

POSTURAL RE-EDUCATION

It can be said that the Mézières method consists in finding, the shortenings of the Muscle Chains (and consequent compensation), in treating them by easing their tensions to get closer to their original length, so that the body can find its harmonious shape

The principles of the method are simple and logical, but the practical implementation of a Mézières treatment requires great precision from the therapist and requires rigorous and meticulous observation of the whole body in its various adaptive behaviors.

To function well, the human body must be harmonious and balanced.