

# How to Find a Practitioner

## Websites, Checklist, and Questions To Ask

Since I'm often asked the question, "Is there anyone in ' \_\_\_\_\_ ' that does what you do?", I thought I would give you a checklist of things to look for in a practitioner.

Here are some web based search tools for practitioners with advanced training skills in rehabilitation and/or soft tissue work (hands on muscle/tendon/ligament/fascial work).

- <http://www.rehab2performance.com/find-a-provider/> - This is the site for The International Society of Clinical Rehabilitation Specialists. These practitioners are tested to prove proficiency in similar methods as me.
- [http://www.rehabps.cz/rehab/certified\\_practitioners.php](http://www.rehabps.cz/rehab/certified_practitioners.php) - This one is based on the Dynamic Neuromuscular Stabilization work of Pavel Kolar and all the geniuses from the Prague School in the Czech Republic. If one of these folks are close by you're lucky.
- <http://www.activerelease.com/providerSearch.asp> - Active release is a powerful hands on soft tissue technique for helping your bust through your tight and restricted areas. Most often they will be chiropractors, which is a plus because they will also be able to restore proper joint motion.
- <http://www.functionalmovement.com/experts> This certification also includes fitness professionals. When you're looking for a personal trainer or other fitness professional, this would be ideal. If the doctor or physical therapist has this certification, that's a very good thing.

If you could find one on all four lists you've hit the jackpot. But that's very unlikely.

**Other skills to ask about:**

- Selective Functional Movement Assessment (SFMA) – as of this time, there is no searchable index for these providers. Until that is done, always check websites and ask about this training background.

**If you come up empty handed on the searches above, then use the questions below as your guide.**

- Do you do tissue work or adjustments only? (You want tissue work.)
- Are you familiar with upper and lower crossed posture syndromes? (Yes?...Great!)
- Do you do Active Release Technique or something similar? (Yes?...Great!)
- Do you do Graston or a similar kind of instrument assisted tissue work? (Yes?...Great!)

**Red Flags:**

If you receive joint adjustments (especially if the adjustment process is exactly the same every single time) and modalities such as Electrical Stimulation/Ultrasound are used repeatedly with no tissue work...kindly thank them for their time and continue your search 😊

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