

Exercise Physiology & Muscle Therapy



- REDUCE OR ELIMINATE BACK PAIN
- IMPROVE FLEXIBILITY
- REPAIR MUSCLE IMBALANCES
- IMPROVE YOUR BALANCE AND STABILITY
- STRENGTHEN YOUR CORE
- IMPROVE YOUR OVERALL HEALTH

Your flexion, extension and rotation (the three major movements of the spine) will be assessed, followed with a diagnosis of your muscle imbalances and reoccurring injury cycles. I will work with our Personal Trainers and Massage Therapists to develop a program to improve your health, fitness and well-being.

If you've had an injury or accident recently, our team can help ensure a speedy recovery. Our treatment approach is based on a thorough musculoskeletal and biomechanical assessment. Our strategies combine traditional "hands-on" treatment with current movement based practices to suit your particular rehabilitation, or health and fitness needs. We ensure that clients are educated correctly to help achieve their goals whether for rehabilitation, weight loss, core stability or fitness.

When the body is out of balance, some muscles are shorter, or longer, than normal. When muscle length is less or more than optimal, body mechanics are altered causing chronic pain. As an Exercise Physiologist, I can identify areas of poor flexibility, muscle weakness and muscle imbalances. I will then help you repair and strengthen these affected areas.

Clients with musculoskeletal injuries including thoracic lumbar and cervical spine injuries, as well as those with chronic conditions of knees, hips and shoulders, should expect to see improved performance and a reduction in pain. Our ultimate goal is to help increase your range of motion because limited range of motion contributes to fatigue and injury. The use of combinations of functional movements designed to both strengthen the muscles, as well as improve neuromuscular coordination, will improve your flexibility and range of motion. These along with strength training, stretching, massage therapy and cardiovascular activity will all help you to improve your overall health, fitness and quality of life. With the knowledge and use of multi-disciplinary fields, we are eager to work with non-athletes, recreational sports enthusiasts as well as inspired elite athletes.

I would be happy to answer your questions about this club service.

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The
WRAC
Wenatchee Racquet & Athletic Club

Fees: Assessment/Physio Sessions: \$62
Personal Training Sessions: \$45
wsst applies to all training fee
Non-members: \$6/facility guest fee required each training day.