

# fitness

## Individualized Corrective Exercise Programs Utilizing The Egoscue Method

Do you want to exercise, but suffer from *lower back pain knee pain, neck pain, shoulder issues, foot symptoms, hip issues, or just overall bad posture?*

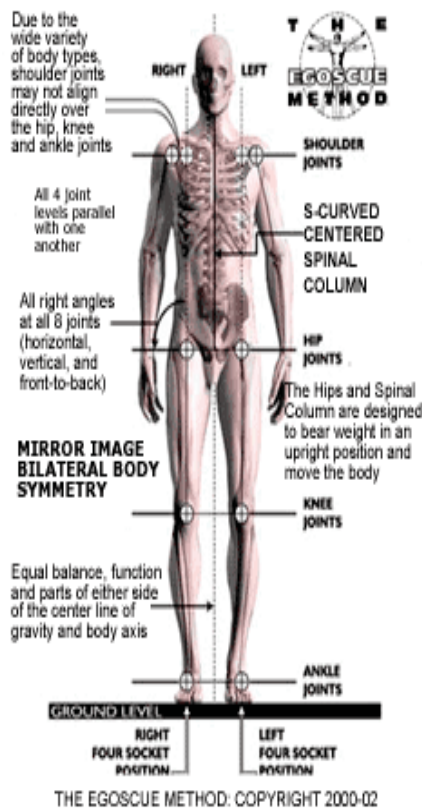
Utilizing the Egoscue Method of postural alignment, a corrective exercise session will include the following:

- Postural photos (with gravity lines inserted using E-Pete software) to indicate which of your load bearing joints may be out of alignment
- Full gait analysis and functional testing
- A customized print out of corrective based exercises created in a specific sequence to get your body back to it's optimal alignment
- A hard copy of each exercise with pictures, and detailed descriptions as well as a digital copy with videos of each exercise emailed to your home.

Pricing: \$120 (most sessions run 1.5 hrs)  
Instructor: Lisa Decker CPT, CES, SPN, PES, PAS

*Lisa Decker will hold a masters degree in Human Movement (2011) and is a certified corrective exercise specialist and postural alignment specialist.. She has completed both levels of certification through the Egoscue Method in San Diego.*

Please contact Lisa directly at 408.691.2829 or [lisad@svjcc.org](mailto:lisad@svjcc.org) for more details.



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