



What is your weak link?

Previous injury, poor posture, faulty movement patterns and repetitive activities are all players in the adaptive game of compensation. In the presence of insufficient mobility or stability the human frame innately adapts to its' environment leading to compensation. As these compensations linger inefficient movement patterns evolve, forcing your muscles, joints and nerves into undergoing stresses and strains they are not designed to withstand. This predisposes the body to microtrauma leading to a weak link in the mechanical chain. The end result is failure or injury.

What is microtrauma?

Microtrauma is essentially a low grade stress or strain that occurs with imbalance, weakness or a failure to communicate within your muscles, joints or nerves. Frequently it is a combination of all three. If you are asking yourself how or why you were injured performing what seemed to be a remedial task or just can't put your finger on what happened, chances are you have microtrauma.

- **Key concept is can we see an injury before it happens?**
- **Incorrect body mechanics caused by inadequate mobility and stability can produce poor efficiency, requiring more energy and more effort to execute skills.**
- **The body's current level of mobility and stability influences the motor program.**
- **The result is faulty movement patterns leading to compensation.**