

BRADENTON, FLORIDA

Dr. Matt's Movement Guide

How your body moves, what your visit will look like, and what you can start doing this week.



Dr. Matthew Frahm, DC

SYMETR^x Chiropractic and Injury Care



407 6th Avenue East
Bradenton, Florida



Dr. Matt's Movement Guide

A plain-language guide to how your body moves — and what happens when you come in.

Dr. Matthew Frahm, DC

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This guide is for education only. It is not a diagnosis and it is not a substitute for an in-person examination. Every body is different, and what is right for one person may not be right for another. If you have a specific concern, bring it with you and we will look at it together.

A note from Dr. Matt

You booked a visit. Thank you for that. Most people wait a long time before they do, and usually it is because nobody ever explained what would actually happen.

So here is what I want you to know before you walk in. I am not going to rush you. I am going to watch how you move, ask you a lot of questions, and then tell you plainly what I see. If I can help, I will say so and I will tell you what that looks like. If I do not think I am the right person, I will tell you that too, and I will help you find who is.

“There is no time frame for how long it’ll take the body to heal — you have to allow the healing to occur.”

DR. MATT FRAHM

That is not a slogan. It is the honest part of this work. Bodies are not machines with a repair time printed on the box. They are living things that respond to what we give them, at their own pace.

What this guide gives you is a head start. Read it before you come in and you will already understand the language we use, what the screening is for, and why I care so much about how your feet meet the ground.

I am glad you are here. Bradenton is home now, and taking care of the people in it is the best part of my week.

Dr. Matt

CONTENTS

What is inside

1. The road to Bradenton	5
Where I trained, and how I got here	
2. The clinic you are walking into	11
Who you will meet, and what the first visit feels like	
3. Why it hurts	14
The chain, in plain language	
4. The movement screen	16
Seven tests, and what each one is really asking	
5. What your posture is telling us	19
How we look at it, and how we score it	
6. Your feet are the foundation	21
The scan, and how we read it	
7. Five things you can start this week	23
Small, honest, no cost	
8. After the pain stops	25
The part most people skip	
9. Bradenton is home	27
Where you will find us	

The short version

Chapters 4, 5 and 6 are the screening itself. If you only read three things before your visit, read those — they are exactly what we will do together.



01

CHAPTER ONE

The road to Bradenton

Florida taught me the work. The Midwest taught me how to run a practice. Bradenton is where I decided to stay.

Where it started

I am a Gator. I studied nutritional sciences at the University of Florida, which is a strange place to begin a story about backs and necks — except it is not. It taught me early that the body is one system, and that what you put in it matters as much as what you do with it.

From there I went to Palmer College of Chiropractic Florida, in Port Orange just south of Daytona Beach. I graduated in 2007 as valedictorian and a Presidential Scholar. I mention that once, here, and then I will not mention it again — because a diploma does not adjust anybody. What it did give me was a habit of looking closely and refusing to guess.

2004

BS NUTRITIONAL
SCIENCES, UF

2007

DOCTOR OF
CHIROPRACTIC
PALMER, DAYTONA

15+

YEARS CARING
FOR PATIENTS

The Midwest years

I started out as an associate in Orlando, then Naples. After that I went north and spent more than a decade in Wisconsin, where I built and ran clinics in Brookfield, Hales Corners and Waukesha. I hosted a health radio show on 1130 WISN for nine years and answered a lot of questions from a lot of strangers, which is very good training for explaining things simply.

Somewhere in there I learned the thing that shaped how I practice: the people who got better fastest were almost never the ones with the worst problem. They were the ones who understood what was happening.

What elite athletes taught me about ordinary bodies

For eight years I served as a Sports Performance Council doctor for the United States national governing bodies of USA Wrestling, USA Weightlifting and USA Judo. That work took me to the Pan American Championships in Monterrey, to a World Cup in Poland, and in 2012 to London, where I was a doctor for the U.S. Freestyle Wrestling Team at the Olympic Games.



London, 2012 — with the United States team at the Games

Here is what surprised me. Olympic athletes and Bradenton retirees have the same problem. Something in the chain stops doing its share, something else quietly picks up the slack, and the place that finally hurts is almost never the place that failed first.

