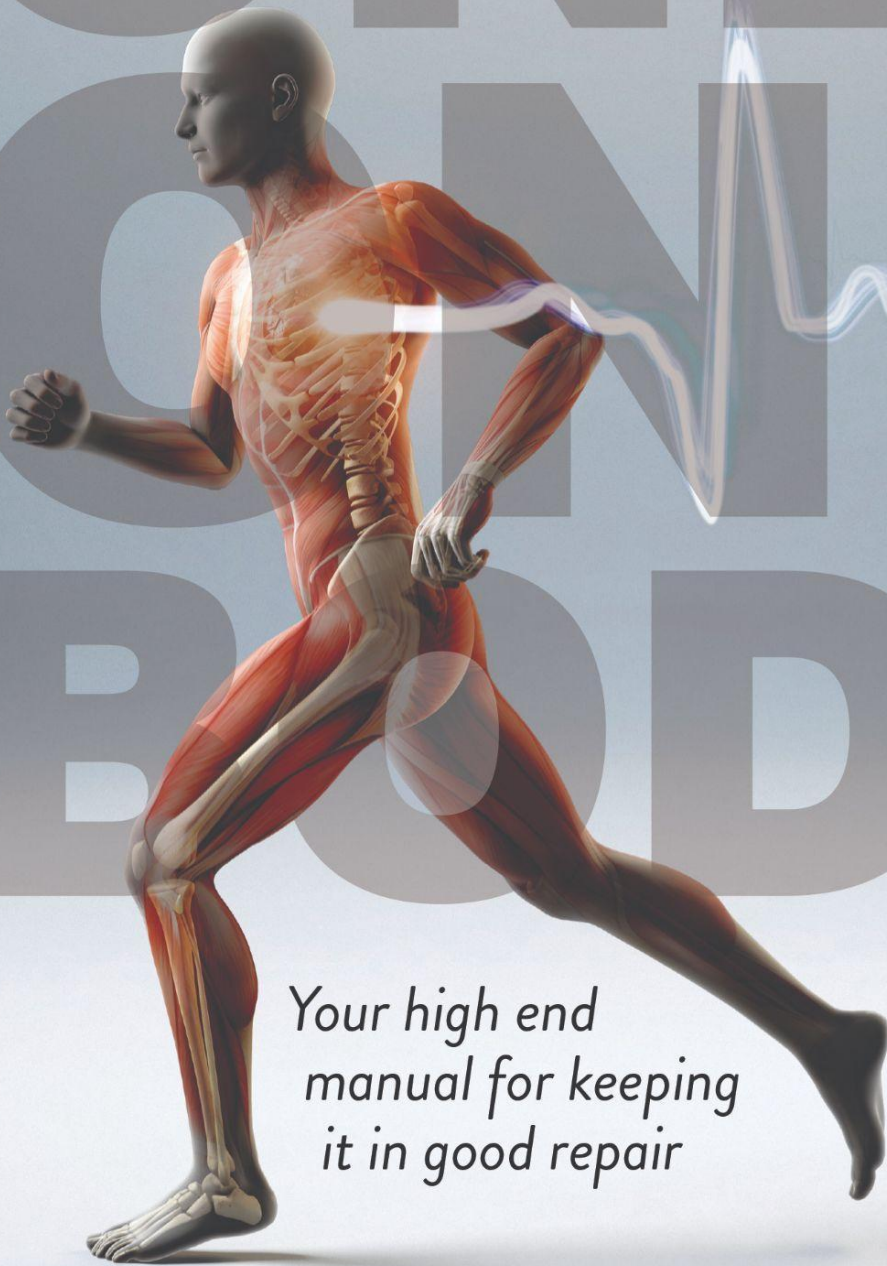


ONLY ONLINE BODY



*Your high end
manual for keeping
it in good repair*

DR. MATT FONTAINE

ABOUT ONLY ONE BODY

Ever wish you had been given an owner's manual at birth? A book that would teach you how to properly care for, operate, and maintain the only body you'll ever get? Only One Body is that book. I wrote it to give you the knowledge and capability to take control of your health and your life. You don't have to be a victim. You have it in you to become resilient. But just as you would not build your house on the sand in the summer or without a set of blueprints, you cannot expect to maintain a high-performance body without an owner's manual. Suppose you have big plans for your future. If you are driven by achieving goals or want to live your best life, you will need a robust support system in your body and mind. They'll take you wherever you want if you care for them properly.

