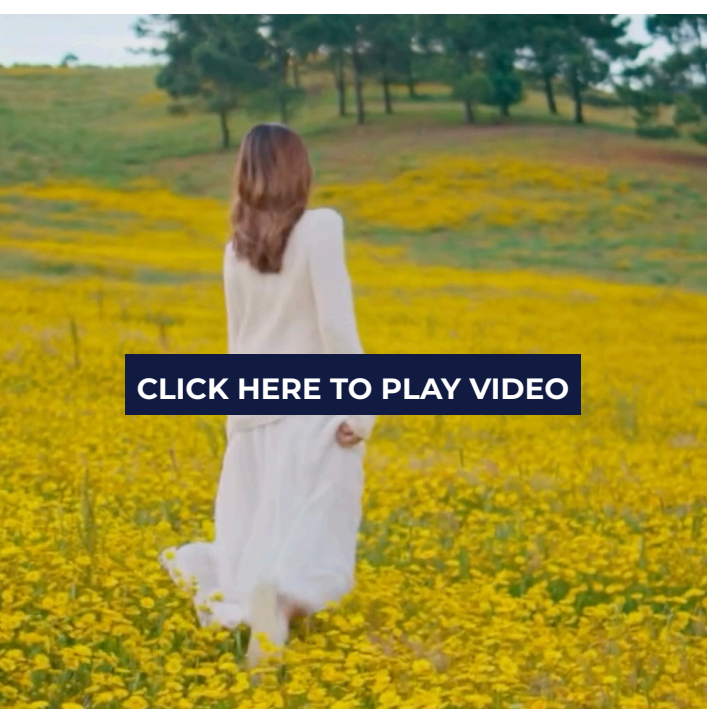


LIVING FROM THE INSIDE OUT!

Embark on a “Journey to the Core” with our expert physiotherapists and unlock a better way of living, from the inside out.



[CLICK HERE TO PLAY VIDEO](#)

Living from the Inside Out #1: Prioritising Self-Care

Embark on a “Journey to the Core” with our expert physiotherapists and unlock a better way of living, from the inside out.

Watch and listen to our video created by our team to learn more about how small changes can unlock a healthier, more balanced lifestyle.

Living from the inside out #2: Activating your Core System

Did you know?

Your core system is more than just your abdominal muscles.

The diaphragm, hip flexors and glutes are all part of the core (**Zone 1**). Their main role is to **INITIATE** breathing and movement.

When **Zone 1** initiates movement, your body **EXPANDS** as energy is transferred outward to **Zones 2** and **3**.

However, if **Zone 1** is not doing its job effectively, **Zone 2** and **3** will try to take over causing the body to **IMPLODE** or **COLLAPSE**.

This leads to the development of **COMPENSATION** patterns and **OVERLOAD** in certain areas of the body.

Our **physiotherapists** are skilled in helping you to address these compensation patterns so that you can move better - **FROM THE INSIDE OUT**.



[CLICK HERE TO PLAY VIDEO](#)

Sneak Peek Zone 1 Activation

Using the Be Activated® treatment system to activate Zone 1 is as simple as 1-2-3.

By strategically releasing restriction in the tissues with a centre out approach, the body will be able to breathe and move more efficiently.

- **Diaphragm:** below the rib cage and on the chest bone
- **Hip flexors:** lower abdominal area
- **Glutes:** the back of the head, behind the jaw and along the edges of the tailbone.

Be Activated®(the Douglas Heel Method) is offered by our physiotherapist, Anja, at the Somerset West branch.

Living from the inside out #3: Checking IN with your nervous system so that you can perform better in the OUTSIDE world.

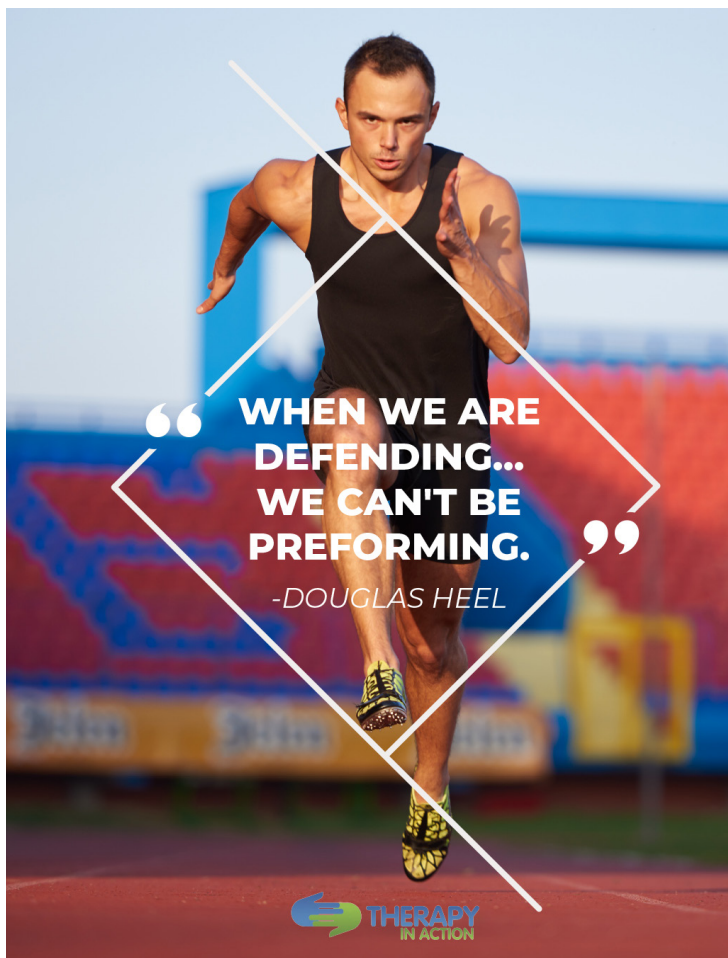
“When we are defending, we can’t be performing.”
– Douglas Heel

Sympathetic/stress response = defensive patterns in the body = inability to perform efficiently.

Shifting to a parasympathetic/relaxed state helps to:

- Increase Performance
- Build Resilience
- Reduce the Risk of Injuries

Tip: Try diaphragmatic (deep belly) breathing to activate your parasympathetic response.



Let Us Help You Take Action

At Therapy in Action, we understand that injuries, strain, and discomfort can have a major impact on your quality of life. Through personalised assessments, hands-on support, and evidence-based practices, we’re here to help you restore function and return to work, safely and confidently.

