is someone who is qualified in the field of corrective exercise, e.g. exercises that will help get you out of pain and back to function. A CHEK practitioner fully embraces a holistic approach to rehabilitation, as opposed to an allopathic (isolationist) approach taken by many other therapists. This means that within a CHEK designed exercise programme you will find influence from all branches of orthopedic movement based rehabilitative therapy, including 'core' conditioning, therapeutic exercise (Yoga, tai-chi), massage therapy, hydrotherapy, anthropology, alternative therapies, and functional movement based training. This multi-disciplined approach allows the practitioner maximum chances of designing the best treatment programme to alleviate pain or debilitation.

What does a CHEK practitioner do?

A CHEK practitioner provides cutting edge, scientifically based corrective exercise programmes for it's clients, built on a framework of thorough assessments and regular re-assessments. Remember that the treatment for pain and debilitation can only ever be as good as the assessment. There is no guessing. Every stretch, exercise, stress reduction technique, nutrition and lifestyle recommendation has a specific predetermined purpose to achieve a desired result. This method allows a CHEK practitioner to succeed were often other traditional methods fail.

Can a CHEK practitioner 'treat' my back condition?

The corrective exercise approach endorsed by CHEK practitioners is not designed to 'treat' your condition. Instead, the idea is to retard the disease process, and its consequent effects, by improving the orthopedic environment of the spine. Improved stabilisation of the spinal column can often lead to a significant reduction in pain and therefore a concomitant increase in functional ability.

How does it work?

1. Client History & Questionnaire Review

Before you come in for your assessment and initial evaluation you will complete a series of questionnaires. This will help us determine the best way to proceed with your conditions.

2. Evaluation

The initial evaluation usually takes approximately 1.5hrs hours depending on any findings that must be further investigated.

3. Programme Design

All the findings from the assessment, questionnaires, and client history are used to carefully design your unique corrective or high-performance programme, taking into consideration your schedule and equipment availability.

4. Programme Instruction

In the training sessions you will be personally guided through each specific stretch and exercise. There is no guesswork. Every exercise has a specific predetermined purpose to achieve a desired result. Since our programmes are very comprehensive and individualised your programme may be photographed for you to take home as reference if you choose to exercise at home or in your own gym.

5. Programme Progression

A re-evaluation or modification of your program is generally recommended every 2 to 6 weeks depending on your level of adaptation and progression.

An example of what the assessments and evaluations include (not exhaustive).

- History of injury
- Exercise history
- Posture
- Muscle strength and endurance
- Muscle balance
- Spinal curvatures and pelvic tilt
- Core function
- Flexibility
- Lifestyle analysis (e.g. sleep patterns)
- Kinetic Chain assessment
- Coordination
- Mobility profiling
- Nutritional habits and supplementation

Contact me today to discuss your goals and how I can help you achieve better health & vitality.

Call 0800 TRAINER