

Medicine, in the form of pharmaceuticals, surgeries, supplements, nutrition, exercise, connection, or sleep, does not impact the body organ by organ, but by involving the whole person—physically, emotionally, and spiritually. A biomedical view compartmentalizes and only focuses on one aspect of an intervention's impact and therefore undermines its capacity for healing.

At Pinnacle Health, we practice integrative functional medicine because your body is an interconnected whole that is in dynamic relationship to its environment. We recognize the importance of these connections in health and disease.

By combining the best of both modern and traditional medicines, we address symptoms by focusing on the underlying cause of the problem and utilize the value of nutrition and lifestyle. This leads to more profound and longer lasting results and is restorative and preventative at its core.

The conventional medical system strives for precision and structure, but people are neither of those things. There is a beauty in the messiness of being human that only an integrative approach to medicine and wellness can address.

Please join us on your healing journey as we take into consideration all aspects of the human experience.

The following definitions may be used or not used:

Integrative Medicine: Incorporates the best of modern and traditional medicine, is patient centered, and understands the whole person. It is at an intersection of multiple modalities to provide an environment of complete healing.

Functional Medicine: Goes beyond what is wrong with someone and focuses on why it is happening. It seeks to understand how the body functions from the cellular level to the community level. It focuses on the root cause of disease and addresses illness at this level resulting in profound healing.

Integrative Functional Medicine: Really good medicine!

Why Functional Medicine Health Coaching?

Many of us have a vision of what we would like our life to look like, goals that we would like to accomplish. Being able to move our lives forward in a positive direction. Whether it's a goal to exercise more, eat better, have more energy, sleep better, feel like life is a little more organized and in control.... or many other varied worthy aspirations.

Did you know 80-90% of goals set are never accomplished? That is where working with a health coach can benefit your life. A health coach is there for education, support, accountability and having a partner to work with you on accomplishing YOUR goals. Health coaching allows you to take a deeper look into yourself and your life and determine the path that you would like to take to move your life forward and become the you that you want to be.

Leslie Hales, Functional Medicine Health Coach



Shawnee Haws PT, DPT

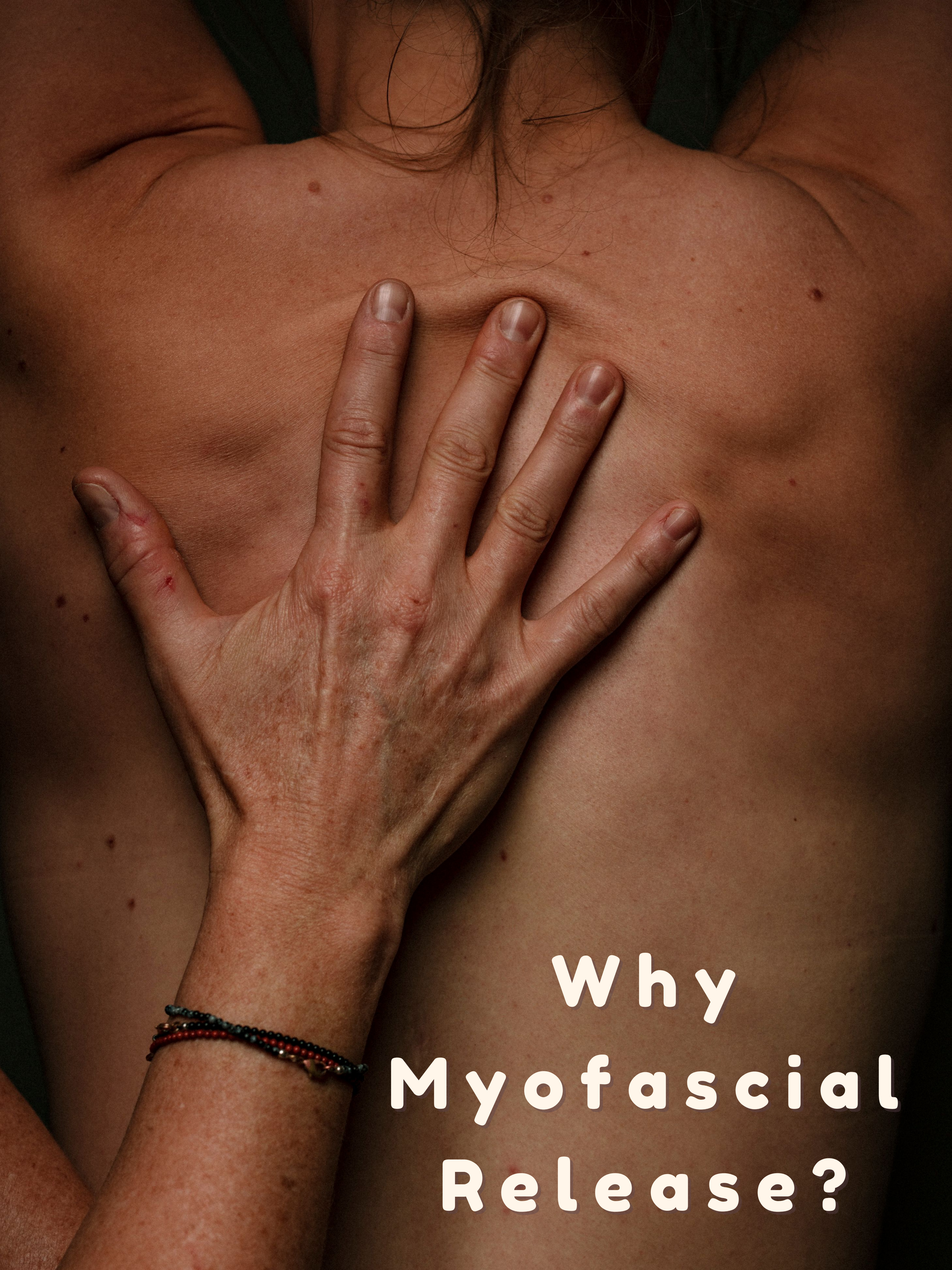
Why Manual Therapy?