"A wrestler cannot afford to guess where the problem is. Neither can you. The screening is how we stop guessing."

DR. MATT FRAHM

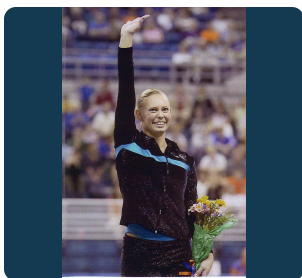
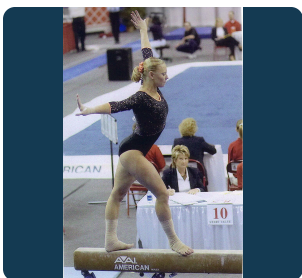
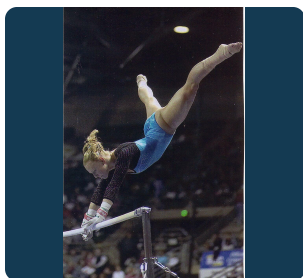
And I did not do any of it alone

My wife Jen went to the University of Florida too — on a women's gymnastics scholarship. Before that she spent years as an elite gymnast and was a member of the USA Gymnastics team.

If you have ever watched gymnastics closely, you understand what that does to a person. It is a sport where a body must be controlled through positions most people cannot hold for a second, over and over, for years. Jen did not learn about movement from a textbook. She learned it from the inside.



Competing for Florida



Sport

Elite gymnast; member of the USA Gymnastics team; competed for the University of Florida on scholarship.

Study

An advanced degree in sports management and business, and years of work in nutrition and health.

She has been beside me through every clinic we have built, and she brings something I cannot teach: she notices people. She notices when somebody is putting on a brave face in the waiting room, and she does something about it.

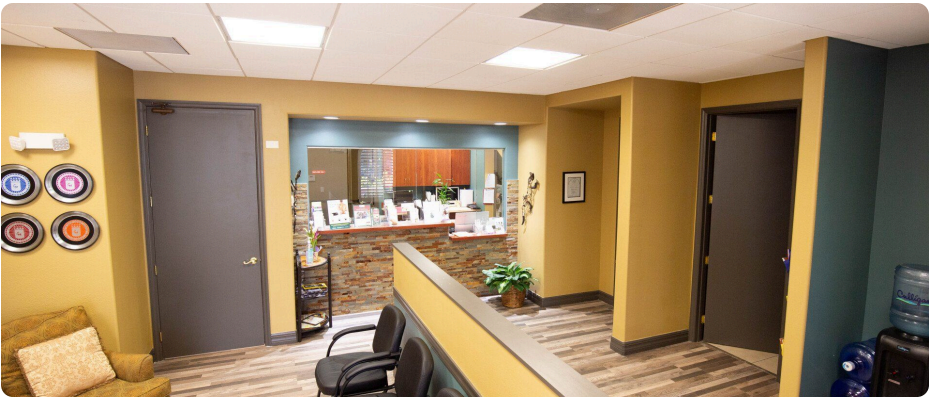
"Between us we have spent our whole adult lives around bodies asked to do hard things. That is most of you, too — you were just never handed a scoreboard for it."

DR. MATT FRAHM

Coming home

In 2024 I acquired this practice. The clinic itself has been serving Bradenton since 2003, at the same location, and I did not want to change what was already working. I wanted to add to it.

