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Juan Castellano

Life Kinesis, Turkey

L.A.F method, a new approach in physiotherapy in the management of MD and injuries of the loco-motor system

L.A.F (Location, Analysis, and Facilitation) is a new approach in physiotherapy for the management of mechanical dysfunctions. L.A.F solves dysfunctions with 3 steps (3 R System): rebalance by global active stretch; reeducation by proprioceptive and corrective technics and; retraining by the right patterns of movement adapted to morphology and physical condition. L.A.F applies precise forces through manual techniques and provides accuracy to the movement being very effective in the physical condition recovery phase, in re-education and training for a high spectrum of population. L.A.F is a pedagogic protocol that intends to align the right steps for the management of mechanical dysfunction using natural patterns of movement to analyze the reasons or causes of the loss of mobility or stability.

Biography

Juan Castellano is a Physiotherapist, President and CEO of Life Pilates (2003), Juan Castellano is a recognized expert in the prescription of physical exercise for Health. He is a Regular speaker at international conventions, Pilates, wellness and science health congresses. In 2012 he created a method of work to be able to teach more efficiently the anatomy, biomechanics and Kinesitherapy. In November 2017 Juan Castellano will represent Spain as renowned speaker in the fifth World Conference on Physiotherapy in Dubai. He has been a pioneer as presenter in first Spanish conventions on the Pilates method and in the most prestigious Pilates conventions in South America, Europe and Asia where he has shared his approach with the outstanding world leaders.

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