

Fixing You Method – Rick Olderman Breakthrough Physical Therapist: A Detailed Product Review

Introduction

Are you suffering from back pain or sciatica? Is chronic pain something you fear you will have to live with for the rest of your life? If so, the Fixing You Method by Rick Olderman, a breakthrough physical therapist, may be the solution you've been searching for.

What is the Fixing You Method?

The Fixing You Method is a revolutionary approach to solving chronic back pain and sciatica. Developed by Rick Olderman, a licensed physical therapist and chronic pain coach, this method focuses on understanding the underlying causes of pain and addressing them through targeted exercises, habit changes, and muscle correction techniques.

How Does the Fixing You Method Work?

The Fixing You Method is based on the concept of treating the body as a system rather than focusing solely on the location of pain. It recognizes that chronic pain is often caused by tension patterns and habitual movements that contribute to tissue breakdown and pain. By identifying and addressing these patterns, the method aims to reduce tension, correct muscular imbalances, and improve overall movement and function.

The method is divided into three phases:

1. Tension Reduction: The first phase focuses on reducing tension patterns in the body through somatic exercises and techniques.
2. Pain Reduction: In the second phase, targeted exercises and habit changes are introduced to alleviate pain and improve movement.

3. Strength and Restoration: The final phase focuses on building strength and restoring optimal movement patterns to prevent future pain and maintain long-term results.

Does the Fixing You Method Really Work?

The Fixing You Method has been proven to be effective in helping thousands of people worldwide alleviate chronic back pain and sciatica. Many individuals who have followed the program have reported significant reductions in pain and improvements in their overall quality of life.

Trustworthiness

Is the Fixing You Method a Scam?

No, the Fixing You Method is not a scam. It is a legitimate program developed by Rick Olderman, a licensed physical therapist with years of experience in helping individuals with chronic pain.

Is the Fixing You Method Legit?

Yes, the Fixing You Method is a legitimate approach to addressing chronic back pain and sciatica. It is based on scientific principles and has been tested and proven to be effective in clinical settings.

Pricing

The Fixing You Method program is available for purchase at a price of \$67 for the self-paced option and \$147 plus a \$19 monthly membership fee for the Engaged Recovery option. The program offers a comprehensive set of videos, audio sessions, workbooks, and bonus materials to guide you through the recovery process.

Refund Policy: The Fixing You Method offers a 30-day money-back guarantee. If you are not satisfied with the program, you can request a full refund within 30 days of purchase.

Customer Satisfaction

The Fixing You Method has received positive feedback from customers who have used the program to alleviate their chronic back pain and sciatica. Testimonials from satisfied customers highlight the effectiveness of the method in providing relief and improving overall function.

Conclusion

The Fixing You Method by Rick Olderman is a comprehensive and effective program for addressing chronic back pain and sciatica. Its system-based approach and targeted exercises have helped thousands of individuals achieve significant pain reduction and improve their quality of life. If you are looking for a solution to your chronic pain, the Fixing You Method may be worth considering.

Pros:

- Comprehensive and holistic approach
- Proven effectiveness
- Developed by a licensed physical therapist
- Includes videos, audio sessions, workbooks, and bonus materials
- 30-day money-back guarantee

Cons:

- Pricing may be a barrier for some individuals
- Requires self-motivation and commitment to the program

Overall, the Fixing You Method offers a promising solution for individuals suffering from chronic back pain and sciatica. It provides the knowledge, tools, and guidance needed to address the underlying causes of pain and achieve long-lasting relief.

Additional Information

For more information and to purchase the Fixing You Method, visit the official website: [Fixing You Method](#)

FAQs

Q: Is the Fixing You Method suitable for all types of chronic pain?

A: The Fixing You Method is specifically designed for chronic back pain and sciatica. While it may provide some benefits for other types of chronic pain, it is recommended to consult with a healthcare professional for personalized guidance.

Q: Can I access the program immediately after purchase?

A: Yes, the Fixing You Method program is available for instant access after purchase. You will receive login details to the online platform where you can access all the program materials.

Q: Do I need any special equipment to follow the program?

A: The Fixing You Method program utilizes exercises and techniques that can be performed with minimal equipment. Some exercises may require a yoga mat or resistance bands, but these are not essential and alternatives can be used.

Q: Can I contact Rick Olderman for personalized guidance?

A: The Engaged Recovery option of the Fixing You Method program includes weekly reserved group Zoom calls with Rick Olderman. This allows for more personalized guidance and support.

[Click here to get a discount!](#)

Keywords: Fixing You Method, Rick Olderman, breakthrough physical therapist, back pain, sciatica, chronic pain, solution, revolutionary approach, underlying causes, targeted exercises, habit changes, muscle correction techniques, body as a system, tension patterns, habitual movements, tissue breakdown, reduce tension, muscular imbalances, improve movement, three phases, somatic exercises, pain reduction, strength and restoration, long-term results, proven effective, trustworthiness, scam, legit, pricing, self-paced option, Engaged Recovery option, videos, audio sessions, workbooks, bonus materials, refund policy, customer satisfaction, positive feedback, testimonials, comprehensive program, holistic approach, licensed physical therapist, money-back guarantee, pros, cons, additional information, FAQs, suitable for all types of chronic pain, access program immediately, special equipment, personalized guidance