Introducing

Heart Rate Variability (HRV)

Heart Rate Variability (HRV): Considered One of the Most Important Measures of Overall Health

True to its name, Heart Rate Variability measures the variation in time between each heartbeat, controlled by a primitive part of the nervous system called the autonomic nervous system (ANS).

HRV objectively measures the balance between your nervous systems and makes adjustments in everyday life to reduce stress levels so you can increase overall health and mental function. By examining stress response, control of hormones, biological age and more, your clinician has the tools in place to positively improve these functions with a custom plan of care.

The HRV Solution for Wellness and Recovery:

HRV Diagnostics is a non-invasive, 5-minute procedure that outlines a picture of your wellness and recovery capacity by gaining biofeedback from electrical activity of the heart.

The brain processes information and sends signals to the rest of the body either to stimulate or to relax different functions. It responds to a poor night's sleep, an argument with your spouse, exciting news of a promotion or a tasty meal at your favorite restaurant.

If you experience persistent instigators like stress, poor sleep, unhealthy diet, dysfunctional relationships, lack of exercise, etc., this balance is disrupted and your fight-or-flight response takes over.

An HRV Score Helps Accomplish Your Goals:

- Measure and reduce stress
- Improve mental health
- Improve mental performance
- Optimize athletic training
- Track progress & resilience
- Improve immune function

How Your Autonomic Nervous System Works

The **sympathetic** nervous system controls the body's "fight or flight" response. So, when you're facing a threat, the sympathetic nervous system kicks into overdrive and over a prolonged time is an unhealthy state to be in.

In contrast, the **parasympathetic** nervous system (or "rest and digest" system) is more important and is generally associated with recovery, healing and relaxation.

If a person's autonomic nervous system is in an **optimal health state**, it should easily be able to switch between speeding up and slowing down the heart rate, which leads to a higher HRV score.

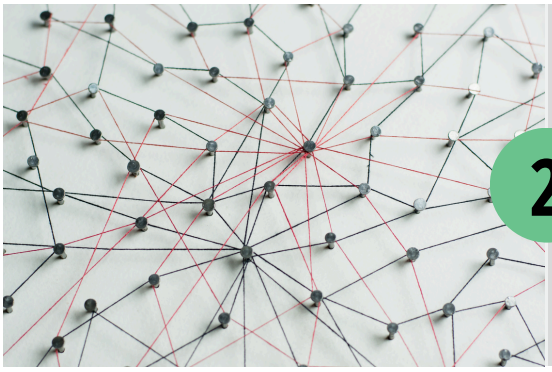
On the other hand, someone who is perpetually in a state of stress and anxiety will have a lower HRV score and keep them stuck in a faster, "fight or flight" heart rate.

Key Benefits of

Measuring Heart Rate Variability

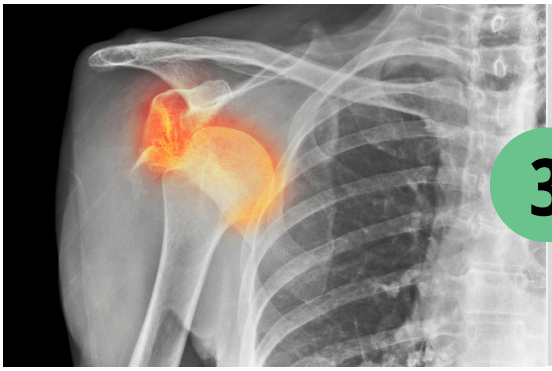
1 Understand How Your Body Responds to Triggers

HRV therapy creates awareness around the healthy habits that deliver a favorable impact on your health. As a result, it typically will influence positive behavioral change.



2 Expose the Link Between Stress, Pain, Mood and Injuries

Chronic stress and pain can lead you on a path to drastically reduced health, poor athletic performance and delayed recovery or inability to heal from an injury.



3 Identify Overuse Injuries Even Before They Happen

HRV data can determine when you're less likely to perform at your best or when your body needs more recovery time. It can even signal when you're at a higher risk for injury.

4 Predict Training Response (High or Low Intensity)

Your therapist can customize treatments with HRV - ex. high HRV may respond to higher intensity training, while low HRV may do better with a high volume, low intensity approach.