

Adrienne: I found Balanced Flow actually on the recommendation of a yoga teacher. I was having some kind of chronic back pain and he recommended coming here to get some help. And that was a couple years ago. So I came here like maybe once or twice, but then starting about last winter, I had some just chronic shoulder and back pain that wouldn't go away. Like every other week it felt like I was kind of throwing out my back to the point where I was kind of constantly trying to rub out sore spots, but it never would go away. And I'd feel it when I picked up my son. I'd feel it when I exercised. I'd feel when I was driving my car and it just wasn't going away on its own and it wasn't going away with me just kind of trying to rub it out.

Adrienne: So I came back to start an actual treatment plan. What I really liked about this place is every time I come in, there's a brief conversation about how I'm doing, where I'm feeling pain, how much pain, what I can do to adjust things. And there's a focus on just teaching me how to feel good on my own, which is obviously the goal. I realized that treatment was working a couple of days into being pain free. I think there was all of a sudden the moment where I realized, oh, I haven't been rubbing my shoulder. I haven't been kind of adjusting my neck every five minutes. I haven't been just feeling the chronic tightness. And that was a really good feeling to just realize that, oh, I haven't been dealing with this pain for a couple of days.

Adrienne: And now that my problem is solved or being solved, what is really nice about the sort of aftermath of coming here for treatment is that I now know how to address the pain if it comes back. I also know how to be aware of my body in order to prevent the pain. So if I'm in yoga class and in that setting, you're obviously hyper aware of all the muscles in your body, then I can make sure that I'm using the right muscles in the right way, because that's what I learned here. But even in other scenarios, picking up my son, if I'm using the wrong muscles or using my body in the wrong way, I can quickly readjust. Now I know what my body should feel like. And so, when I'm doing something incorrectly or in a way that's not good for my body, I know that that's what my body should not feel like, and I can very quickly adjust.

Adrienne: So I think that's the best thing that came out of this treatment plan is knowing on my own, one, what it feels like when I'm using the right muscles in the right way. And two, if that pain does start to creep back in, what are some exercises and some corrections that I can do to get it to go away very quickly? So that's been pretty invaluable to me.