

This body shifting, altering and compensation, with accompanying chronic, muscular tension, often leads to a constant barrage of trigger point formation, referral of pain to distant areas, unevenness in hips and leg lengths, distortions in the pelvis and spine and depressed or elevated shoulder girdle.

A Deeper Understanding Of How Posture Works

Most often (and rarely mentioned in modern medical practices) is the lack of understanding of how postural distortions have direct and negative effects on the body. These negative effects are often from the body being pulled down and forward by gravity, literally compressing the joints and spinal discs and irritating nerves.

On top of that, most people are not even aware that poor posture can eventually lead to musculoskeletal pathology.

The Downward Collapsed “Stooped” Posture from long periods of sitting is the most prevalent posture in today’s society and causes many chronic pain issues in the back, neck and shoulders. Although, most pain presents itself in the posterior “extensor” side of the body it is more often than not treating the anterior “flexor” side of the body will bring the change decreasing your pain.

Also, Injuries very often result from repetitive motion and muscular overload. These injuries can cause strains in the muscles leading to the build up of chronic excess muscle and nerve tension.

My unique approach is that I identify the hidden root cause of many myofascial pain syndromes.

The objective of my work is to provide a **NON-Painful approach** with slow static sinking pressure that targets the muscle bellies that are neurologically “tensed up”. Helping to relieve a client’s pain and dysfunction by DE-compressing and balancing their musculo -skeletal structure.

My success is based on a unique system of structural analysis and postural assessment, which requires a precise knowledge of structural anatomy and functional kinesiology.

I’ve had the privilege of training over 12,000 graduates for state licensure in the massage and bodywork profession and have one of the highest pass rates in the country for students sitting for their state licensing exam.

I’m the founder and curriculum developer of the: North Carolina School of Advanced Bodywork, www.ncsab.com located in Charlotte, NC and the Florida School of Advanced Bodywork, www.floridasab.com located in Jacksonville FL.

I’m a published author of *Structural Balancing, A Clinical Approach* By McGraw-Hill publishing, which is, the primary textbook used is to teach clinical treatment strategies in the Schools of Advanced Bodywork.

To look further into your situation and what might be causing your pain, schedule an appointment with me.

In my years of experience, I find longer sessions produce better results, so I offer a minimum of 90-minute appointments with most new patients booking 2 hours.

I look forward to helping you.

Kyle Wright

Testimonials

My association with Kyle Wright began about 15 years ago. He has treated me for various muscular symptoms, which have helped me with my game tremendously. His knowledge of the muscular and skeletal systems of the body has given me an insight on how sports and muscle injuries interact and the subsequent treatment plan needed to alleviate the underlying cause. Kyle has a warm disposition and a keen dedication to the work he believes in. I wish him much success in the years to come.

- Vijay Singh, Professional Golfer
#1 Ranked Golfer in the World 2004, 2005
Three Time Major Champion

For several years, I had chronic pain in my lower back and neck, and I sought relief through chiropractic care, massage therapy, Rolfing and yoga. Though I felt some improvement, there were knots deep within my muscles that were seemingly unreachable. Kyle’s approach to bodywork was unlike anything else I had experienced – gentle yet highly effective. He is very talented and knowledgeable, and knew exactly where to work to release the tension. After just a few sessions, he re-aligned my pelvis and

ribs, equalized my leg lengths, and elongated muscles that had contracted. The pain evaporated, and I noticed improved mobility. He is clearly passionate about his work, and his sessions were relaxing and enjoyable. I would highly recommend Kyle!

- Kathy Wagner

I have been competing as a professional athlete for 25 years as well as training professional athletes for 15 years. From my own experience as a World Champion and training World Class Athletes I know it takes a team of highly competent professionals in a few key areas for an athlete to achieve the pinnacle of his or her sport. Kyle Wright is one of those highly competent professionals. I have learned many valuable lessons on myofascial tracks and their effect on performance. Kyle is the master in clinical & structural bodywork. He knows the importance of postural function and the kinetic chain. He knows and understands movement function better than anyone in his area of mastery. Is it any wonder his schools and publications are the standard in the industry?

- Gerry James, PGA Professional
2005 & 2006 World Long Drive Champion
1990 Mr. California Over All Bodybuilding Champion

You’ve been told you should massage for a living...Well what are you waiting for?

You owe it to yourself to pursue a career that you’ll love!

Call to speak with our director, Kimberly Williams, (980) 224-8449



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