

HOW YOUR BODY WORKS

Ever wonder why some people get injured more easily? How can someone proactively avoid injury? How can you keep yourself physically healthy? How can you live without pain? The answers to these questions are contained in the Scale of Function.

Function is defined as the natural or proper action for which your body was built to do. It was built to walk, lift, move, etc ... and to do so without pain. So to understand the function of the body is to understand how the body can be brought back to optimal function from painful dysfunction.

Developed through ten years of clinical research at Health Motion Physical Therapy, the Scale of Function lays out the exact steps your body goes through when it spirals down into physical dysfunction or moves upwards to optimal function. This scale is the key to the recovery of an optimally functioning body.

The Scale of Function is designed on a gradient. A gradient is a gradual increase or slope from a lower point to a higher point. The Scale of Function lays out the exact steps one needs to take to go towards optimal function and the route one takes when he spirals down into dysfunction. These steps cannot be skipped or ignored; each step needs to be in for the next one to be taken.

To understand why a step cannot be skipped on the Scale of Function lets take a look at the physical design of the human body. We start with nothing, no body there, and begin to put a body there. The first thing we need to build a body is a basic structure or frame for the body. So the entry point to a body is bones connected by joints. This creates the frame.

Now we want to enable that frame to do work and move about. So we attach engines to the frame and make it move. These engines are muscles.

Now that we have the muscle engines laid into the bones we need a way to control these engines. An engine has two levels of control. The first level of control is built into the engine itself to handle the internal timing and

balance of the engine. The timing and balance of muscles on a local level controls how much tension there is in the muscle and when the muscle turns on and off in relationship to the other muscles it works with. Thus local control establishes whether the muscle itself is working correctly.

The second level of control is the dashboard and steering wheel we call the brain, which you will use to control the muscles and body. Your decisions at this level controls the coordination of work, amount of work and length of time you are working.

So as we build a body we can see the interaction of these parts and that each higher-level function depends on the lower-level functions operating properly. In other words, very structure of the body creates a Scale of Function. For example; if a muscle's local control of balance and timing is out, it does not matter what commands the brain gives it, it won't function properly. We also see that if a joint is not moving properly, even a strong and well balanced muscle can't do it's job because the structure is trying to move., the bones and joints, won't move.

So we see the body from no function to optimal function involves the proper functioning of bones and joints; muscular control; the control and performance of work; and we could consider a final step to be increasing ones ability to control and perform work at a high level.

From this we can construct a gradient scale or route that a person must take from dysfunction to optimal function. This scale would have four phases.

Phase I, Mobility - To restore full pain-free movement of the involved joints.

Phase II, Flexibility - To re-train muscles to function in balance, without restriction and minimal effort, to uphold correct functional posture.

(see reverse side)



www.healthmotionpt.com

HEALTH MOTION PHYSICAL THERAPY SERVICES

Kentwood
3826 44th St. SE
Kentwood, MI 49512
616-554-0918

Downtown
428 Bridge St. NW
Grand Rapids, MI 49504
616-451-4284

... HOW YOUR BODY WORKS

(continued)

Phase III, Strength and Endurance - To restore muscle function to adequately perform movements.

Phase IV, High Performance - To train body function to perform at highest functional level necessary.

The Scale of Function further breaks these phases down into exact steps that need to be addressed in each phase. The end result is a 10-step scale that can be used to identify exactly where someone's physical state is and what needs to be handled to bring them into a state of optimal function.

Through the use of the Scale of Function it has also been discovered that when someone passes from step seven on the Scale of Function into step eight, they move over a previously unknown point called the "Pain Border." This Pain Border is the point at which the body no longer experiences any pain whatsoever associated with an injury or body part that was lower on the Scale of Function. Once past step seven the body is pain free!

The proof of the Scale of Function is in more than ten years of clinical testing. The Scale of Function produces results and clearly demonstrates that when the Scale of Function is applied correctly, the root cause of any physical dysfunction can be found and handled.

A Scale of Function for the body exists. Your current state can be found on it and you can move up it or down it. The body is not a mystery and injuries do not need to be complicated and left unsolved to generate pain for the remainder of our lives. The root cause can be found and handled with the Scale of Function. You can be pain free.

To help you find out more about your body, when you are on the Scale of Function, and how you can move past the pain free border to optimal function, Health Motion Physical Therapy offers a free screening program.

The screen program is a free 20 minute consultation with a licensed physical therapist, trained in the Scale of Function. The therapist will evaluate where you are on the Scale of Function and provide you with the information you need to move up the scale to the level of function you desire. - Mark Talbot

"I've had problems with my knees for several years. I've seen half a dozen different doctors that have prescribed rest, painkillers, and inflammatories. It would feel better for a while but the pain would always return. After my most recent injury I came to Health Motion. I'm really beginning to improve and am always surprised at what I am able to do without pain - running up stairs, kneeling and squatting. Not bad considering I came to Health Motion on crutches! I am very happy with the care I received at Health Motion. I'm not just a file or a diagnosis, but an individual with a life that I am able to participate in fully again."

- JR

"I came to Health Motion with acute lower back pain. Two weeks later I have virtually no pain. My legs have shown a 1/2 inch difference in length for decades - now there is virtually no differential length! I have had chronic back pain for almost 30 years. Health Motion has made dramatic progress in my first two weeks by vastly reducing my pain and increasing my ability to move."

-MS

Call Health Motion Physical Therapy today to schedule your free consultation. Our experienced therapists will answer any questions you have and show you the way to a pain free life! Our friendly staff will make sure you have a great experience here at Health Motion! Call today!