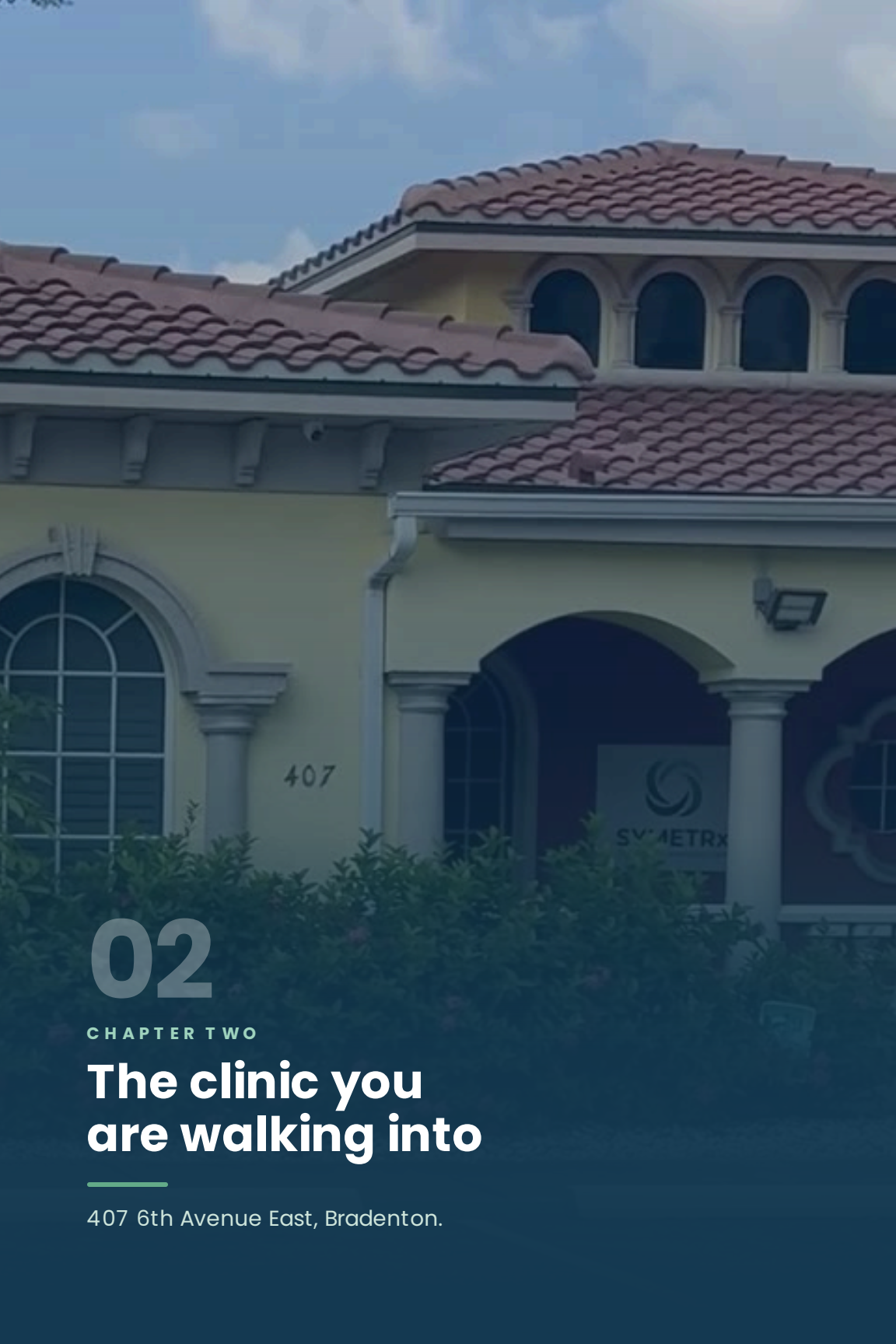
So my family moved south. I trained in Florida, I started my career in Florida, and after sixteen Wisconsin winters I came back. That is not a marketing line — it is just the shape of my life. I am a resident of this community now, not a visitor to it.



407 6th Avenue East — the same doors this community has walked through since 2003.

What I brought with me is a way of working: look first, measure what can be measured, explain it in words that make sense, and never ask anyone to trust a plan they do not understand.

What I found here is a town that still values a handshake. That suits me.



02

CHAPTER TWO

The clinic you are walking into

407 6th Avenue East, Bradenton.

What the first visit actually looks like

No surprises. Here is the whole thing, in order.

1 We listen first

What hurts, when it started, what makes it better, what makes it worse, and what you are no longer doing because of it. That last one matters most to me.

2 We look at how you move

Seven simple movements. No equipment, no strain. Chapter 4 walks you through every one.

3 We look at how you stand

A posture screening from the front and the side. Chapter 5 explains what we are looking for.

