

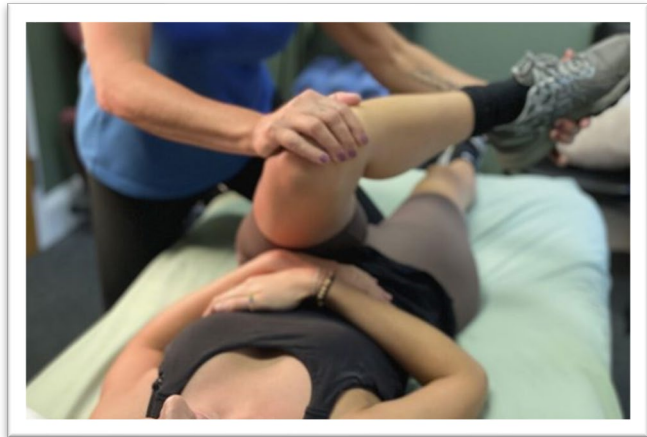


Roseville Health & Wellness Center

1650 Lead Hill Blvd, Roseville | 916.677.1200 | www.rosevillehwc.com |  Like us on Facebook

Recovery Stretch at RHWC

At **Roseville Health & Wellness Center** we help people move better, live better and perform at their full potential. Recovery is an integral part of a well-balanced routine to allow your body to recuperate from the cumulative stress of workouts. In addition to exercise, recovery sessions can be utilized to reduce stress and muscle/joint pain caused from prolonged sitting, lack of sleep and other challenges in life. The goal of recovery sessions is to enhance your body's ability to recuperate and generally make you feel better overall. A few of the tools utilized in the recovery sessions include:



Assisted Stretching

Lack of flexibility and general “tightness” is the cause of most people’s day-to-day aches and pains and significantly affects your health, quality of life and longevity in your activities or sport. stretching can improve range of motion, increase flexibility (and help prevent injury), get rid of general aches and pains, improve posture, increase blood flow and oxygen to the muscles and help you relax.

Compression Technology

Normatec recovery systems use dynamic air compression and patented pulse technology to flush out soreness and increase circulation. it works as both a high-tech warmup and a dynamic way to recover after activity. Created by a physician bioengineer Normatec is the ultimate recovery massage.

Percussion Technology

Percussion massage devices deliver targeted pulses of pressure which help to relieve muscle pain, stiffness and soreness as well as increase range of motion.

Soft Tissue Mobilization

Although used for many years in physical therapy, foam rollers have recently surged in popularity both in therapy and fitness for myofascial rolling. The rolling pressure applied along a muscle is thought to compress the tissue and increase flexibility of the muscle and fascia, possibly breaking up fibrous adhesions between layers of fascia.

Schedule your Recovery Stretch session at the Front Desk today!

25 minute session \$45 or 6 sessions for \$250

Schedule your Assisted Stretch appointment at the Front Desk, or call (916) 677-1200