

PERSONALIZED ST.A.R.™ TREATMENT PROGRAM

(These exercises have been selected randomly and are not to be considered for your individual program.)

1) **Static Floor**



Lie on back with both legs on block and knees at 90 degrees. Relax back into floor and breathe through diaphragm. Stay in position for five minutes or therapist's recommendation.

2) **Piriformis Stretch (W all)**



Lie on back with knees bent to 90 degrees, feet on wall, and hip-width apart. Cross right ankle to left knee then press right knee slightly away

feeling stretch on the outside of your right hip. Relax your shoulders and stomach and breathe. Switch and repeat. Hold 1 minute/side.

3) **W all Sit**



With low back against wall, slowly walk feet away from wall. Keeping feet hip-width apart and straight ahead, slide down wall until knees are at 90-degrees or just above.

Keep weight on heels while pressing low back into

wall and hold. Keep stomach and shoulders relaxed. Hold For 1 Minute.

TESTIMONIALS:

"This program is the key to longterm health and is the best and most complete compliment to any therapy out there. If you are truly invested in your own health and tired of the "quick fix" mentality, then this program is for you!"

-Mark Kalina M.D.

"Since I've been on the ST.A.R.™ program, my range of motion is amazingly improved, I have greater endurance, I sleep better, am more focused at work and home, and I live and play without pain! I offered it to all my employees and it has made a huge difference."

-Dave Zeller

President & founder of Peoplefirst.com
(Now Capital One)

"ST.A.R.™ has given me back the range of motion in my shoulders without the pain. I no longer feel the need to adjust myself constantly. And best of all I no longer worry about pain in my neck and shoulders so I don't have to restrain or guard every move I make for fear of re-injuring myself."

-Dr. Karen Anderson D.P.M.

"THE 90-DAY LIFE-BACK GUARANTEE PROGRAM"

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STAR

(Success
Through
Alignment
Restoration)

Therapy®

"THE ENDURING
SOLUTION TO
CHRONIC PAIN"

What is S.T.A.R.™ ?

STAR (Success Through Alignment Restoration) Therapy® is a **Neuromuscular System of Corrective Postures™ (NSCP)** to permanently eliminate pain and enhance physical performance!

Why do I need S.T.A.R.™ ?

We begin life with perfect posture and function, designed specifically to allow us to move effectively and efficiently around the force of gravity. Over the years, due to excessive sedentary lifestyles, injuries, and “bad” habits, etc., we lose our optimal design, which compromises our ability to function correctly around the force of gravity.

Because muscles hold and move bone, the inevitable result of this System Breakdown is *Compensation!* In other words, our bodies no longer understand how to hold and move our skeleton correctly. This *Compensation* causes misalignment that is progressively aggravated over time, resulting in excessive stress in specific physical locations. You interpret this System Breakdown as **PAIN!**



How is S.T.A.R.™ Different ?

- Unlike most other therapies or treatment modalities, S.T.A.R.™ actively attacks the *Cause of the Problem*, not the symptom, thereby providing *Permanent Pain Elimination!* It is, therefore, increasingly synergistic in value/benefit to you, relative to any intervention you have experienced, past or present.
- S.T.A.R.™ Postures are determined based on an **OBJECTIVE EVALUATION PROCESS**. Eighteen measurements are taken from specific skeletal landmarks to determine the precise and unique **Corrective Postures** to address your specific presenting ailment. This sequence of Postures re-educate the neuromuscular system to support bones optimally, thus eliminating the need for continual treatment and ensuring Long-Term Pain Elimination!
- S.T.A.R.™ is a non-invasive and does not require the use of medications or expensive equipment.
- The S.T.A.R.™ program focuses on Education. You will be empowered with the requisite skills and knowledge you need to succeed long-term.
- S.T.A.R.™ is time and cost-efficient and adaptable to any environment.

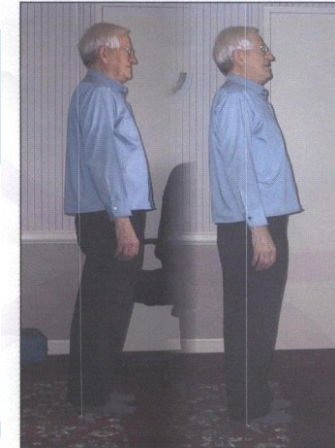
What does S.T.A.R.™ help?

Chronic pain, Back pain, Sciatica, Neck pain, Headaches and Migraines, Joint and Injury pain, Arthritis, Carpal Tunnel Syndrome, TMJ, Shoulder pain, Knee pain, Hip pain, Herniated Discs, Scoliosis, to name a few.

What is the S.T.A.R.™ Process?

- 1) Objective measurements are taken that allow your practitioner to identify the precise objective extent to which your body is misaligned. This is extremely important because it eliminates any and all forms of subjective evaluations and ensures predictable and reliable success results.
- 2) Once evaluated, a scientific sequence of

Before and After!



isometric **Corrective Postures** are prescribed that reprogram” your neuro-muscular circuitry. The Ultimate Formula for the proven success of the NSCP™ resides in the patent-pending, algorithmic **Scientific Sequencing** of these powerfully healing Postures!

- 3) Once you understand your S.T.A.R.™ Program, you are provided with all the necessary tools, such as illustrative and streamlined visual aids, **ONLINE AND IMMEDIATE**, to enable you to administer your S.T.A.R.™ Program in the comfort of your own home, exercise facility or office with *Ensured Success*. With eight sessions over a four-month period, each new session re-prescribes a progressive and supplementary S.T.A.R.™ Program to ensure your continued success results!