

SUCCESS STORIES

“The chronic pain in my hips that I had for twenty-two years improved in just one session with Kevin. He explained to me why I was in pain, which no one else was able to do.” - Lois

“Kevin listened to my questions and concerns. After one session I felt lighter on my feet and my range of motion, and posture improved remarkably. I recommend Structural Integration if you are looking to improve your physical and mental well-being.” – Helen

“I’m definitely moving in the right direction for the first time in years. I recovered from my Achilles tendon injury, improved my overall strength, and resolved my joint pain and stiffness. I wouldn’t have made this much progress without your encouragement, patience and support, so I truly thank you!” – JoAnn

“After my last session with Kevin three months ago, I haven’t had any of my chronic neck or shoulder pain, none at all.” – Eileen

“The exercises were informative and motivating and I plan to incorporate them into my workout routines. Interestingly, I thought I was going to be really sore the next day from stretching some of the muscles I usually don’t use; however, I was pleasantly surprised as today I am feeling just fine and ready to work out again!” - Tom

Kevin J. Kula

It is my passion to help people create **change** in their lives. Change has to come from within and I am honored to help facilitate that process.



My diversified certifications include:

KMI Structural Integration

Fascial Stretch Therapy™

Active Release Technique (ART)

National Academy of Sports Medicine CPT

CrossFit Strength & Conditioning Coach

CrossFit Running & Endurance Certification

CrossFit Gymnastics Certification

CrossFit Mobility Certification

CrossFit Nutrition Certification

I have utilized these unique combinations of trainings over the last six years in hospital, physical therapy, chiropractic, gym and wellness center environments.

My ability to assess movement, muscular imbalances, and determine the restrictions involved in chronic pain allows for a holistic approach and a very high level of care in helping clients to achieve an active lifestyle.

**QUESTIONS?
CALL FOR A FREE CONSULTATION
602.688.2528**

KMI STRUCTURAL INTEGRATION

**FIND THE FREEDOM TO DO THE
ACTIVITIES YOU ENJOY
PAIN-FREE**

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KMI STRUCTURAL INTEGRATION

The ABC's of Structural Integration

A: The events of your life have shaped your body over time. How you feel and how your body functions is affected by old injuries, poor posture, immobility and stiffness. Over time these limitations create **compensations** in the body that begin to seem normal and unavoidable. Pain is merely the symptom of these imbalances.

B: Structural Integration improves your body's alignment which improves **posture, range of motion** and **flexibility**. The symptoms of these chronic imbalances - neck, shoulder and low back pain - will be permanently resolved once balance is restored.

C: These **lasting changes** will improve your energy, movement and body awareness. All of which will empower you to return to the **active lifestyle** you want to live!!

How is Structural Integration different from massage, chiropractic or physical therapy?

The body is an integrated system; your muscles and connective tissue provide a three-dimensional matrix of structural support and must be delicately balanced.

The process utilizes full body postural **assessment** to evaluate the **whole body**, rather than zeroing in on muscles, bones or a specific area like the neck or spine.

Identifying skeletal misalignment and the role soft-tissue imbalance plays in the pattern leads to a treatment **strategy**. By restoring the skeletal relationships through the muscles and connective tissue your body will begin and continue to change throughout the **process**.

The series of sessions, working from superficial restrictions to deeply held patterns, are **specific** to your body's needs.

The process which restores optimal alignment to your body is **educational** and will re-train your movement. Chronic restrictions and the whole body are addressed, not just local or acute problems, enabling long-term success.

What Can I Expect?

The process involves twelve ninety-minute weekly sessions consisting of long, slow massage strokes that create space in the body and bring length to short and tight muscles and connective tissue.

Directed ankle, knee, hip and shoulder movement help to free restrictions, resulting in a feeling of freedom and openness.

Personalized exercises are often given between sessions to heighten awareness and movement.

Momentum builds throughout the process, making you feel younger, more energetic and ready to get on with your life!!



Jon's improved posture after just three sessions was the key to eliminating his chronic neck pain. The first picture shows a tilted ribcage and forward head, the second shows improved alignment also making him look leaner and more toned.



**TAKE CONTROL NOW
RECLAIM YOUR HEALTH & VITALITY!!**