

Testimonials

ActivCore FEX has worked for a wide range of people in all areas of life.

{slide=Peter Toohey, ATC, United States Olympic Committee} "The United States Olympic Committee has been using Redcord since Summer 2008. We knew when we first encountered this amazing functional training technique that we wanted to incorporate it into our training and rehabilitation programs, but we didn't anticipate that ActivCore FEX would change the way we work with our athletes! Our performance-based sports medicine staff uses ActivCore FEX to activate and stabilize muscles before training sessions for improved performance and reduced risk of injury. Soon all the USOC locations will use the ActivCore FEX technique and Redcord products." {/slide}{slide=Kjetil Aamodt, World Class Skier, Norway} "For a long time I have had problems with my back...nothing made it feel better. When my physical therapist started applying the Neurac technique as part of my therapy, I experienced rapid improvement. I have exercised using Redcord ever since; for both performance training, and to prevent new injuries. I now consider my back to be strong and stable. This is crucial for me to be able to perform on a high international level. Redcord has extended my skiing career by several years!" {/slide}{slide=Jim Richardson, Head Coach, University of Michigan Swimming} "I am a strong proponent of ActivCore FEX and the Redcord product. The ActivCore FEX technique using Redcord is great for performance athletes but it also has wonderful applications for people of all ages and abilities. I have also seen Redcord work in a therapy setting using the Neurac technique and the results have been amazing. Redcord is a very flexible tool that goes beyond core strength to build strong, flexible joints that will increase both balance and flexibility and has potential to reduce the risk of injury." {/slide}{slide=Brooke Hanson, Professional Beach Volleyball Player} "I absolutely love the Redcord! After just one Neurac session I alleviated years of pain in my shoulder, postponed surgery and was able to complete my professional beach volleyball season. I only wish that I had known about Redcord earlier in my career! Within minutes, a Neurac therapist exposed all my weaknesses and put me on a program that soon turned those into strengths, which has made me into a more complete athlete!" {/slide}{slide=Dawn-Marie Ickes, MPT, Gabrielle Shrier, MPT, Allyson Cabot, PT } "From the first time we experienced ActivCore FEX, we knew this system would be a perfect complement to Joseph Pilates' philosophy of whole body health. The combination of rehabilitation, wellness and performance inherent in the Redcord system is symbiotic with neuromuscular facilitation; precision, control and mind-body fitness - the most primary principles of Pilates. We would recommend ActivCore FEX to everyone who wants to improve their overall well-being." {/slide}{slide=Sherri Betz, PT, TheraPilates Physical Therapy} "ActivCore FEX training fits seamlessly with my existing Pilates and Physical Therapy equipment. It allows me to find the weak links that I have been unable to uncover with previous assessment methods. It has been a great addition to my clinic!" {/slide} {slide=Trent McEntire, Founder McEntire Pilates} "I have become a huge ActivCore FEX advocate after experiencing the dramatic improvement it made to my Pilates workout, and the results I have found with my clients. Redcord successfully activates dormant core muscles and amplifies overall body function in a completely new way!" {/slide} {slide=Rebecca Padnos Altamirano} "Thank you so much for the opportunity to experience the Neurac technology! After my Neurac session, I slept better than I have in literally months. For the first time in a really long time, I was not woken up in the middle of the night due to muscle pain. I searched for relief for almost a year and was feeling like I was never going to improve. I am hopeful that the muscles will stay "awake" so this good feeling continues. Thanks again. I am incredibly grateful." {/slide}{slide=Owen Anderson} "After a debilitating car accident 5 years ago, I went through rigorous physical therapy. While I had substantial physical improvement over this time span, there were certain things physical therapy couldn't improve. Most importantly, I was completely unable to move my neck front to back and side to side. After one session on the Redcord apparatus, I was able to move my neck more than I have been since my accident. I'm a true Redcord believer." {/slide}{slide=Peg Bravo} "I have struggled with hip/sciatic type pain intermittently since the pregnancy and birth of my daughter 14 years ago. The night after my Redcord session I ran about 2 miles with no muscle pain. When a person has pain while working out, it can be discouraging to keep it up. Redcord has minimized my post exercise discomfort, which keeps me focused on maintaining my exercise regimen. It really is amazing." {/slide}{slide=Carolyn Watson, Owner Core Kinetics Pilates} "ActivCore FEX is an important extension of the Pilates fitness principles that have helped thousands of individuals lead more active, fulfilling lives. Our clients will benefit from ActivCre's innovative and effective functional exercise." {/slide}{slide=Robert Donatelli, PT, PhD} "My experience with Redcord and Neurac has been very rewarding as a therapist. I believe Redcord is a very unique piece of equipment that will give me an advantage in the rehab market. I think Redcord is the next step in spinal and extremity stabilization, strengthening and endurance exercises. The patients that I have used the Redcord with have been very impressed and have seen an improvement in strength within several sessions. I think Redcord can provide a unique and better way to treat our patients." {/slide}{slide=Barb Easley} "One of the manifestations of Multiple Sclerosis that I have is feeling a little unstable, my left side more than my right. I also have a drop foot. After going through some exercises with Redcord equipment, there was a significant difference. I walked more smoothly and with confidence. I always tended to walk with my head down, but now I was walking with better posture and with my head up. I felt tired, but a good tired. I could feel the muscles that we were working on, but again it was a good feeling, not uncomfortable. I felt motivated and had a positive

attitude. That night I slept like a baby and woke up feeling refreshed and ready to go." {/slide}{slide=Lee Gorman}

