



HOW TO DEAL WITH INJURIES



Do you have Knee pain? This guideline suggestion can help you deal with the pain, stretch out and strengthen, and work out deeper issues through massage to help you heal faster. This program is designed by the owner Al Cardiello, Manager and Group instructor Kim Nuechterlein, and Massage therapist Thea Hill.




Pain relief

- CBD Cream
- Ice Packs when inflamed
- Compression



Stretch & Foam roll

- Limited Range
- Hamstring curl
- ITB foam Roll
- Hip Flexor Roll
- Hip Flexor stretch



Strengthen

- Static squats to dynamic squats
- Limited range
- Leg extension



Massage

- Deep Tissue/Therapeutic Massage
- Hamstrings
- Quadriceps

Click on "1","2","3", or "4" For an informative Video