

Concept description

What is Sohier Analytical Biomechanics (ABS)?

The ABS analysis aims at early detection and treatment of pathological overuse. This treatment includes harmonizing joints with specific manual techniques and active centring exercise.

ABS uses a holistic analytical approach to diagnose origins of physical complaints. Expert knowledge in anatomy, biomechanics and functioning of the motion system is applied by the ABS coaches to comprehend their interaction. Often the origin of the physical complaints discovered with the help of the ABS analysis method differ from the primary painful structure. Consequently this allows a more precise and softer approach to the treatment.