

Exams deliver straight goods

I had only been in Ken Eady's office one minute when he asked me to take off my clothes. He wanted to take some pictures.

He did offer a fig leaf of sorts, a pair of black spandex shorts, the kind of attire columnists who eat too much and exercise too little normally do not wear.

The humbling apparel was necessary so Eady could conduct a high-tech examination of my posture. Once I had squeezed into the girdle-like shorts, Eady pasted 32 reflective stickers all over my body. Several were little balls, one of which he stuck directly between my eyes.

Eady is working to sign up chiropractors, sports clinics and fitness centres to use the system.

He then took photographs of me from the side, back and front, using a digital camera connected to a run-of-the-mill PC. The whole process took no more than five minutes.

While I extricated myself from the shorts and got dressed, he called up the Web site of Montreal-based Biotonix Inc., the company Eady has represented for the last year. He transmitted my images — a skeletal connect-the-dots kind of image that would not identify me were it intercepted — to the Biotonix Web site.

Within minutes, he was printing off several colour pictures of

Biotonix Inc.

Provides postural analysis and corrective exercises

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CHRISTOPHER CLARK
Enterprise

me, in all my glory, over which were superimposed lines showing me how my posture deviates from what is considered ideal.

The bottom line: I'm a giraffe.

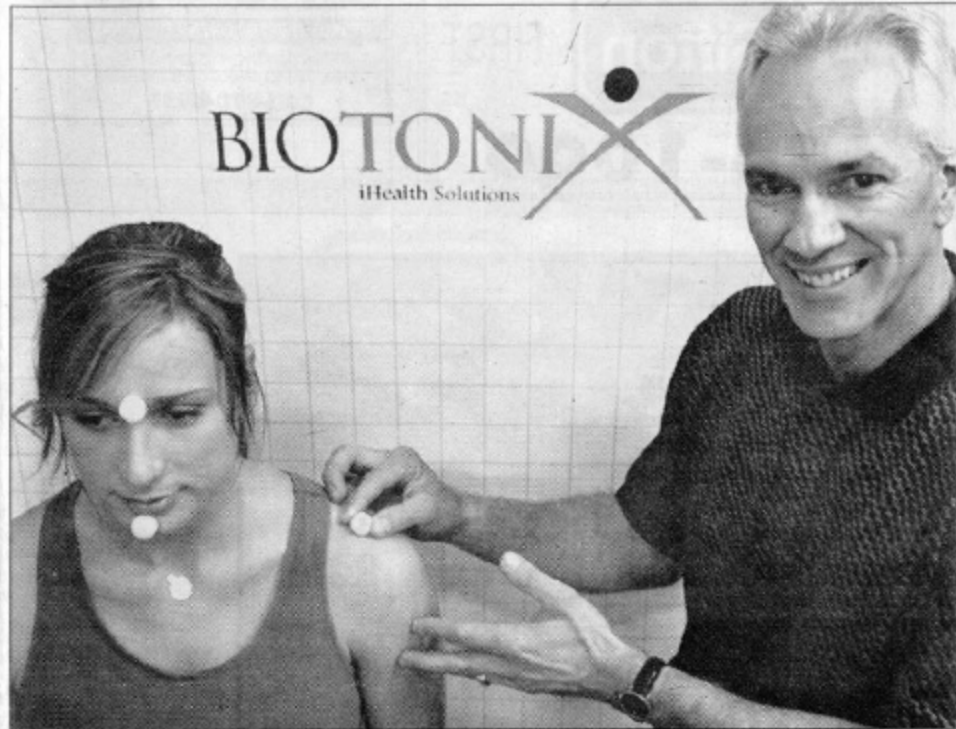
My head juts out an alarming 22.6 degrees further than it should. To compensate, the angle from my pelvis to hips juts the other way 12.5 degrees too far.

I look like an inverted hockey stick — well, several inverted hockey sticks grouped together, with all the blades facing the same direction.

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The good news is the Biotonix software prescribed a series of exercises designed to straighten me out. The bad news is the program is comprised of 11 exercises I'm supposed to do at least three times a week for three time periods totalling 10 weeks. Eady also suggested I stretch out each of the three periods by a week or so, pushing the program to nearly four months.

Eady, 46, is a Montcalm secondary school English-as-a-second-language teacher in the



CHRISTIAN LAFORCE The London Free Press

Ken Eady, representing Biotonix Inc., positions reflective stickers on University of Western Ontario volleyball player Katie Havers before taking high-tech images designed to help correct posture.

midst of a year's sabbatical, hoping the Biotonix method catches on sufficiently he can leave teaching and concentrate on improving postures full time.

"My feeling is it's just about to really take off," he says.

Eady believes in the program because of his own experience. When he stumbled onto it, his neck was wildly out of alignment, too. Today, he is ramrod-straight, a picture of physical fitness.

His job, put simply, is ambassador for Biotonix. He works out of the downtown office of BTX Financial Services, the company that provides the computing

equipment and software for Biotonix clients and has a financial interest in the company.

Biotonix is the brainchild of Sylvain Guilmond, who invented the exercise program while studying biomechanics at McGill and Quebec University.

Correcting one's posture has several benefits, including relief from back, neck and other types of pain.

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The Internet has allowed subscribers anywhere in the world to submit data and get an almost instantaneous analysis for their

patients or clients.

Perhaps the most famous proponent of the system is Mario Lemieux, whose chronic back problems contributed to his early retirement from hockey.

When he returned to the ice this season, he started the Biotonix exercises to great effect, a fact Eady slips into our two conversations a minimum of half a dozen times.

Comments and suggestions for future profiles can be sent to Enterprise, c/o The London Free Press, 369 York St., London, Ont. N6A 4G1. A message for freelance writer Christopher Clark can be left at 667-5529.