



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.



①

Pain relief

②

Stretch & Foam roll

③

Strengthen

④

Massage

CBD Cream

Ice Packs when inflamed

Compression

Limited Range

Hamstring curl

ITB foam Roll

Hip Flexor Roll

Hip Flexor stretch

Static squats

to dynamic squats

Limited range

Leg extension

Deep Tissue/

Therapeutic Massage

Hamstrings

Quadriceps

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