



RECOVERY SERVICES

Train Hard. Recover Smarter. Perform Better.

Take your recovery to the next level with compression therapy powered by Normatec by Hyperice — trusted by elite athletes

Designed to:

- Reduce soreness/inflammation
- Improve circulation
- Flush out fatigue
- Speed up recovery



AVAILABLE SERVICES

- Full Leg Compression
 - Hip Attachment
 - Arm Sleeves
- Percussion Therapy

INDIVIDUAL SESSIONS

Perfect for post-game, post-practice, or heavy training recovery

Book Your Session or Event Today
Limited Spots - Secure Yours Now

ON-SITE EVENT RECOVERY

Recovery brought directly to your team, tournament, or event



www.rootzgrow.com



954-692-6161