



LOADPROOF METHOD™

The Spine Strength Gap

LoadProof Insights Series

The Spine Strength Gap

Many people successfully complete rehabilitation for back pain but still feel uncertain returning to lifting.

Rehabilitation restores movement but not always the capacity to handle load.

The Strength Gap

Between rehabilitation and full strength training there is often a missing stage where load tolerance must be rebuilt.

Why Avoidance Makes Things Worse

Avoiding load long term can reduce tolerance to stress and make returning to activity harder.

Progressive Spinal Loading

Progressive spinal loading rebuilds strength gradually through pattern, exposure, load and capacity.

The LoadProof Perspective

The LoadProof Method focuses on rebuilding capacity so people can move, lift and train confidently again.

LoadProof Method™ — Progressive spinal loading designed to rebuild real spinal capacity.