

FREE consultation AND 30% off your first therapy session

"My experience with Joe Ackerman was fantastic. I signed up for the 10-session core structural integration program not knowing too much about it. I workout a lot and play soccer on the weekends so my body has taken a lot of abuse over the years. The core structural integration program really helped get my body back in alignment. I could feel and see my body come back into balance. It has been 6 months from my last session and I still feel my body being in good balance."



JOE ACKERMAN (CORE STRUCTURAL THERAPIST)

Joe Ackerman, M.S., B.A., L.M.T., is a leading Structural Therapist in the greater Boston area. He is part of the CORE ongoing education staff that teaches advanced courses in structural integration, myofascial therapy and sport bodywork across the U.S. and Canada. Ackerman holds a B.A. and a M.S. in clinical social work, along with post graduate certifications in structural therapy, myofascial therapy and sports bodywork. His educational background coupled with his lifelong history as a competitive downhill skier and cyclist, make him uniquely qualified to understand and treat age-related physical limitation, sports injury and to optimize the overall body system to enable patients to reach their physical potential at any age.

For more information or to book an appointment
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(Located within Dental Care of Burlington Bldg.)

Your health and wellbeing are what matter most

CORE Structural Therapy focuses on freeing you of physical limitations, so you can. . . .



MOVE MORE, PLAY MORE, BREATH MORE (DEEPLY),
... LIVE MORE!

What is causing your ongoing cycle of injury, re-injury and pain?

Is the pain you feel part of aging? Or is it an old injury that didn't heal? If you work through the pain, will the injury go away?

Should you lie on the couch waiting for the injury to heal itself? Or should you go see a doctor? If you've seen a doctor already and the pain is still there, what is next?

Many people ask these same questions as they suffer injuries or endure pain that never goes away.

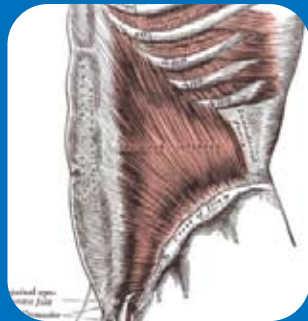
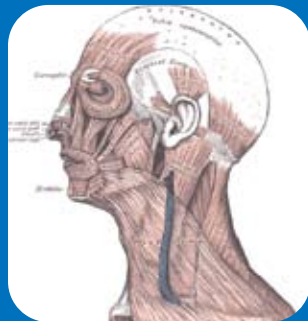
The real question is what is causing this ongoing cycle of injury, re-injury and pain?



The Fascia

Recurring injury and chronic pain are often caused by damage to the body's fascia. Fascia is a protective sheath within our bodies that covers every cell of the body. From the crown of your head to the tip of your big toe -- it creates stability and strength between your muscles, tendons, ligaments and bones. And it helps transport nutrient-rich fluids and blood to reach injured areas so they can heal.

BUT when injury strikes, the fascia transforms itself into an impenetrable shield that tightens around the tear or strain to protect it from further damage.



Unhealthy Fascia

As we age or injuries accumulate in our bodies, that sheath becomes scarred and inflexible in some areas, over-stretched in others, and short and tight in still others. These changes shift the body centimeter by centimeter into "unnatural" positions and movements.

SOME EXAMPLES ARE:

- After hours, days, and years spent sitting in front of a computer, you develop a vulture-like bent to your neck – a neck that is somehow always sore and tender to the touch.
- Long after a strained hamstring in your left leg has healed, you continue swinging your right leg in an outward circle while walking rather than a smooth forward motion.

Ultimately, these unnatural patterns become permanent. The fascia tightens. Gravity tugs at you. And your body cries out in pain!

CORE Structural Therapy?

Born from Ida Rolf's Structural Integration Therapy, the CORE method is advanced therapy for the Myofascial System (fascia, muscles, tendons, ligaments). It works more deeply into the body than massage, while taking a more integrated approach than your medical doctor normally takes.

CORE structural therapy gets to the source of your pain and also treats the interrelated, often-complex issues surrounding soft tissue injury at the systemic level.

This whole-body approach maximizes healing AND prevents re-injury.

Two Choices in CORE Therapy

CORE Bodywork

CORE bodywork focuses on specific injury treatment – for both old and new injuries. During a 3-5 session treatment, Joe Ackerman will:

1. Interview you to understand the cause, extent and duration of your injury.
2. Treat the injured area with slow, deliberate, deep-probing movements to relieve immediate pain and tissue stress, and to restore mobility.
3. Break up non-functional scar tissue to further restore healthy elasticity needed to prevent re-injury.
4. Relieve pressure on your circulatory system (caused by inflamed fascia) to enable nutrients and blood to flow into injured areas and enable complete healing

These steps maximize healing, restore mobility, and relieve chronic pain.

CORE Structural Integration

As we reach our 30s, 40s, 50s, and so on, many people believe they need to slow down, and accept limited movement and chronic pain in backs, elbows, knees, feet – because somehow that is a "natural" part of aging.

It is just not true!

What is true is that sitting for long periods (whether behind a desk or behind the wheel of a car), doing less, finding ways to work around pain or treating individual injury without treating interrelated areas of weakness and strain WILL contort your body into limiting patterns. You will slouch more, move less freely and take in far less energy-producing oxygen. You will feel pain in overworked areas of your body, weakness in under utilized parts. And you will have less energy to play golf, to roller skate, to do the things you love.

How to do the Things You LOVE!

The goal of CORE Structural Integration is to proactively restore mobility, strength, energy and fluidity to your entire body. - AND to PREVENT injury or RE-INJURY.

Building upon on the four steps of bodywork, CORE's 10-sessions of structural integration:

- Treats acute symptoms along with weak points and strains in other areas of the body (that result from compensating for the original injured area).
- Systematically relieves pain throughout the body, breaks up scar tissue, and lengthens muscles & fascia.
- Restructures entire body segments (back & neck, abdomen, legs, feet) to bring back lost strength and stability to each.
- Aligns each body segment one with the other so they work in balance WITH each other rather than COMPENSATING FOR each other.
- Teaches you how to amplify the results of your therapy sessions for better, long-lasting results.

After integration therapy, you will feel ease and power in your body you haven't felt in years.

YOU WILL STAND TALLER, BREATHE MORE DEEPLY, AND MOVE WITH MORE FREEDOM.

**YOU WILL BE ABLE TO . . .
MOVE MORE & LIVE MORE!**

CORE BODYWORK TREATS

- TMJ
- Head Aches
- Back Pain
- Neck Pain
- Rotator Cuff Injury
- Tennis Elbow
- Plantar Fasciitis
- Chronic Pain
- Sports Injury



"I have a chronic issue with my upper back due to too much time at the keyboard. It is often exacerbated by the physical activities I do. After my latest flare up, my wife suggested I go to Joe for a bit of work to loosen muscles and break up the inflammation. The difference was night and day and the results were long lasting. Thanks Joe."

Dan Winsor

