

PERFORMANCE ENHANCEMENT

Has your performance plateaued or did you just finish a brutal workout and need a quick turnaround? Performance enhancement manual therapy is designed to maximize muscle power and performance, accelerate return to competition and take you to the next level. Each session is designed to optimize your specific strength, power and movement deficits. Also very beneficial for muscle recovery after workouts or training programs. "Tune-up" sessions are recommended throughout the year to maximize performance and minimize dysfunction

