TO RESTORE AND Maintain THE DANCERS BODY BY ALTERING TISSUE FATIGUE

I often watch the injuries that occur with athletes and dancers and see the person confronted with the dilema of not being able to participate in the game or performance through pain or injury, There is always a cause or point of origin. A lot of injuries occur around the foot, ankle, achilles, calf, knee and of course into the hip and spine. I have shown time and time again the cause often comes from higher up the musculo-skeletal system eg., the pelvis and lumbo-sacral area due to inability to absorb shock. I don't beleive high heels are bad as such, it is rather lack of condition or eventual onset of tissue fatigue. We build a very specialized leg / pelvic conditioner which **pre strengthens** all the pelvic musculature and most importantly the ligamentus and tendon structures ie., the sacroiliac joint. We have treated some of the top athletes and dancers in the world. Take for instance a ballet dancer, only 26 years of age with severe osteoarthritis in the hips. We worked on her 8 hours per day for two months, she was then able to return to ballet.The problem was tissue fatigue and the inability to absorb shock. By taking the heel high does not destabilize the pelvis or low back, in fact, the suspension system of the musculo-skeletal system works even better with the heel higher. **Our aim is this: "A 50 percent increase in the ability of the body to support itself".** Imagine if you have 50 percent more power than you already have, this is Structural Conditioning®, DMCP®,the conditioning side of DMT™. Strength is one thing but **to be able to deliver this in performance is Power.** Our speciality is joint tissue eg., spinal discs, tendons, ligaments. To condition these complexes to a state stronger than before. The end result of our conditioning program is **ELASTICITY** of connective tissue which then allows the performer to take greater advantage of their strength and flexibility **due to the fact they have now increased their ability to absorb shock.** The key element is the effect that we beleive ilicits numerous reactions from the neuro-musculoskeletal structures and the fluid systems by helping to promote fluid exchange **by altering tissue fatigue** within the connective and joint tissues.