



The
Pain
Elimination
Method

Hip Pain

Brent

Gold Medalist Sprinter

The Problem:

As competitive sprinter in the master's division, Brent is constantly pushing his body to pique performance. In order to stay at his best he needs some intervention to help him stay balance, responsive, and flexible. He came to Aaron with hip pain which was causing him to have slower times, tougher recovery, and other occasions when he was unable to run at all.

The Solution:

We needed Reposturing hip openers to restore the freedom of movement in the hips and legs, which enabled the legs to perform better in standing, walking and running. Aaron also addressed upper body imbalances that contributed to the lower body problems.

The Results:

The hip pain was eliminated completely. He was able to train more intensely with little downtime between training sets. He was back on the track in a short time and has since continued to use Reposturing as a part of his training regimen, which enables him to stay ahead of the pack and win consistently. At age 58 he competes at an international level and has just recently won a gold medal in France.



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