

# Why Are Postural Restoration Methods Superior?

The PRI method starts with recognizing that every person tends to develop abnormal movement patterns as compensations for the slight asymmetries in the human body. As an obvious example, when a person suffers from a sore ankle they'll limp as they walk. The uniqueness of the PRI method is the willingness to look for the dozens of tiny compensations every single one of us has developed through our lives. Each one of those compensations is a message from your body: if I do *this*, *that* won't hurt. But those compensating movements come at a cost. At Breakthrough Fitness, our mission is to identify these compensations — technically termed “postural kinematic movement dysfunctions” — and help the client correct the issue which caused the compensation to develop in the first place.

We look for abnormal movement patterns and for imbalances in body posture. We look for unnatural breathing patterns. We look to see if certain muscle groups are overactive while others are underactive, which leads to improper alignment. These and other symptoms often are caused by improper skeletal alignment and/or inappropriate muscle activation.

These compensations lead to pain, reduced mobility, and long-term muscular and skeletal issues simply because the body can't move efficiently. These dysfunctional patterns can put excessive stress on joints and the spine, causing pain and discomfort.

Once we have identified these compensations, exercise and fitness are the remedy.