4 We look at your foundation

A digital scan of how your feet meet the ground. Chapter 6 covers why that changes everything above it.

5 We tell you what we found

In plain words, with the findings in your hand. Then we talk about options, and you decide.

"You will never leave here wondering what we found. If I cannot explain it to you in ordinary language, I do not understand it well enough yet."

DR. MATT FRAHM

The people and the place

You will be cared for by Dr. Matt and the SYMETRx professional care team. Every visit follows the SYMETRx Care Standard: we listen first, we measure before we treat, we explain it in plain words, and you decide.



The front desk



Where you will wait — briefly



The credential wall



Care rooms

Three practical things

- **Wear clothes you can move in.** The screening asks you to squat, step and reach.
- **Bring your list.** Medications, past injuries, prior imaging, and the questions you meant to ask.
- **Bring the thing you want back.** Golf, the boat, the grandkids, a full night of sleep. That becomes the goal.

03

CHAPTER THREE

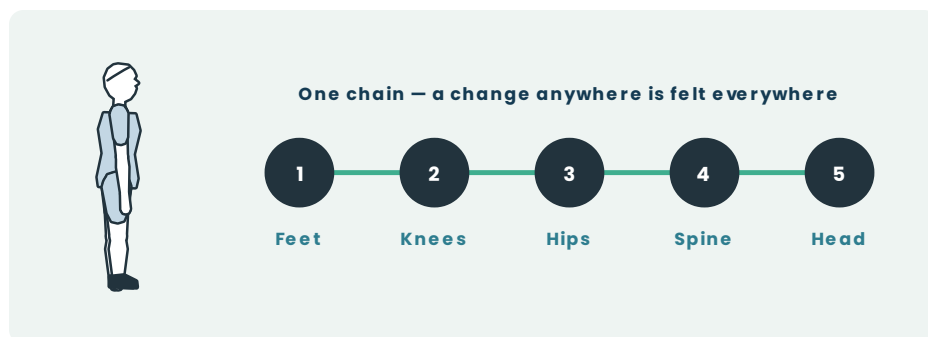
Why it hurts

Pain is a smoke alarm. It tells you there is a fire somewhere in the building. It does not tell you which room.

That is the single most useful idea in this whole guide, so it gets its own page.

Your body is a chain. Feet, knees, hips, spine, head — each link depends on the one below it. When one link stops doing its share, the others do not file a complaint. They quietly cover for it. They are good at that, sometimes for years.

Then one ordinary morning you reach for a coffee cup and something lets go. It was not the coffee cup. It was the ten years of covering.



So when you tell me your lower back hurts, I believe you completely — and then I go looking at your hips, your feet and how you stand, because that is where the story usually starts.

A garden, not a machine

People often expect a body to behave like a car. Find the broken part, replace it, drive away. Bodies do not work that way. A body is closer to a garden.

A machine

Fails suddenly. Fixed by replacement. Same result every time. Does not care how it is treated in between.

A garden

Declines slowly. Improves with conditions. Responds to consistency. Rewards attention and punishes neglect — both on a delay.

Gardens do not have repair times. You cannot make a tomato ripen by demanding it. What you can do is fix the soil, the water and the light — and then be patient while the plant does the actual work.

That is what care looks like here. I am not repairing a part. I am changing the conditions so your body can do what it already knows how to do, and then giving it the time to do it.

"The goal is not to make you need me. The goal is to make you move well enough that you mostly do not."

DR. MATT FRAHM

Chiropractic care helps many people with these concerns, and it is not right for everyone. Part of a good examination is finding out which one you are.

04

CHAPTER FOUR

The movement screen

Seven movements. About ten minutes. No equipment, and nothing that should hurt.

Every one of them is a question. Not “how strong are you” and not “how flexible are you” — but something much more useful: **can you control this shape, on both sides, without borrowing from somewhere else?**

Most people can do six of the seven well and one of them badly. That one is where we start. It is almost never the one that hurts.

Why we watch instead of ask

You have been living inside your body for decades, so its habits feel normal to you — that is exactly why they are invisible. A screen makes the habit visible in about ten seconds.

Both sides, every time

We compare left against right. A difference between your two sides is usually more informative than either side on its own.

