

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.

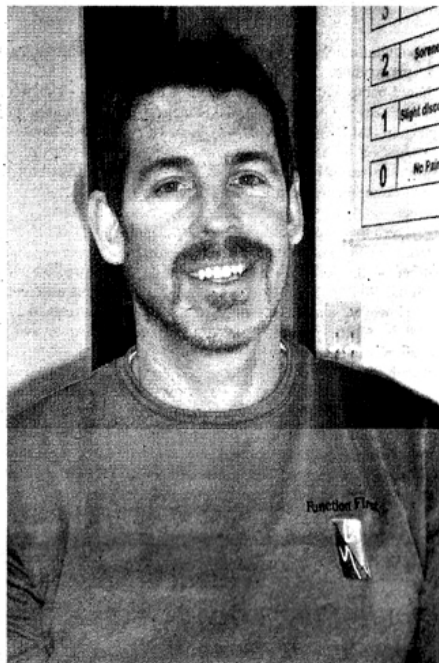
Function First is 14 years old and has been located at 2700 Adams Ave. in Suite 205 since 2005. Carey is the author of "The Pain-Free Program," an instructional book about the program.

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 or call 285-9218. ♦

THE ADAMS AVENUE BUSINESS ASSOCIATION PRESENTS THE 30TH ANNUAL

ADAMS AVENUE ROOTS & Folk FESTIVAL

MAY 3 - 4, 2008

OLD TIME MUSIC • TRADITIONAL • APPALACHIAN • BLUEGRASS • COUNTRY • BLUES • COWBOY MUSIC • CONJUNTO

Los Alacranes
Ross Altman
Cindy Lee Berryhill
Ray Bierl
Peter Bolland
Curt Bouterse
Tom Boyer
The Brombies
Chris Clarke
Trent Cooney

Fred Fleeth & the
Slidewinders
Robin Henkel
Martin Henry
Nathan James &
Ben Hernandez
High Wide & Handsome
Patrick Berrogain's
Hot Club Combo
Hullabaloo

New Lost Melody Boys
Gregory Page
Sara Petite
Plow
Shawn Rohlf
Tanya Rose & the Buffalo
Chip Kickers
San Diego Cajun Playboys
Allen Singer
Trails & Rails

FEATURING
YALE STROM & HOT PSTROMI
FRED & CATHAY ZIPP
KIM & JIM LANSFORD
KATHY LARISCH & CAROL MCCOMB

PLUS SPECIAL PAID-ADMISSION EVENT



**THE DAVID GRISMAN
BLUEGRASS EXPERIENCE**
Sunday May 4, 7pm, Seemore
Nathan Heights United Methodist Church
Tickets: \$25 - \$35
AVAILABLE AT www.AdamsAveOnLine.com

0 FREE ADMISSION
0 6 STAGES
0 CRAFT VENDORS
0 2 BEER GARDENS
0 BONUS SWAP
0 CARNIVAL RIDES