**The Importance of Corrective Exercises**

While exercise is an important aspect to incorporate into our daily lives, it can occasionally be dangerous if you do not take time to ensure proper safety techniques. Sometimes when we workout there is an imbalance in the way that our muscles move. This can lead to an excessive lengthening or tightening of the muscles, making you feel like some areas of your body are weak or are very tight from constantly being placed in an improper position.

**What is Corrective Exercise?**

Corrective exercise involves the use of submaximal movements to address and fix movement and muscle imbalances to ultimately improve the quality of movement during everyday life. It is used to identify the cause of any imbalances that will lead to issues in posture, balance, and overall body coordination. The actual exercise movements used are similar to rehabilitative methods in which they are slow, controlled movements designed to properly align the body and reduce risk of injury.

**Why is Corrective Exercise Important?**

Because movement is such an essential part of daily living, corrective exercise is important as it helps identify and address imbalances that cause posture, stability and mobility issues. Properly utilizing these techniques will help individuals move better, feel better, and recover quicker from exercise.

**Benefits of Corrective Exercise**

* **Increases Flexibility**
* **Increases muscle activation**
* **Increases joint stability**
* **Improves neuromuscular efficiency (coordination)**
* **Reduces risk of injury**
* **Improves movement patterns**
* **Increases ability to recover**
* **Prepares the body for higher intensity exercise**
* **Corrects muscle imbalances**

**For more information on corrective exercise and how you can be paired with a Corrective Exercise Specialist, visit:** [**https://www.nasm.org/continuing-education/fitness-specializations/corrective-exercise-specialist/what-is-corrective-exercise**](https://www.nasm.org/continuing-education/fitness-specializations/corrective-exercise-specialist/what-is-corrective-exercise)