"Redcord is a much faster way to identify and help fix weaknesses that lead to strain/pain in other areas. I believe some of the physical therapy I've had in the past would have been more effective with the use of Redcord, and hope that for any future needs I can work with a therapist who is trained in and uses the Redcord tools. Meanwhile, I use my home system daily to maintain my strength and flexibility so I can avoid any future injuries." {/slide}{slide=Edie Heideman}

"When I came to Redcord, I had had about a dozen major surgeries, 3 of them to rebuild my feet. Because of that, I lost about 75% of my sense of balance. My Neurac session activated something so that I was able to balance on my left foot (the much worse of my 2 feet) for the first time in 20 years, as well as on my right foot. I was able to hold still and not immediately topple over, for a significant amount of time. Being able to balance helps in all other areas. Also, I could only turn my neck from right to left just until my left shoulder. After Redcord, I had complete range of motion, which is important when driving a car, riding my bike, etc. I have maintained my improvements to this day and am a firm believer in this amazing form of manipulation and strengthening." {/slide}{slide=Grant Heidrich}

"I currently have Multiple Sclerosis, a hip implant, and spondylolisthesis, all of which may contribute to the aches I have in my lower back. After 3 or 4 sessions with Redcord, I was very impressed. I had immediate relief from my muscle aches. For a while, the pain made it difficult to even roll over in bed. After a Neurac session, it was like a vacation. I recommend that any person undergoing neuromuscular rehabilitation should try Redcord." {/slide}{slide=Tyler Joyce, Physical Therapist, Princeton Orthopedic Associates}

"I have been using Redcord for approximately four months and have had amazing results. It has completely changed my philosophy with regards to treating my patients. I use Redcord exclusively and have drastically reduced my usage of modalities (US, TENS, IONTO, ETC...) and patient visits. In many cases I can address clients' needs in 5-6 visits with Redcord as compared to 20-30 visits with traditional methods. The expression on patients' faces after they get done with Redcord is priceless and very rewarding. One of my patients calls me "a miracle worker." I'm truly sold with Redcord. It has given me a new lease on life and I can't wait to get to work and see my patients' reactions!" {/slide}{slide=Marlo Johnston, DPT}

"When I first heard about Neurac and Redcord, I was skeptical. It sounded too good to be true. After using Neurac and Redcord with clients, I have become a firm believer and advocate for this system. I have used Redcord with my clients to activate muscles and improve balance and core strength. No matter how weak the client, Redcord can provide enough support to activate weak core and stabilizing muscles and increase the strength of those muscles in everyone; from older individuals, with little strength, to high performance athletes. The results exceeded my expectations when it came to relieving pain and increasing function." {/slide}{slide=Lars Kolsrud, Trainer, Norwegian Olympic Centre}

"We have much experience with using Redcord with our athletes. As a former gymnast, I recognize the exercises used in Redcord as the fundamentals on which to train strength, coordination and balance. The principles are the same if you want to practice standing on your hands, if you want to be a better golfer, or if you want to regain lost skills or balance after an injury. The ingenious aspect of Redcord is that it gives you excellent training/workout no matter what level you are at." {/slide}{slide=Martha MacKenzie}

"As a competitive swimmer in college, I was always very flexible and able to move without restriction. However, the further I got from my swimming career, the less flexible I became, until eventually I had a difficult time raising my arms directly over my head; something I could have done with ease several years ago. I was amazed when, after several minutes of ActivCore FEX exercise on Redcord, I was able to reach above my head, without pain. My range of motion is restored to what it used to be. For anyone with a limited range of motion, I'd recommend Redcord. It works better – and faster – than any other therapy I've tried." {/slide}{slide=Tiziano Marovino, DPT}

"The Neurac method of evaluation and treatment brings several key elements of professional practice to my centers. It provides a complete therapy platform applicable to virtually any patient problem/diagnosis. In addition, all exercises can be done in a small space with the same piece of equipment and on the same treatment table. Patients can be doing either open or closed chain, short or long lever, weighted or un-weighted exercise formats." {/slide}{slide=Joan McLaughlin}

"I normally walk with a cane and brace. After my Neurac session I walked with much greater ease and confidence. Thank you, Redcord!" {/slide}{slide=Sara Meeks, PT}

"Redcord adds another dimension to therapeutic exercise and fitness options. It complements traditional physical therapy as well as other exercise forms, is very affordable, and takes up little space. After having seen, used and been trained in Neurac, my prediction is that the use of Redcord will soon sweep the US in both therapy and fitness venues." {/slide}{slide=Øyvind Pedersen, PT}

