APS Method shortly:

- **Increases flexibility and elasticity,** with a global improvement in the ability to move;
- **Contributes to contrasting the retraction of tissues** (which, conversely, leads to incorrect posture and to limit the fluidity of sports movements);
- **Promotes relaxation**, reduces physical stress and improves coordination of movements;
- **Promotes postural recovery** in musculoskeletal disorders. Muscle pain is affected and affects posture and movement. With the APS method, postural disorders can be reprogrammed and rebalanced;
- **Promotes joint lubrication**, helping to combat cartilage wear;
- **Helps to recover normal amplitude of movement** after trauma or surgery.

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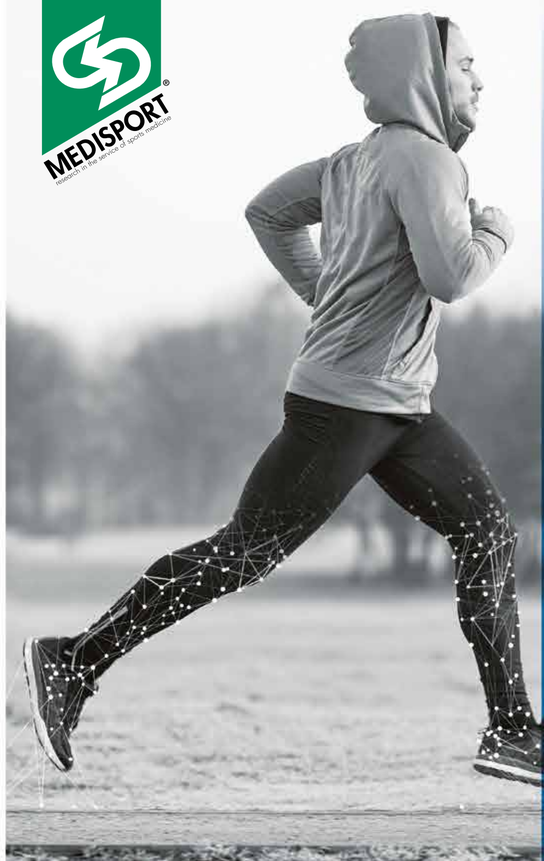
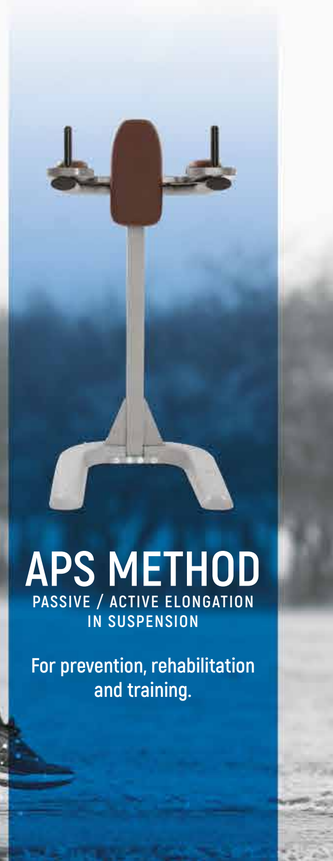




APS METHOD

PASSIVE / ACTIVE ELONGATION IN SUSPENSION

For prevention, rehabilitation and training.

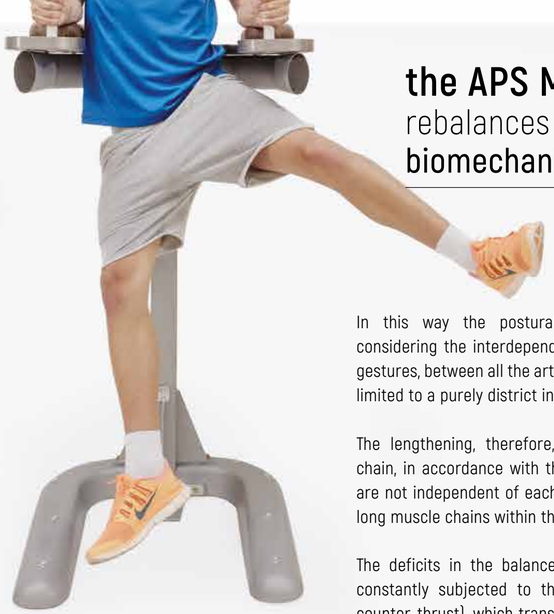
APS METHOD

It is a method that, thanks to a tool that allows the athlete to work with the body in suspension, is particularly advantageous for the increase of the ROM and the fluidity of the competitive gestures, but also for the articular and postural realignment.

The body of the athlete in "**suspension**" is subjected to a pulling force that is exploited to make the stretching exercises more effective.

With the suspended body, in fact, the load on the musculoskeletal system is lightened and, consequently, the work on general flexibility is facilitated, which is a fundamental component of physical performance, as important as strength, power, speed and resistance, which are the physical qualities traditionally most trained in sports.

The APS method, through the reproduction of specific gestures performed in suspension, allows to correct the organization of the body segments in action, thus rebalancing the biomechanical capabilities.



the APS Method
rebalances
biomechanical capabilities.

In this way the postural realignment takes place considering the interdependence that exists, in sporting gestures, between all the articulations of the body and not limited to a purely district intervention.

The lengthening, therefore, affects the entire muscle chain, in accordance with the concept that the muscles are not independent of each other, but are connected in long muscle chains within the myofascial system.

The deficits in the balanced organization of the body, constantly subjected to the force of gravity (and its counter-thrust), which translate, at the level of the lower limbs in support, into a loss of alignment of the joints (hip, knee, ankle) during 'execution of the complex motor gestures of sporting practice, are very frequent and little considered, but are determined from the perspective of accident prevention and functional rehabilitation.

In the soccer the microinstabilities of the joints (column, pelvis, hip, knee, ankle), favored by the continuous movements linked to the sporting gesture, can alter the functional balance of the joints, favoring the microlussations and the relative postural misalignments.

the APS Method
allows reprogramming
and rebalancing
postural disorders.