The seven

1



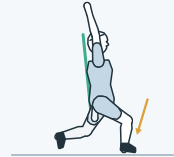
Deep squat

2



Step over

3



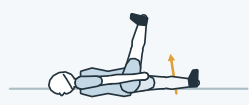
In-line lunge

4



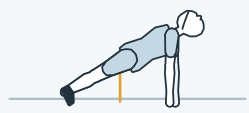
Overhead reach

5



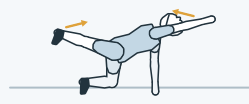
Straight-leg raise

6



Trunk push-up

7



Rotary control

Each movement is scored on how cleanly you can perform it and whether your two sides match. Nothing here is a pass or a fail — it is a map of where to begin.

What each one is really asking

1 **Deep squat**

Can your ankles, knees, hips and spine share the work? This is the whole chain in one movement.

2 **Step over**

Can you stand on one leg and stay level while the other leg travels? This is stairs, and it is curbs.

3 **In-line lunge**

Can you control your body on a narrow base? This is walking on uneven ground, and it is balance.

4 **Shoulder reach**

Can both shoulders travel through their full range, equally? This is the top shelf and the seat belt.

5 **Straight-leg raise**

Can one leg move freely while the other stays put? This is stride length, and often it is hamstrings and hips together.

6 **Trunk push-up**

Can your midsection hold a straight line while your arms work? This is lifting, and it is getting out of a chair.

7 **Rotary control**

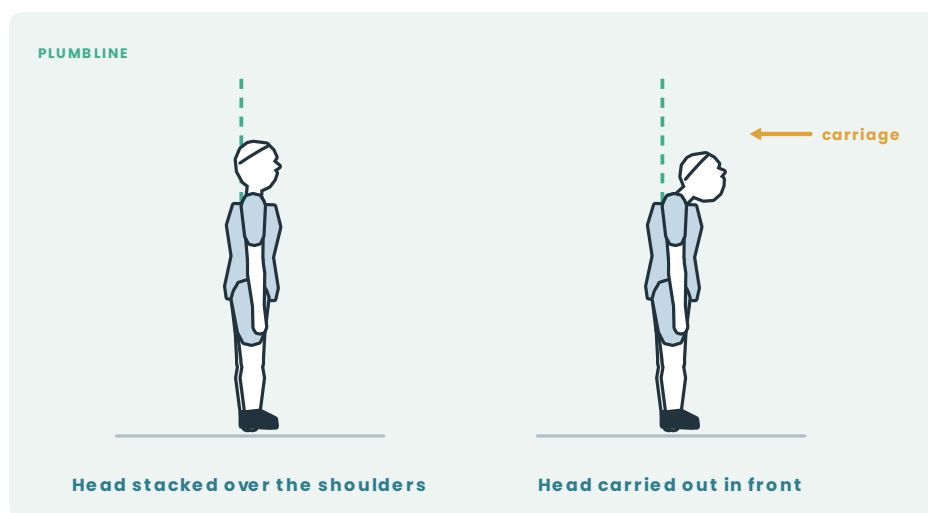
Can you resist twisting when you do not mean to twist? This is reaching across the car, and it is golf.

05

CHAPTER FIVE

What your posture is telling us

Posture is not about standing up straight because somebody told you to. It is about where your weight lands when you are not thinking about it.



From the **front** we look at level: are your shoulders even, are your hips even, does your head sit centered over the middle of you. From the **side** we look at carriage: how far forward your head rides over your shoulders.

The heavy head

Your head weighs about ten to twelve pounds. That is a bowling ball, and your neck carries it all day without complaint — as long as it sits over your shoulders.

Move it forward, though, and the arithmetic changes fast. The further out front it rides, the more load your neck and upper back have to hold, every hour, for years. Nothing dramatic happens on any single day. That is exactly why it goes unnoticed.

Where it comes from

Phones, laptops, car seats, reading, driving, and thirty years of a job that pointed you forward. It is not a character flaw. It is a habit your body learned because you asked it to.

How we score it

We turn what we see into numbers — measurements from the front and the side, your two sides compared, and how your movement screen came out. Those combine into one score, out of a hundred.

