



# Joel Crandall

## The Pain Alleviator

The expert kinesiologist who gently relieves pain & heals injuries through naturally changing the body's cranial and structural balance through an innovative movement system he shares in seminars and on TV as Structural Joint Balancing-"VOILÀ."





With over 20 years of experience and practical knowledge of strength training bodywork, Joel Crandall is a professional kinesiologist and exercise physiologist whose proven VOILÀ system ends injury and pain, and restores the human body's natural optimal performance.

## about Joel Crandall

As an expert kinesiologist, Mr. Joel Crandall successfully personally trained acrobatic Iris performers, in the internationally acclaimed performance group of the Cirque du Soleil resident show in Hollywood, California. Founder of the PhysioCareCenter Performance Clinic in Los Angeles, California, Joel Crandall has spent the past 24 years fine-tuning and mastering innovative advancements in Exercise Science, Biomechanical Symmetry and Structural Joint Balancing. With an expertise in realigning the entire body, Joel Crandall synchronizes brain signals and body movement through naturally changing the cranial and skeletal structure, balancing joints, and creating strategic stability movements. The cranial structural rebalancing of neuromuscular dysfunctions have eliminated pain in over 400 clients over the last 20 years.

Mr. Joel Crandall graduated with a bachelor of science degree in Kinesiology from SUNY-Cortland in 1991. Currently, he shares his knowledge to chiropractors, physical therapists, athletic trainers, and every day individuals seeking help. Mr. Crandall also shares innovative healing methods on Social Media outlets, in clinics, medical workshops, and hands-on classes. He specializes in showing VOILÀ: Vector4 Joint Balancing System so everyone can be pain free.

# VOILÀ

STRUCTURAL JOINT BALANCING

## What is Structural Joint Balancing?

Structural Joint Balancing Method (SJB) aligns the cranial & skeletal keystone structures so the brain can efficiently communicate with the body's muscles to allow the body and mind to perform at its greatest power.

**Q: Does long does an assessment take? Do I feel pain durring the treatment?**

A: Assessment takes less than 3 minutes. No, the work is very gentle.

**Q: How can it help me as a Coach of an athlete or team?**

A: SJB tunes the athlete by increasing the Dynamic Kinesthetic Stability for optimal performance.

**Q: How long does the correction take?**

A: Corrections can be made in minutes. However each dysfunctional movement must be addressed in each position of laying down, seated and standing and athletic performance. Each position puts different stresses on the body due to gravity.

**Q: Does it get rid of pain/injuries?**

A: Yes, SJB works on Chronic pain issues which lead to neuromuscular dysfunction and pain.

**Q: I hear a lot of talk about dysfunctional movement on the internet lately. How does this affect my athlete's performance and why should I use Voilà to try and help my athlete?**

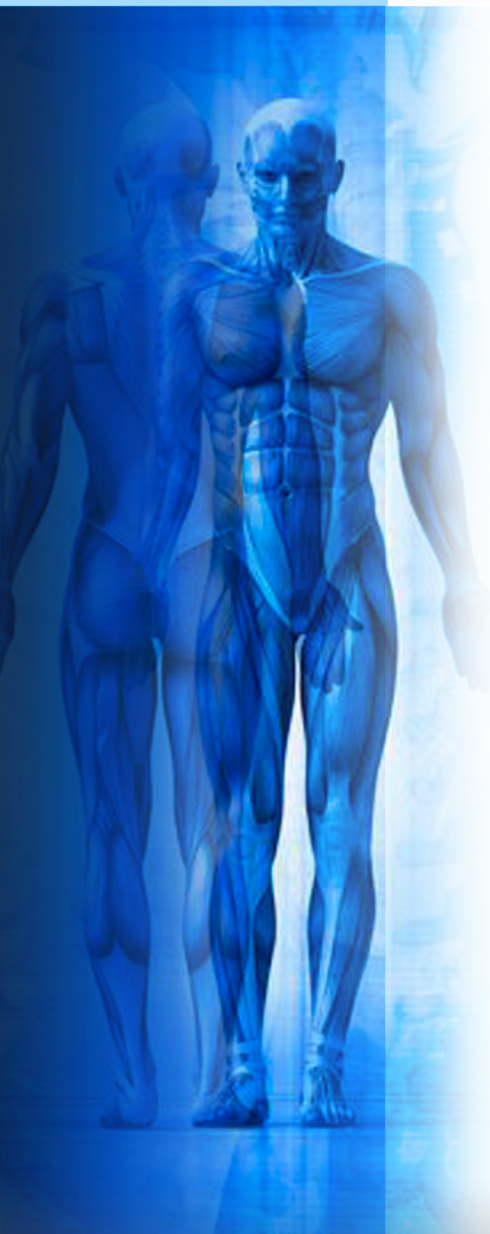
A: Dysfunctional movement is inefficient movement and increases risk of injury. It also less efficient movement which takes more energy, leading to quicker fatigue and decreased performance.

