

What is the PFL Method?

The PFL Method is a revolutionary, evidence based approach to restoring healthy, pain free movement in the human body. The method considers "proprioceptive deficit" the causative factor in poor performance, repetitive injury and unhealthy movement patterns (compensatory patterns).

What is Proprioceptive Deficit?

A deficit or communication disconnect exists when sensors located throughout the body send unhealthy corrupt information into the brain. The brain in turn produces a resultant corrupt neurological signal back into the body. This signal often 'locks' the body in a state of compensation, resulting in poor performance and constant wear and tear on the spine, joints, and muscles of the body.

What are the causes of proprioceptive deficit?

Direct injury (sprain/strain) is the primary cause of proprioceptive deficit. Injury causes damage to the sensors in the joint and supportive tissue. After the injury has healed, the sensors continue to relay corrupted signals to the brain, resulting in unstable movement patterns. The chronic pattern of instability, in turn, sets the stage for repeated injury and poor performance. The primary source of corrupt input into the brain stems from the spine and joints such as 'bad' knees and ankles.

What are the signs of proprioceptive deficit?

This phenomenon is often not associated with symptoms in the initial stages. Instead the body tries to 'manage' proprioceptive deficit through unhealthy changes in body movement and balance. This is called compensation. In the later stages, prior to injury, the body reveals signs of deficit through postural distortion, unstable movement patterns, poor balance, chronic tight muscles, weak (inhibited) muscles, and joint restrictions throughout the spine and extremities.

Does the PFL Method of examination and treatment address this complex issue?

Yes. The PFL exam is designed to uncover the source/sources of proprioceptive deficit! The exam is unique in that it does not rely on pain as the primary objective indicator. Instead, the exam focuses on detecting the causes of unhealthy movement patterns, instability, poor performance and injury by locating and treating the sources of proprioceptive deficit.

So how can this method help me when past attempts have failed?

The PFL Method is the only program which considers restoring function to the body from a global, integrative perspective. The PFL Method of care identifies the interrelation between the nervous system, the muscular system and the articular system. All three must be evaluated from a global perspective vs. a 'local' approach. Outcomes are different because the strategies used under the PFL Method clear out underlying nerve interference so the brain can effectively receive input that does not reinforce the same compensation patterns. Instead, system restoration strategies are used in conjunction with treatment to 'reset' healthy movement patterns throughout the body.

The Performance for Life Method™ (PFL Method™)

Program Overview

Athletes

The PFL Method™ is a revolutionary program designed to uncover physical performance inefficiencies rooted in neurological imbalance (proprioceptive deficit) within the movement system of the body.

The underlying principles governing the PFL Method™ consider the articular joints of the body as a primary source of neurological imbalance. Previous injuries and imbalances in joint function in the spine and extremities facilitate muscle imbalance and dysfunctional stabilization patterns. This often painless phenomenon or 'disconnect' between the brain and the body promotes instability resulting in poor performance and an increased potential for injury and recurrent injury patterns.

The focus is on reconditioning the body prior to training for an athletic event. Unhealthy movement patterns are identified and eliminated through dynamic, progressive treatment protocols. Proper movement patterns are “reprogrammed” through a systematic re-conditioning program unique to your movement system deficiencies.

For athletes, the PFL Method™ is designed to improve athletic performance and reduce the potential for injury. The focus is on retraining healthy movement patterns throughout the body rather than just addressing the area of pain, weakness and instability. The athletic program consists of the following components:

- Athletes undergo the PFL exam. This is a comprehensive analysis of your posture, spine, soft tissue and nervous system (biomechanical, myofascial and neurological). The PFL system of analysis is designed to uncover proprioceptive deficit, a “communication disconnect” between the brain (nervous system) and body (muscular system).
- The PFL exam provides a diagnosis unique to the athletes condition and provides an objective, evidence based approach toward creating an active care program. This program is an integration of chiropractic, manual therapy and functional conditioning in a progressive, systematic manner.

- The functional conditioning portion of the program consists of four essential progressive components: Flexibility reconditioning, core reconditioning, balance reconditioning and strength reconditioning.
- The goal of the PFL Method™ is to eliminate movement system impairment and recondition the spine, soft tissue and nervous system. By eliminating proprioceptive deficit and retraining healthy movement patterns, athletic performance is improved and the resistance to injury is enhanced.

Patients

Focus is on reconditioning your entire movement system rather than just rehabilitating the area of pain and injury. The goal is to restore pain free movement and stability in the spine, joints and muscles.

An active care program integrating chiropractic, manual therapy and functional conditioning in a progressive manner. The therapy program is unique to your condition.

Progressive functional reconditioning program designed to improve flexibility, core, balance and functional strength. The goal is to retrain health movement patterns, improve performance and enhance your resistance to injury.

Program Design

- Comprehensive PFL exam which includes a comprehensive analysis of your posture, spine, soft tissue and nervous system.
- The goal is to identify the underlying causes of instability and poor movement patterns in your body.
- A specific program developed to correct spinal misalignments, restore flexibility, recondition the core and improve balance and strength. The goal is to recondition your movement system by removing the primary causes of weakness and instability.
- The treatment program is unique to the exam findings and designed to integrate the following: Chiropractic adjustments, manual therapy, flexibility training, core reconditioning, balance reconditioning and strength training.

- Conditions which respond to PFL Method™ include: Spinal disc disease and herniations, overuse injuries, chronic joint pain, muscle spasm, headaches, tmj, and overall decreased energy, vitality and performance.

The PFL Method™ is a revolutionary evidence based program that integrates chiropractic, manual therapy, and functional conditioning in a structured progressive program specific to your needs. The PFL Method™ is designed to produce long lasting results in the most efficient, cost effective manner.