

THE KONVALIN METHOD

EXPLORE

Determine best fit Answer all questions Patient centered goals Create hypothesis



DEFINE

Prove hypothesis
Determine related issues
Create healing plan
Outline path to meet goals



RETURN

Integrate movement Return to activities Overcome fears Fine tune plan



MOBILIZE

Hands on treatment
Restore mobility
Unraveling damaged tissues
Personalized treatment plan



RESTORE

Ongoing coaching and education Integration into daily life Healthy movement patterns Specific exercise prescription



MAINTAIN

Build on success
Schedule tune-ups as needed
Update home program
Set new goals

Our Happiness Guarantee