I wrote this book for you to introduce you to the principles, strategies, and tactics that will govern and guide you to a more durable, less fragile, higher-performance you. In it, you'll discover the raw materials you have to build your body and mind on a solid foundation.

Currently, you and I face many challenges regarding our health, the most egregious being **misinformation**. How can you make sense of all the information at your fingertips and filter out what won't serve or hurt you? Our doctors owe us their allegiance, confidentiality, and best judgment about our conditions. In an ideal world, we could sleep at night knowing our doctors were devoted to being our health, wellness, and healing advocates. And I am sorry to say that even the best and most well-intentioned doctors are human beings with inherent biases, blind spots, and other blocks, even when attempting to be your best advocates. You must partner with good doctors, and they must partner with the highest, most well-informed version of you to see your health and wellness through to the next level.

Today we have easy access to scores of information with the click of a button, and it can be challenging for even the savviest among us to be discerning.

Have you ever found yourself suffering from a medical condition or syndrome and starved for answers from your physicians? Are you in chronic pain? Are you just limping along day after day? Have you seen several physicians and still have no answers and no resolution? I see it every day in the clinic. You're frustrated. I feel your pain. I wrote this book to help you learn where to go for answers.

Do you trust your family physician to listen to you and develop a proper course of action? Do you turn to the computer in search of Dr. Google for answers, exploring all possible diagnoses and treatment options? Understanding scientific studies are paramount so you can be sure if you can trust the findings of a study or not. How can you decipher truth from opinion and know if you can trust the headlines in the media's narrative? Do you understand how a study progresses from an idea (hypothesis) to design, execution, and publication? And can you accurately identify their limitations?

The bottom line is that you'll need a solid filter to dampen the noise and biases and a basic primer on scientific studies to decipher the information better. And this is an essential skill because, ultimately, your decisions determine your success. And the internet has made it easy to find complex data often conflicting and contradictory to what we thought we knew yesterday.

It happens to me too. At every turn, someone wants to give you medical or self-care advice. Patients often say, "Someone told me I should try this or that." Someone gives my patient medical advice without any medical evaluation or diagnosis, often without putting in the hours and years to become a

subject matter expert or physician. I don't like Monday-morning quarterbacks when it comes to medical advice.

Identifying and solving our challenges is daunting. First, you must develop a trusting relationship with your treating physicians and healthcare providers. It is paramount to your health. Doctors can only recommend the best courses of action when they know your medical history and current state of health.

Information obtained online can be accurate and informative but often misleading without the expert physician's experience to assess the context and nuances needed to interpret it. And often, after consulting with Dr. Google, people think they know as much as their physician.

Doctors have a lot of graduate-level, specialized training, knowledge, and experience in medicine and their respective specialty fields. Use it; it's powerful.

Here it is on a Tee Shirt: The best outcomes and courses of action involve having a trusted relationship with your doctor, someone familiar with your medical history, and having a candid conversation about all your treatment options.

It is essential to seek out and vet true subject matter experts (SMEs) in their respective fields. To help you do just that, throughout this book, I bring in the work of SMEs in medicine, biomechanics, physical medicine and manual therapy, health and fitness, strength and conditioning, and human performance.

If you have been in a doctor's office and thought, "This shit doesn't make sense," when they explain things, I get it. Sadly, not all doctors are great teachers. But the best doctors accept the challenge and simplify the complex so their patients understand easily. And that is what I am going to do in this book. I am going to take the "fu" out of Kung Fu to unpack the complexities of the human body in a simple way that is easy to understand. I will share the principles that guide the strategies, tactics, techniques, and procedures I have used myself and used with countless patients who have come through my practice for over twenty years and counting, and I promise I'll make it as simple as I can for you.

As you read this book, here's what I want you to know

I want you to gain a deeper understanding of your body, to become more connected to it so that you can ask the right questions to determine when something is wrong with it or if you are feeling bad because you are treating your body like shit. And I want you to be your advocate to make better-educated health decisions in planning a course of action to resolve an injury or improve your overall health and well-being. Being your advocate allows you to take the helm even if your doctor steers the rudder off course.

Section I, THE HUMAN CHASSIS, I tell you a little bit about where I am coming from and set the ground rules for understanding your body better. Then, I will take you into the mechanic's shop, where we'll look under the hood of your Only One Body. We unpack this fantastic machine and break down the workings of your chassis to give you the schematic that shows you the inner workings of your body and how the gears run. I also cover Pain and the role that inflammation plays in virtually everything that goes wrong in the body.