At Pinnacle Performance, we pride ourselves on being the experts in manual therapy in Salt Lake City. But what is manual therapy? Manual therapy is a comprehensive, post-professional education approach to hands on, evidence based, and whole body treatment. Manual therapy consists of strong evaluation, differential diagnosis, and clinical reasoning skills that lead to a specific diagnosis and appropriate treatment options. Ultimately, this means better outcomes for our patients.

Our evaluations include an extensive health history and a detailed biomechanical assessment of the whole body. We want to know about your ankle sprain or motor vehicle accident from your teenage years, just like we want to understand your current symptoms. Serious pathology can be ruled out or appropriate referrals can be made if needed. Manual therapists can make a more accurate diagnosis based on the biomechanical assessment. Does your joint move too much or not enough? How does your stiff ankle joint affect your lumbar spine mechanics? And how does all of that affect your neck rotation? It's the best kind of detective work!

Once we understand which joints are affected, we have a whole tool bag of hands on treatment options to improve joint mechanics and soft tissue restrictions. Manual therapy modalities may include a combination of joint mobilization/manipulation and soft tissue techniques. Neuromuscular reeducation and specific therapeutic exercises can then reinforce the manual treatment.

Manual therapy helps us achieve the goal of being efficient movers; when we do, we help the body create an optimal environment for healing. And that gets you back to doing the things you love.



**Why
Myofascial
Release?**

What is Happening?

The health professions had ignored the importance of an entire physiological system, the fascial system that profoundly influences all other structures and systems of the body. This glaring omission had severely affected our effectiveness and the lasting quality of our efforts. Including Myofascial Release into our current evaluatory and treatment regimes allows us to provide a more comprehensive Approach to our patients that is safe, cost efficient, and consistently effective.

Fascial restrictions can exert tremendous tensile forces on the neuromuscular-skeletal and other pain sensitive structures. This enormous pressure (more than 2,000 pounds per square inch) can create the very symptoms that we have so long been trying to eliminate. This knowledge frees us from only trying to relieve symptoms and gives us the tools we need to find and eradicate the cause and effect (symptoms) relationship for a permanent resolution of our patient's complex problems.

The Mechanism?

It is felt that each time we experience a trauma, undergo an inflammatory process, or suffer from poor postures over time that the fascial system becomes restricted. These restrictions act like the concentric layers of an onion. These adaptive layers slowly tighten until we begin to lose our physiologic adaptive capacity (our margin of error). Therefore, we slowly tighten, losing our flexibility and spontaneity of motion, setting us up for trauma, pain, or restriction of motion. These powerful restrictions begin to pull us out of our three-dimensional orientation with gravity. The goal of Myofascial Release is to help return the individual's physiological adaptive capacity by increasing space and mobility and restoring three-dimensional balance and returning the structure to as close as potentially possible to its vertical orientation with gravity. This equilibrium allows the individual's self-correcting mechanisms to come to play and alleviate symptoms and restore proper function.

The Treatment?

A comprehensive treatment program should also include appropriate modalities, exercise and flexibility programs, movement awareness facilitation techniques, nutritional advice, biofeedback and/or psychological counseling. Myofascial Release should be combined with muscle energy, mobilization and manipulation for those skilled at these important procedures, since it is usually fascial restrictions that created the osseous restrictions in the first place.

So, again, we are discussing an Approach that, when combined with the valuable skills we now possess, acts as a facilitator and intensifier for treatment for more consistent effectiveness and results for our patients. This is a total Approach incorporating a physiological system, that when included with traditional therapy, acts as a catalyst yielding impressive, clinically reproducible results.

Excerpted from John F. Barnes, PT

In a Nutshell, that is why Pinnacle Performance has added this skillset to its already very effective set of modalities!



Why Dry Needling?

