



INJURY REHABILITATION

Many athletic injuries happen because of poor neuromuscular control, meaning deficits in strength and coordination. The body encounters force in every moment, with every move it makes. And the muscles have to be pliable enough to absorb that force and protect the rest of the body. If your muscles are working correctly, they can protect you from injury in most cases. However, when muscles don't absorb force correctly, that force is transferred to tendons, ligaments, cartilage, etc. and may cause damage to those tissues. Since those muscles are controlled by your nervous system, we know that ultimately these injuries come back to inappropriate neurological activation patterns. Using the NEUBIE, we can provide an effective method of re-education, which helps optimize the function of the appropriate muscles. Coupled with the NEUBIE's ability to increase blood flow and other techniques in the NeuFit System, symptoms are often resolved more quickly than they otherwise would.

REDUCE PAIN

With modern advances in science, we now know a lot more about pain than ever before. Pain is not actually experienced in the body, but in the brain. It is an active output signal from the brain, generated in response to perceived threat - not necessarily damage. And it is an attempt to make you change your behavior to move away from a threat. Sometimes it is acute pain because of a real injury. However, sometimes pain lingers even after an injury has healed on its own or been surgically repaired. Or it happens for other reasons, independent of any actual injury or damage. Along with the NEUBIE's ability to manage acute and chronic pain, the NeuFit System can help get to the root of where the pain originates.

IMPROVE PERFORMANCE

Athletic Performance is very dependent on the nervous system. Above all else, your brain prioritizes survival and wants to be sure you live to see tomorrow. That often means “putting on the brakes,” and limiting your performance to ensure that you don't get injured and threaten survival. What does this actually mean? It means that targeted, neurological interventions can make a difference. In the NeuFit System, we use strategic mobility drills, neurological re-education with the NEUBIE, large doses of eccentric movement to train the muscles to become more pliable and absorb force, and other unique exercises and techniques that amplify your ability to perform at a high level.