

How *WE* accomplish goals varies and depends on each individual person and their individual situation.

Analysis of each individual person helps us develop a plan to accomplish the therapy goals.

Goals for all clients:

1. The posture should be in Anatomical (structural) Homeostasis.

The most efficient position maintains balance on the horizontal, midsagittal, and coronal planes.

2. Locomotion should be in Biomechanical Homeostasis.

The most efficient movement dissipates momentum efficiently throughout the body.

3. Craniosacral Rhythm should move efficiently

4. Breathwave should move efficiently

5. Pain Free, at rest and with movement.

Individual Goals :

Name _____ Date _____

- 1. _____

- 2. _____

- 3. _____

- 4. _____

