

# ADVENTURES ON & AROUND ADAMS AVENUE

## Teaching Clients How To Function First

*Anthony Carey uses an alternative approach to pain when helping clients*

By Caitlin Scott

People from around the country and the world are discovering a different way to become pain free from an office on Adams Avenue.

Function First is an adjunct to chiropractic work, says Anthony Carey, founder and CEO. "We operate on a similar premise, but Function First uses corrective exercises for the skeleton and muscles."

All the exercises are designed to influence the body to learn to move correctly, says Carey. By combining strength training, stability and stretching exercises, bad habits are replaced with healthier habits that reduce or eliminate the pain. "(The exercises) cue or stimulate muscles and the nervous system to respond different," he says. "We take the exer-

cises and apply them to the individual and in a specific order that makes it work."

Clients usually visit Carey because they are dealing with some sort of pain. Carey focuses on the body as a whole function (hence the name Function First) in order to correct the specific pain the individual feels. "Even though one part of the body hurts, another part of the body could be cause of the pain," he says.

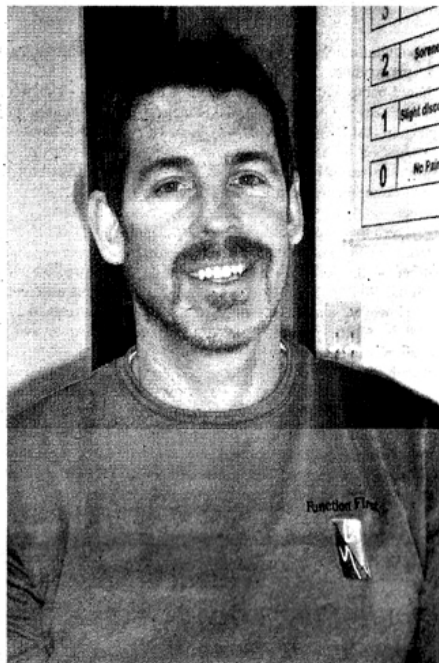
Function First is 14 years old and has been located at 2700 Adams Ave. in Suite 205 since 2005. Carey is the author of "The Pain-Free Program," an instructional book about the program.

Carey says his program is a combination of many principles and uses specific exercises to assess the core problem. "I give people exercises to address bio-mechanical movement issues."

Since everything is specific to the individual, there is no basic type of exercise recommended. Some of the moves and exercises are yoga-based, some are traditional and others were created by Carey. His clients come from across the country and some are international. Whether they visit for a week to work with Carey or do video conferencing from home, Carey monitors the movement and progression of the body to make sure it is responding properly.

"Traditionally we're taught to treat the symptoms first like the idea of sick care versus health care," says Carey. "Here we care for the cause of the pain so the body can function properly."

With clients ranging from 4 to 94 years old, Carey says the brunt of his clients are baby boomers or from generation X.



*Anthony Carey says his practice gets to and treats the cause of pain.*

"Pain isn't about getting old," Carey says, "but you've been doing it wrong longer. Function First is designed to correct those old habits."

Carey helps everyday folks with body pain to athletes with chronic injuries and receives referrals from medical doctors. Function First offers personal training based on the functions of the body. Carey also teaches fitness to professionals in the U.S. and Canada.

"We're continuing to learn about body processes and how it moves," he says. Taking skills Carey collected working with postural philosophy and as a personal trainer, Function First and the processes he teaches today have evolved over the past 17 years of practice, experimentation and experience.

For more information, visit [FunctionFirst.com](http://FunctionFirst.com) or call 285-9218. ♦

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