

Corrective Exercise Sessions



7155 80th Street, Ste 120
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(Next to Santori Chiropractic & Dairy Queen!)
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Why Corrective Exercise?

Better posture
Post rehabilitation exercise
Reducing chronic back pain
Improved performance
Reduce joint pain
Improved breathing
Pain Management

How does it work?

Step 1: Assessment
Step 2: Program design
Step 3: Implementation
Step 4: Re-Assessment



Available Service & Education

- Movement screening
- Muscle activation technique
- Self myofascial release
- Corrective stretches
- Progressive programming