

Recommended Frequency of Treatments

Category	Neuromuscular Therapy (NMT)	Dynamic Stretch Therapy (DST)
Acute	1-2x/week	
Chronic/Postural	1-2x/week	
Maintenance	Every 3-4 weeks	
Athletic Performance		1-2x/week
Recovery & Mobility		Weekly
General Wellness		Every 2-4 weeks