



Physical Therapy at CHARM

Identifying the Root Cause of Dysfunction



Optimization of the neuromuscular system is the cornerstone of CHARM's personalized physical therapy approach. Combined focus on restoring proper muscle tension and enhancing communication and function between the nervous and musculoskeletal systems doesn't just complement the healing process—it completes it.

The goal of every 1:1 therapy session is to listen to your body and make you the expert!

Redcord Neurac®

The Redcord Method® is a specialized, suspension-based treatment that focuses on restoring movement and improving physical function through controlled, pain-free exercises. Using a system of ropes and slings, Neurac (NEURomuscular ACTivation) provides personalized support, and in the presence of professional guidance, helps activate and integrate the right muscles while reducing strain on the body.

Neubie by NeuFit®

The Neubie® is an innovative, neuromuscular electrical stimulation therapy that decreases muscle tension, accelerates recovery, and enhances function by identifying protective responses and retraining the nervous system. Unlike traditional electrical stimulation, the Neubie uses direct current (DC) to target and balance muscles more effectively, promoting faster healing, improved mobility, and reduced pain.

Benefits of the CHARM Approach - Release, Balance, and Build

Personalized, Targeted Treatment

A comprehensive initial assessment and customized 1:1 therapeutic intervention are conducted and tailored to individual needs and personal goals.

Pain-Free Movement

All the methods used are designed to calm the nervous system, helping activate the right muscles at the right time and amount while minimizing strain, making rehabilitation more efficient and comfortable.

Neuromuscular Re-Education

Focus on decreasing pain and fear around movement by retraining the nervous system for improved muscle activation, coordination, function, and athletic performance.

Accelerated Recovery

Therapeutic use of direct current, Class IV Laser, and specialized movement therapies promotes faster healing through increased blood flow, joint mobility, and strength by engaging muscles most effectively.

Improved Stability and Strength

Addressing muscle imbalances to enhance core stability, coordination, and transfer of forces for optimal movement control, power, and performance.

Reduced Risk of Re-Injury

Myofascial chain integration strengthens weak areas and improves movement patterns to prevent future issues. Focusing on education and applying strategies for long-term self-management is the key to success.

Additional Therapies

The Neurac® and NeuFit® Methods are powerful therapies, particularly when used in combination with:

- **Microcurrent Point Stimulation (MPS):** Delivers low-level electrical currents to targeted points, releasing muscle tension, repolarizing scar tissue, reducing inflammation, improving circulation, and relieving pain.
- **Classic IV Laser Therapy:** Photobiomodulation is the painless application of therapeutic laser light into tissues to stimulate cellular repair and boost oxygenation while reducing inflammation and pain.
- **Postural Restoration (PRI):** Focuses on minimizing muscle imbalances and asymmetry to restore proper breathing patterns, posture, and ease of movement.
- **Corrective Exercises:** Design and instruction of custom prescriptive exercise programs incorporating tools and strategies that our patients can use for a lifetime.
- **Therapeutic Vibration:** High-frequency mechanical vibrations stimulate deep stabilizer muscle activation, improve neuromuscular control, and calm the nervous system.
- **Specialty Programs:** CHARM's unique combination of therapies and expertise can serve virtually any musculoskeletal need, joint pain, or muscle imbalance. These specialties include Injury Prevention, Post-Partum Wellness, EDS, Scar Release Therapy, Nervous System Down Regulation / Vagal Nerve Stimulation, ALINE Prescriptive Insoles, Peripheral Neuropathy, and more.

The Therapy Team at CHARM has been designated as a NeuFit® Center of Excellence and a Redcord Neurac® Training Facility.

Meet Our Physical Therapists



Michele Zink Harris
PT



Christian Wells
PT, DPT



Harmoni Weber
PT, DPT

Why Choose CHARM?

Since 2011, CHARM has been pioneering innovative pain relief solutions in Austin. What began as a vision to create a center of excellence has become a premier facility where cutting-edge non-surgical pain management, regenerative medicine, and functional rehabilitation combine to unlock your body's healing potential.

Hours

Monday-Friday 8am - 5pm | Saturday & Sunday: Closed

Get in Touch

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