**Q: During drills or practice, I see my athlete struggle with performing a drill can Voilà help with that?**

A: Absolutely, movement does not lie, SJB has an assessment protocol which allows you to quickly find the source of the problem and make the corrections.

**Q: I'm a LMT and know various forms of massage. How can Voilà help me with my clients and practice?**

A: Part of the assessment and treatment protocol is what is called Vectoring. Vectoring determines the direction of correction which is needed for the best release of the soft tissue.



# VOILÀ

STRUCTURAL JOINT BALANCING

## What is Structural Joint Balancing- VOILA?

**SJB-VOILÀ HEALS:** Sciatica, Neck Pain, Low Back Pain, Rib Pain, Hip Pain, Tennis & Golfer's Elbow, Headaches, Carpel Tunnel, Knee Pain, Foot/Ankle, TMJ, Forward Head Postures, Trauma

**Q: Can Structural joint Balancing- Voilà be used in different positions? Lying down? Seated?**

A: Yes all these positions must be addressed in the Structural Joint Balancing treatment.

**Q: How can the Structural Joint Balancing- Voilà assessment help me get to the issue my client came in for?**

A: The assessment protocol is designed to show you the primary cause of the issue, which may not be where the client is having pain.

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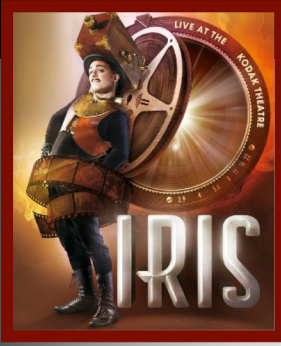
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A: Part of the assessment and treatment protocol is what is called Vectoring. Vectoring determines the direction of correction which is needed for the best release of the soft tissue.

**Q: Can my staff be taught structural Joint Balancing?**

A: Yes, your staff can easily be taught the assessment and corrections.





Joel Crandall used his expert kinesiology techniques on performers during the 2012 IRIS Cirque du Soleil Performances in Hollywood, California.

## Clients of Joel Crandall



### Testimonials

"In one hour, Joel fixed my chronic back and joint pain. For years I went specialists with limited results. I was skeptical when I was referred to Joel. I was not skeptical when I left his office.....I was just free of my pain."  
-- Jack Storms - Glass sculptor

"Throughout my athletic career at Oregon State and into my professional career with the Colorado Rockies, I was plagued with hamstring injuries. Joel came highly recommended to me and after one session, I had tangible results that usually took months to achieve even while working out day to day with a trainer. Joel is a pioneer in the athlete training and conditioning field and his technique and approach is something that I believe will be integrated into professional athletic organizations across the country."  
Bryan Ingram, Infielder Colorado Rockies

### Testimonial Links

Ultra Trail Runner and Trainer  
<http://youtu.be/oiHa-ahP1Hg>

Cirque Du Soleil and Broadway Performer  
<http://youtu.be/071fzOgcJgg>





Watch the Video on:  
<http://youtu.be/V2WoACZmTbs>

Joel Crandall speaks to the T. Harv Eker's Extreme Health Expo.

## Joel Crandall Provides TV commentary on



Injury & Recovery Times for Professional Athletes

Natural Health Exercises for Fast Recoveries

Joint Pain & Muscle Sprain Remedies

Trauma Recovery Techniques

Effective Exercise Workouts for Women

VOILÀ: Vector4 Joint Balancing System

Professional Sports Training Techniques

The True Causes of Body Pains Doctors' Don't Tell You

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