

ATHLETE RECOVERY SESSIONS

**SCHEDULE
TODAY!**

SORE, TIGHT, OR NOT
PERFORMING AT YOUR BEST?
RECOVERY SESSIONS IMPROVE
MOBILITY, SPEED UP RECOVERY,
AND HELP PREVENT INJURY!



RECOVERY TOOLS:

- Cupping
- Scraping
- Dry Needling
- Manipulation
- Stretching
- Soft Tissue Mobilization



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