"My interest in Redcord came about because it has shown the potential to activate the correct muscles, at the correct time, in the right amount. When muscles are not behaving optimally, either due to overuse, inactivity or trauma, pain may result. The potential for Redcord to help solve these problems, sometimes without a great deal of effort or multiple sessions, makes it a good candidate for being the best possible solution for muscle activation. Redcord has great potential for rehabilitation as well as injury prevention." {/slide}{slide=Lucia Recchia, World Class Skier, Italy}

"Training with Redcord allows me to do a higher level of exercise, in less time with little pain. Using Redcord I feel the vast improvements in my coordination and functional training that specifically helps my competitive edge during the winter alpine season. I also enjoy training with Redcord more than conventional strength training because Redcord allows me to utilize many possibilities for the upper and lower body by inventing and improvising with different and challenging exercises. Weight training is generally boring, monotonous and does not functionally translate to my athletic or everyday needs. With the help of Redcord, I can work on the muscles that help me during competition, but also that help me with my daily life and routines; and now that the Redcord Mini is available, I am able to take my training routines with me wherever I go!" {/slide}{slide=Nan Richart}

"I have had a significant problem with my left arm for more than 10 years, and have been unable to accomplish simple, daily tasks. I have been through extensive tests, and various therapy and treatment regimens. I had minimal improvement with these, and no lasting improvement. After a Neurac session I could immediately see and feel the difference. I could do things I hadn't been able to in a decade thanks to Redcord! Of course I was lucky--I had PROOF. If Redcord can help me, it can help anyone!" {/slide}{slide=Daniel Stephenson, World Champion Masters Swimmer, 2007}

"Core strength becomes increasingly more important as athletes age. In preparation

for the 2008 Masters World Swimming Championships in Perth, I switched from traditional weight lifting to working out with Redcord equipment. Redcord allowed me to work muscles that don't usually get worked by ordinary weights. I give Redcord a big part of the credit for my three gold medals at the World Championships." {/slide}{slide=Todd Sullivan} "I have had many types of physical therapy over the years with hockey injuries so I am always hesitant to praise a technique on the spot until I know how I feel over time. Water therapy has delivered the best results for me over time. However, the night after my Neurac session was the best sleep I have had in a very long time. My back was much looser and I did not experience the pain I usually feel that wakes me up 5-6 times a night. Even before I went to bed I was more comfortable sitting down, eating dinner and watching the news."{/slide} {slide=Andrea Eberly, MD} "Experiencing Neurac therapy and performing ActivCore FEX exercises with Redcord in my home has helped me cope with my chronic lower back pain more than any other exercise technique. It has also been nice for the rest of the family as a core muscle and functional exercise tool that can easily be hung up in a door frame and then removed again. Thank you for making me pain free for the first time in years! I am now recommending Neurac and Redcord to my patients."{/slide} {slide=Alan Alper, ATC} "As a certified athletic trainer, I learn about new modalities regularly. I was introduced to ActivCore FEX and Redcord at a sports medicine meeting and was immediately intrigued with the presentation and demonstration. I have since been evaluated and treated on Redcord for chronic low back issues with immediate and surprisingly dramatic success. I have had many of my athletes treated, and all were impressed with the outstanding results."{/slide} {slide=Gregory Wells, Senior Vice-President ACAC Fitness Centers} "Thank you so much for your time! I can not tell you how much better my hip and leg feels. I know there is a lot more work to be done, but that only means more progress will be made. The results from the first session were incredible! I truly believe that using Redcord and ActivCore FEX exercises, I will have my issues resolved. After experiencing the product first hand, I can truly see the application of Redcord in the therapy world, and ActivCore FEX in the fitness world. Thank you, again, and I look forward to the next session."{/slide}{slide=Pamela Stom, Owner, Pulse Fitness} "

ActivCore and Redcord have given me a competitive edge while giving my clients the best in-home workout possible. The first time clients see the ropes they think that our session is going to be easy. I love the look on their faces when they feel so many of their muscles being activated at one time!

My clients love it because it's so different than anything they've ever used before, so it's easy to keep them interested, especially since they're so amazed at how much they feel it working during their time on the system-even after their first use!! I've found so many uses for this method-from training for marathons to my clients who use it for post-rehab. ActivCore has helped me develop a loyal clientele and has given me the ability to help everyone I see to become a stronger and more well-rounded person. " {/slide} {slide=Julie Crowl} "I can not believe the difference Redcord has made in my recovery from knee surgery, and the increased mobility that has occurred. I was making slow progress after the knee surgery; standard physical therapy was providing little relief and limited increase in mobility. At the recommendation of my therapist, I began using Redcord. I found relief from constant pain and increased mobility from the first session! What a blessing!"{/slide} {slide=Shelia Donovan} "I went to the Pilates on Fifth training with an undiagnosed knee injury from running. I am an avid marathoner, and have never had any knee/joint problems in my 30+ years of running. I found that every ActivCore exercise I performed gave me greater mobility in my right knee. At the end of the course, I returned home with full range of motion and no pain! I am able to walk up and down stairs with full weight, and am PAIN FREE! I can testify that ActivCore FEX gave me full ROM in my knee. I'm happy! I can't wait to introduce this to everyone!"{/slide}

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