Your body has four main superhighways. The Fascial system is the structural exoskeleton for your muscles and internal parts. The Nervous System is the fiber optics and mainframe computer operating platform, and the Circulatory and Lymphatic systems are your body's plumbing and sewage systems.

With a background in the structure and function of these body systems, you will understand how and why we break down and how to repair, recover, and achieve your highest performance levels.

Section II, HOW HUMANS BREAK AND HOW WE FIX THEM, here you will discover the Laws of the Land that govern the structure and function of the human frame, how humans break, and how we fix them. The stresses of Life, Gravity, and Inertia compound over time and profoundly impact your body. In this section, you will learn about the differences between **acute and chronic pain syndromes** that affect the **neuro-musculoskeletal system** and what you need to know to be your best advocate. Learn why effective care starts with an accurate "Diagnosis before Treatment" and how better outcomes are tied directly to a collaborative approach between you, your doctor, and other specialists.

The best auto racing teams have a fantastic pit crew, and you need one too. Learn how to assemble a world-class team and the Integrative approach that gets fast and effective results for acute and chronic muscle, bone, and joint pain syndromes. I will define the field of physical medicine and bridge the gap between the disciplines of conservative management, including functional medicine and regenerative medicine, alongside orthopedic and neurosurgical intervention. You need an integrative course of action. I show you how to "GET IT RIGHT" the first time and navigate your way from injury to return to play.

Section III, KEEP MOVING FORWARD, is about the three pillars of optimal human performance: **fuel, training, and Recovery**. You need a game plan to train for life and recover from all that life throws at you. Learn how to train smart and why your chronological age don't mean Bo Diddly! Learn recovery practices that control pain and inflammation and can help prevent injury. The human body needs to be in homeostasis, in balance. Your body is ebbing between performance, growth, repair, and recovery. Training should provide minor stressors to stimulate the body, and the body must have an adequate recovery to build durability and become more resilient.

Section IV, THE LONG GAME, calls out the elephant in the room, the fledgling U.S. healthcare system. The healthcare delivery system in the United States is crumbling in part due to high expenditures, fastidiously encroaching the 20 % mark of GDP, yet we remain one of the unhealthiest countries. Our system is failing at preventative and performance-based care. Today providers are accountable to whoever is flipping the bill rather than to the patients themselves. And you need a well-charted course of action for navigating these stormy seas. Like most doctors, I am also frustrated by a failing sickness care system. There don't seem to be many solutions on the horizon either, but I will discuss a few concepts that may profoundly impact how healthcare is delivered in our country.

You need a good working relationship with your primary care physician and other providers you see. I will educate you on how best to talk to your doctor. Ultimately, you need the knowledge base to be your advocate, take the helm and steer the ship if they let go of the rudder. I talk about Food as fuel and medicine and how you can prepare for The Long Game, including Mindset and integrated Mind & Body training. Life is a marathon, not a sprint, so don't quit at halftime. In chapter 12, learn about the concept of longevity through the eyes of a fantastic longevity expert. You and I need a strategy for optimizing our health span, performance, and vitality.

IF YOU RELATE WITH ONE OR MORE OF THESE GROUPS, THIS BOOK IS FOR YOU

1. **High performers** who want to keep their edge and achieve more. You want peak performance levels, better health, and a better way. You have consistently set higher standards for yourself. You embrace the suck and honor life's struggles. You grow stronger with every challenge you meet. You have forged mental toughness and a strong mindset. You maintain a healthy balance of reality as it is and optimism that things will work out. You want to live your best life, become your best, and contribute your greatest self to the world. But armed with a little bit of knowledge, you can be dangerous. Unfortunately, you tend to think you can exercise your way out of an injury. High performers sometimes get in their own way. I get it. It happens to me too. You are my kind of person. Welcome.

2. **The Sometimes-strugglers.** I got you. Achieving optimal levels of health is going to take some time. But just that you walk into my office or pick up this book is a start to a better, fitter, healthier, and more resilient you. You have always been a fighter. A scrapper and a clawer, you are my kind of person too. I am already proud of you. Welcome.

