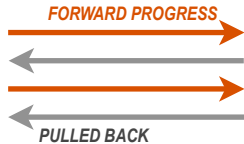


After your first session, you will progress but your nervous system is used to holding your body a certain way and will want to pull you back to your regular position. The closer together your initial sessions are, the more forward progress you make.



If you wait too long between sessions you stay in a back and forth pattern.