Lower score = more to work on

Higher score = hold the gains

PRIORITY

PROGRESS

MAINTAIN

A number is not a verdict. It is a starting line.

The number is not there to grade you. It is there so that in three months we can measure the same things again and find out, honestly, whether what we did worked.

06

CHAPTER SIX

Your feet are the foundation

You would not level a house by adjusting the roof. You would look at the foundation first.

Your feet are the only part of you touching the ground, and they take somewhere near ten thousand steps a day. Everything above them — ankles, knees, hips, spine — is stacked on top of whatever they are doing.



High arch



Neutral arch



Low arch

So we scan them. You stand on a digital plate for a few seconds and it maps how your weight distributes across each foot, where the pressure concentrates, and how your arches behave under your actual body weight rather than in the air.

What we read in the scan

Left against right

Two feet on one person are often doing two different jobs. A difference here shows up at the hip and lower back above it.

Arch behavior

How much each arch gives when it takes your weight — and whether it gives evenly.

Pressure points

Where the load concentrates. Hot spots explain a lot of aches that seem unrelated to feet.

Balance

Whether you carry more weight forward, back, or onto one side without knowing it.

Putting the three together

On its own, no single one of these tells us much. Together they are a picture.

Say the screen shows a step-over that dips to one side, the posture screening shows a hip sitting low on that same side, and the scan shows that same foot flattening more than its partner. Three separate findings, one story — and now we know where to start, and it was never the shoulder that sent you here.

“Three measurements that agree with each other are worth more than thirty minutes of me guessing.”

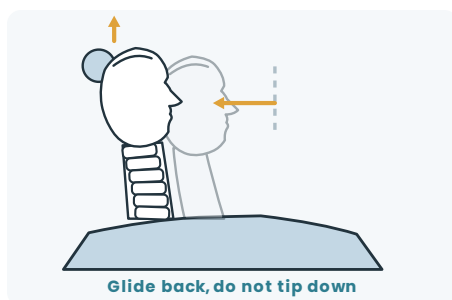
DR. MATT FRAHM

Findings and recommendations are personal to you. What is right for the person before you in the waiting room may not be right for you at all.

Five things you can start this week

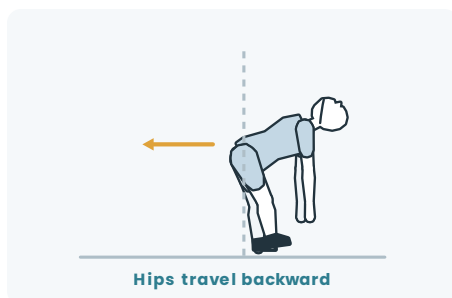
These cost nothing, they take about ten minutes a day, and you do not need me for any of them.

I mean that. If you do only these and never come back, you will likely be better off than you are today. Go gently — none of this should hurt. If something does, stop and bring it to your visit.



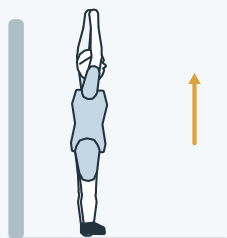
1. The chin tuck

Sit tall. Without tipping your head down, glide it straight back over your shoulders, as if making a double chin. Hold five seconds. Ten times, twice a day.



2. The hip hinge

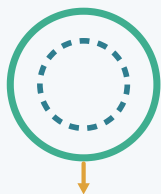
Stand, feet hip-width. Push your hips backward and let your chest come forward, keeping your back long. This is how to pick things up for the rest of your life.



Slide the arms up the wall

3. The wall reach

Back to a wall, heels a few inches out. Press your lower back toward the wall, then slide both arms up and down like a snow angel. Notice which arm cheats.



Belly moves out, not up

4. Breathe low

Hand on your belly. Breathe in so the hand moves out, not up. Five minutes. Shallow chest breathing keeps your neck muscles working a shift they were never hired for.



Twenty unbroken minutes

5. Walk every day

Twenty unbroken minutes. Outside if you can — the Riverwalk is right there. Walking is the movement your spine was designed around, and almost nothing replaces it.