3. **Ignorance is bliss, folks.** You are not even in the game. You know nothing! You know less than nothing. If you even knew that you knew nothing, that would be something. But you don't. You don't realize you don't have to live with pain and limitations. Often folks in this category go from doctor to doctor without getting good answers or an accurate diagnosis. It is time for you to educate yourself and take control of your health. You can't just wait around hoping to arrive at a good destination when you're not even on the path. You can take the first step by moving your body. You can learn easy-to-implement sustainable health strategies and stick with them for the long term. The journey of a thousand miles starts with just one step. Welcome.

4. **The "Simpler Times" folks.** Those patients yearned for the days when doctors made house calls and treated upset stomachs with *Bisquick* and *Coca-Cola*. "*Been sampling Daddy's chaw, have ya?*" (Doc Hollywood) You remember when your family physician provided high-touch, personalized care. If you have come to expect the type of individualized care you can no longer get, and you know that your health and well-being cannot possibly be handled in a 5-minute doctor's visit, I feel your pain. I couldn't agree more if you are frustrated and disenchanted with a health care system that is colossally failing its patients. Welcome.

5. **The School of Hard Knocks.** My balls to the walls, brethren. Old school tough guys who rub dirt on injuries and tell kids they shouldn't wear alligators on their socks (yes, my mom dressed me in IZOD), I know your kind. Consider yourself forewarned; there is a price to pay for failing to care for your only one body. If you are one of these folks, read on, it's never too late to teach an old dog new tricks.

YOU NEED YOUR ONLY ONE BODY NOW MORE THAN EVER. HERE'S WHY...

With healthcare expenditures in the United States at \$ 3.6 Trillion and counting 17.7 % of the current U.S. GDP), the U.S. ranks # 37 according to the World Health Organization. With expenditures rising and out-of-pocket expenses at astronomically high numbers, it doesn't seem like we are getting our money's worth. However, only One Body will help you take charge of your health and become better prepared for whatever life brings.

Thanks to scientific breakthroughs, humans under 55 may live well into their hundreds. Scientific advancement has made biohacking feasible, and we are breaking boundaries in human longevity.

Humans are beginning to swim into blue oceans. If you take action, this book can help guide you as you glide into your blue sea. You'll gain momentum once you get paddling.

Why Should You Listen to Me?

22 YEARS OF EXPERIENCE AND COUNTING...

As a lifelong athlete, healthcare providers have always played a vital role in my training, physical development, and performance. Therefore, becoming a sports physician was a natural career track for me. Dealing with sports injuries and pain has been, and continues to be, an ongoing part of my life, but I want to play forever. And I want you to be able to keep playing too. Over the years, I have endured many of the sports injuries I treat in my patients, and I use that insight and experience to help active people heal quickly and take back their lives.

I am a sports chiropractic physician, licensed by the Virginia Board of Medicine, serving patients in Northern Virginia at Potomac Physical Medicine. My practice focuses on active individuals in an integrative sports medicine setting. Our patients benefit from treatments that combine elements of manipulative therapy, sports injury recovery techniques, Active Release Techniques® (A.R.T), corrective exercise, and a collaboration with an extensive referral network of specialists in orthopedics, neurosurgery, and functional medicine.

I trained at one of the country's leading spine care facilities (Texas Back Institute), hold a certification with the American College of Sports Medicine, and am a Full Body Certified ART provider. A professional, results-focused physician uses state-of-the-art manual therapy procedures, soft tissue management, joint manipulation, corrective exercise, and sports medicine to aid patient recovery from injury and back to health. In addition, I have worked professionally with two Major League Baseball teams and the Alexandria Aces Baseball Team, part of the Cal Ripken Collegiate Summer League.

With a background as a lifelong athlete and former collegiate baseball player, I understand the needs of active individuals. I have been an active member of the DC Tri Club and work with Trident Athletics (formerly Trident CrossFit) and Capital MMA. Additionally, I have completed over 30 Triathlons, including IRONMAN 70.3 Timberman, St. Anthony's Triathlon, and Daytona Frogman. I am also active in my local community supporting Fairfax County Fire & Rescue as a volunteer Emergency Medical Technician (EMT)/Firefighter.

I am an author/creator of the Potomac Physical Medicine blog, a guest author for several online publication platforms and podcasts, and a speaker providing athletes with knowledge and insights into preventing injury, resolving pain, and optimizing athletic performance. Triathlete Magazine and the Journal of the American Chiropractic Association have published my work.

The rewards for discipline are often unseen in the short term. Short-term gratification is seldom long-lasting. Consistency trumps intensity, and the self-discipline you develop and maintain over decades can yield phenomenal results. Prepare today to win tomorrow.