



It begins with a full body movement assessment, creating a roadmap to restore the body to optimal movement. Unlike traditional massage, the “move better, feel better” approach combines the release, lengthening and strengthening of muscles surrounding the joints of the body in order to optimize movement, reduce pain, and enhance recovery.

### **Service Menu**

#### **Full Body Tune-up**

Hands-on therapy, stretching, and strengthening is used to reduce muscle pain, muscle soreness, and improve movement. Neck, shoulder, low back, or knee pain? Let's get you to Move Better, Feel Better and back to the activities you love.

**30 Minute & 60 Minute Sessions Available**

#### **Recovery**

Normatec Recovery: Reduce muscle soreness, improve circulation, and speed recovery time with the NormaTec PULSE Recovery System

***\*\*Ask about our multiple session discounts\*\****

### **Get to know your Body Mechanics**

#### **Brian Quesenberry, LMT (MA96887)**

Brian seeks to bring his years of education, expertise, and experience that includes a who's who client list of professional athletes and entertainers to the general community. By applying the same principles and practices used throughout his career, everyone from the youth athlete to active adult can enjoy the benefits of "move better, feel better".