



Overview & History

Overview

PostureAccess4Life is a branch of GetPainFree4Life.com which is one of triangle area's leading Pain Relief therapy businesses.

We provide our therapy, education and training products primarily to
-**individuals** who have been historically chronic pain sufferers and also to those athletically and recreationally inclined.

-**school systems and community organizations** with interest in **functional fitness** of children as well as staff.

History

- **From** our roots as a small exercise therapy business in Durham, NC we have grown to become one of the cause fixing approaches to health and fitness in the entire NC research triangle area. (Raleigh, Cary, Durham, Chapel Hill)
- In 2004 we began operations as a fitness outfit providing a service such as posture fitness using stretches and exercises **to restore ninety degree angles at and horizontal and vertical lines through the 4 loading joints (Ankles, Knees, Hips, Shoulders) AND the S-curve of the human spine.**
- In April 2006 we added Energy Access routines to client therapy protocols.
- **Upon** the success of these programs eventually we have invented Posture Access in July 2007 with wide ranging applications to the posture alignment therapy.
- **We** offer Xtreme Sports programs starting Jan 08. These have developed over last 8 years as a therapeutic, interesting and vigorous modality.
- **Our** independent invention and dance work using Treadmill Aerobics has been referenced on the **United States Patent and Trademark Office** website in August 07.
- In July 2008 **PostureAccess4Life** was established to facilitate school and community programs.