

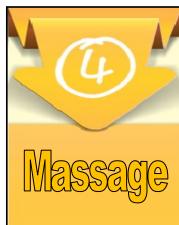
Do you have Knee pain? This guideline suggestion can help you deal with the pain, stretch out and strengthen, and work out deeper issues through massage to help you heal faster. This program is designed by the owner Al Cardiello, Manager and Group instructor Kim Nuechterlein, and Massage therapist Thea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











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