

POSTURAL ANALYSIS

Poor posture can be both symptom and cause.

It is often the body's expression of discomfort and, left untreated, can cause more pain in a self-reinforcing cycle of compensation and malaise.

Perfect posture is impossible given the nature of our imperfect bodies and how they adapt to the discomforts caused by old injuries and the realities of everyday life.

We adapt our movements to provide maximum efficiency and cause minimum pain under present circumstances. But in doing so, we often train our bodies to short-term gain at long-term cost.

Muscles, nerves and ligaments learn to move in compensatory patterns that cause misalignment: some muscles can become chronically tight while others weaken; ligaments can become stretched by repeated uneven movement; nerves can eventually learn to follow compensating – and damaging – motion patterns.

This leads to muscle imbalance and joint stress; moreover, poor posture results in the body requiring additional energy to move and even stand still.



Postural analysis is a key first step in detecting these patterns, determining areas of focus, and unraveling the negative cycle.

At ACT, this is a cornerstone of our approach to get you moving at your pain-free, high-energy best.

Based on your health history and the findings of our screening, we can apply the requisite therapies to bring your body back into alignment.

We can also suggest helpful exercises, stretches, or postural improvements that you can undertake on your own, to complement your treatments.

WHAT WE OFFER

Our objective is to help you reach and maintain optimal physical form – whether you're pursuing peak athletic performance or simply want to reap the fullest possible benefits of a healthy and balanced body. ACT offers personalized, professional treatment, in the following areas of specialty:

- JOINT MOBILIZATION
- MYOSKELETAL ADJUSTMENT
- MANUAL TRACTION
- POSTURAL ANALYSIS
- CRANIAL-SACRAL THERAPY
- VISCERAL MANIPULATION
- TRIGGER POINT THERAPY
- MYOFASCIAL RELEASE
- CLINICAL / SPORTS / SWEDISH AND DEEPTISSUE MASSAGE
- LYMPHATIC DRAINAGE
- ACTIVE RELEASE TECHNIQUES
- PERSONAL TRAINING

ACT clients benefit from a fully integrated approach to treatment. While it's relatively easy to find skilled practitioners of any one of the approaches above, Mr. Arifi's extensive training and experience enable him to tailor your treatment to your specific health needs – incorporating elements of all of these modalities and adapting them to your body's unique requirements.



In addition to helping with chronic pain relief, prospective benefits of treatment include improved or restored:

- MOBILITY
- FLEXIBILITY
- COORDINATION
- STRENGTH
- POSTURE

ACT FOR YOUR FITNESS

At ACT, we believe in the importance of fitness *We:*

- help clients assess their current level of fitness;
- assist them in working toward their objectives;
- provide instruction regarding appropriate techniques – tailored to the client's individual needs;
- provide education about the role of stretching and cardiovascular, strength, and flexibility exercises; and
- assist clients in keeping track of their progress.





Zahir Arifi (LMT 104716) is a healthcare professional with several years of experience in a European clinical setting, as well as having worked with various track & field teams in Paris, France. In Austin, he's been associated with the chiropractic doctors at Southlake Spine & Sports, providing an added dimension to the practice that has won the loyalty of numerous clients. He has also occasionally provided services at Lakeway's World of Tennis.

Mr. Arifi is a member of the International Association of Healthcare Practitioners, associated with the Upledger Institute, a Florida-based foundation that promotes the benefits of cranio-sacral therapy, and he has taken Upledger courses in both cranio-sacral and neuro-muscular therapy to complement his existing foundation of knowledge in this area. He has participated in a master-class on pediatric cranio-sacral therapy conducted by Viola Frymann, internationally recognized as a life-long leader in the field. He has also completed extensive studies in visceral manipulation under the direct guidance of Jean-Pierre Barral, founder of the US-based Barral Institute and "one of the Top Healing Innovators to watch in the new millennium", according to *TIME* magazine.

Mr. Arifi is a member of the Texas Association of Massage Therapists and the Associated Bodywork & Massage Professionals, and has received his certification as a personal trainer from the NCCA-accredited National Federation of Professional Trainers. He is a certified osteopath in France, having received his training at the Ecole Supérieure d'Ostéopathie in Paris. He has been awarded the D.O.E. degree by the European Council of Osteopathic Schools in Geneva, after successfully defending his thesis on the comparative benefits of joint-articulation-enhancement techniques, which he performed on select members of a team of nationally ranked athletes in North Africa.

On a personal level, Mr. Arifi is an avid hiker and runner, having won numerous regional and national-level races in France, including semi-marathons, and qualified to participate in the 1992 Olympics in steeplechase – and therefore knows what it takes to be a successful athlete. His professional philosophy is to engage the body's tendency to help itself. His objective is to enable his clients to reach and maintain peak physical condition naturally – allowing them to reap the full benefits of a healthy and balanced body.

IS ACT FOR YOU ?

- Do you suffer from a recent or old injury?
- Does chronic pain prohibit you from enjoying a full, active lifestyle?
- Are you dissatisfied with your current healthcare results?
- Are you looking for a non-surgical alternative?
- Are you seeking a holistic approach to healthcare and fitness?

If you answered

YES

To any of these questions, then consider

ACT

At ACT, it's all about *you* –
your health, your goals.

YOUR HEALTH IS OUR FOCUS

ACT is a highly specific hands-on solution for clients suffering from acute and chronic conditions. We are a results-oriented clinic and see a teamwork approach as the ideal path to improving health and enhancing performance.

Our philosophical approach is best described as "helping the body help itself". The focus is to enable clients to comfortably and successfully engage in an active, fit and pain-free lifestyle.

Our attention to detail and time commitment to each client can help speed recovery time, reduce the need for invasive surgical procedures, and eliminate long-term chronic conditions.



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