The honest note

Doing one of these every day beats doing all five for a week and then stopping. Consistency is the whole trick. It is also the hard part, which is why we check in.

08

CHAPTER EIGHT

After the pain stops

Feeling better and being better are two different dates on the calendar, and the first one arrives much earlier.

Pain is usually the first thing to leave. That is wonderful, and it is also the moment most people stop — which is a little like taking half a course of antibiotics because the fever broke.

The reason is simple. Pain leaves when the irritation settles. But the movement habit that caused the irritation is still there, and it is still the way your body prefers to do things. Habits take longer to change than symptoms do.

What the visits after are for

Holding the new pattern long enough that your body adopts it as its own — and catching the old one on its way back, while it is still a small correction rather than a large one.

I am not going to tell you that everyone needs care for the rest of their life. Some people come in, get sorted out, do their five things and I see them once a season. Others have a body that has been compensating for thirty years and needs a longer runway. Both are fine. What matters is that you choose it knowingly, with the findings in front of you.

Think of it like the dentist

Nobody argues about a cleaning twice a year. You do not go because your teeth hurt. You go precisely so that they will not.

We do the same thing with movement. We re-run the screen, re-measure the posture, re-scan the feet, and compare against your first visit. Numbers, not impressions. If things are holding, we spread the visits out. If something has drifted, we catch it early, and early is always the cheaper repair.

"My favorite appointment is the one where I look at the numbers and tell somebody they do not need to come back for a while."

DR. MATT FRAHM

What I ask of you

- Tell me the truth about what you are actually doing at home. I cannot help with a plan you are not following, and I will not be annoyed.
- Tell me when something changes, even if it seems unrelated. It is often not unrelated.
- Ask me why. Every single time. If I cannot answer it plainly, I owe you a better answer.

09

CHAPTER NINE

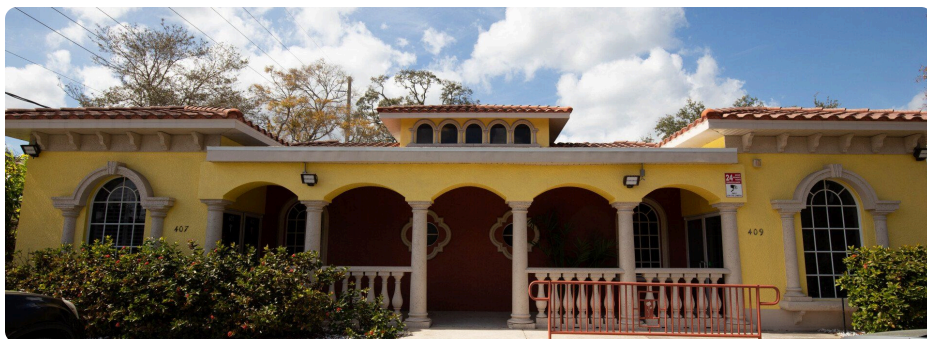
Bradenton is home

I did not buy a practice in a town I had never been to. My family moved here, and we are raising our life here — the Riverwalk on a Sunday, the pickleball courts, the traffic on Cortez Road that everybody complains about and nobody avoids.

Being a small business in a town like this is a privilege with a bill attached, and the bill is showing up. So we show up.



Members and supporters of the Manatee Chamber of Commerce and Pace Center for Girls; member of the Florida Chiropractic Association.



On 6th Avenue East, where we will be tomorrow and the day after that.

Bring this with you

Mark it up. Fold the corners. Write your questions in the margins and hand it to me when you come in — that is genuinely the best possible use of it.

Questions I want you to ask me

- What did my screening actually show?
- Which finding are we starting with, and why that one?
- What should I feel, and by roughly when?
- What can I do at home that would help most?
- How will we know whether this is working?

I am looking forward to meeting you.

Dr. Matt



**“Every person who walks through
that door is somebody’s parent,
or somebody’s grandparent, or
somebody’s reason for getting
up.”**

“That is who I am actually treating. Not a spine — a
person with a life they want back. That is the
whole job, and I love it.”

DR. MATT FRAHM, DC

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symetrxchiro.com

Serving Bradenton since 2003