Tessa Hale PT, DPT

Dry needling (DN) is a technique used to treat dysfunction of skeletal muscle, connective tissue, and neurological structures. It can be used to decrease muscle tightness, increase blood flow, improve neurological function and reduce pain. Your physical therapist will perform an in-depth evaluation to determine if dry needling is appropriate. During a dry needling treatment, one or more thin monofilament needles are inserted into symptomatic tissue to reduce pain and improve function. The needles remain in the tissue for a short period of time — between 45 seconds and 20 minutes — during treatment. Dry needling usually is paired with other physical therapy techniques and exercise to prevent the dysfunction from reoccurring. The benefits from DN can be experienced immediately or over a few days to weeks. DN is based on detailed understanding of anatomy, neurology, and physiology. It is a wonderful compliment to the other skills of the PTs at Pinnacle Performance. Ask your PT provider for more information about how dry needling could help your needs.



Emily Monroe-Jones
Movement Practitioner



Why Movement?

Why Movement?

Movement of the body has multiple benefits. The most common reasons people do movement is to stimulate muscles, improve cardiovascular system, increase metabolism and change appearance. The biggest benefits may not be widely known, movement influences mental health, sleep patterns and the ability to prevent diseases like diabetes and Alzheimers.

“A man is as young as his spinal column”. Joseph Pilates

How much?

Adults need a mix of physical activity to stay healthy.

At least 150 minutes per week of moderate-intensity aerobic activity and 2 days a week of muscle-strengthening activity, according to the Physical Activity Guidelines for Americans, by the US department of health.

Why Pilates?

Pilates can benefit all levels and ages. This type of movement improves muscular endurance and flexibility, while cultivating a mind-body connection through breathing. Pilates is performed either on a mat or on a pilates apparatus performing specific moves with low-weight resistance to strengthen core muscles for spinal stability while improving full body mobility. These combinations of movement can reduce chronic pain and improve depression.

“Pilates is complete coordination of body, mind and spirit.” Joseph Pilates

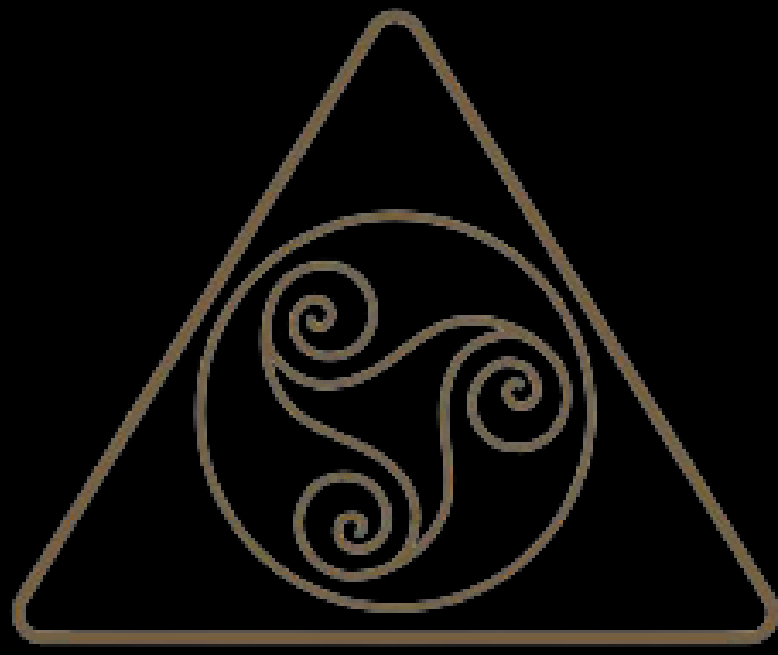
Why functional training?

Functional training is movement that emphasizes full body movements, that involves multiplayer movements using multiple muscles and joints. Movements start with basic patterns, like squatting, hinging, pushing, pulling or rotating and then combines them to improve coordination. This modality uses a TRX suspension system, bands, balls and hand weights.

What is Intelligent Movement?

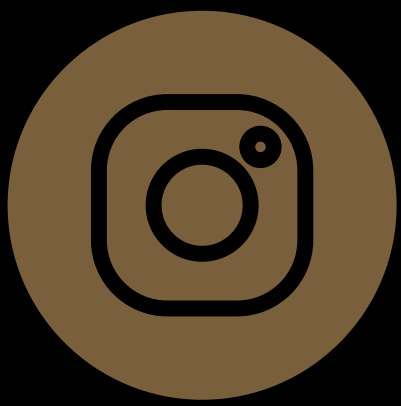
At Pinnacle Performance our instructors combine the Principles of Pilates and functional training to enhance the health benefits for our participants.

Please see www.pinnacle4performance.com for more information.



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Call 801.583.5692 to inquire about any programs or to schedule

Pinnacle will be utilizing all social media platforms, including a blog on the website, to communicate, inform, and inspire this community.

Please join our platforms for an interactive and enlightening
experience!