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# Технические характеристики на пояса для тренировки дыхания THE BREATH BELT КОМПАНИИ TrueForm

## THE BREATH BELT



Developed by NFL Player, Jesse Ohliger, the BREATH BELT was created to solve a 10 year bout with chronic hip and low back pain. Several unsuccessful rehabilitations and surgery consultations later with the "best" NFL and NCAA clinicians, Jesse was driven to find what was holding back his progress. This led to the relentless mission to help himself and countless other NFL and NCAA players with similar issues. Drawing from numerous modalities including unconventional movement, yoga, classical pilates, anatomy and breath work, the best Injury Prevention tool for anyone with a pair of hips was conceived.

After a year of consultations with an array of Doctors, Rehabilitation Specialists and Strength and Conditioning coaches, it became clear that all modalities were missing something to connect breath mechanics to optimal hip function - as they are tied systems. It became evident that a tool was needed to help alleviate fascial restriction against gravity of the prime lumbar stabilizers, the PSOAS and QL.

The BREATH BELT is currently helping thousands of clients as well as numerous college and professional sports teams in corrective movement, rehab and Strength & Conditioning. It is widely used to help any coach or client quickly learn and feel the link between diaphragmatic breath mechanics and hip mobility - as they are tied systems.

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