

Myofascial Release with Travis



**Complimentary 20 Minute Session (3 Per Session)
Thursdays 1-3 PM or Wednesdays 9-11 AM**

If you have chronic pain, nagging injuries, or sluggish performance, myofascial release may be the answer to your problem.

Myofascial release is a type of restorative therapy that focuses on balancing the connective tissue tension within the body. Overactive muscles cause trigger points to develop in the myofascial tissues causing restricted motion, delayed nerve conductivity, and pain.

You will undergo a full-body assessment to find the causes of pain and how these restrictions interact with one another in the body. From there, myofascial release techniques are performed to free the restrictions resulting in: improved neuromuscular function, improved blood flow, and most of all less pain.

Please call 337-406-2582 to have your body restored to optimal health and performance.

SESSIONS ARE \$60 FOR 60 MINUTES.

For the best results, 2-3 sessions are recommended. You will also be provided a regimen of foam rolling exercises to assist you in providing self-maintenance on the myofascial tissues.



Travis Tolbert holds a B.S. in Kinesiology from Lamar University and B.S. in HSE from Columbia Southern University. He has 8 years experience in Personal Training and is a conditioning coach for multiple state, sectional and nationally ranked USTA Jr. athletes. His Certifications include Cooper Institute Personal Training, ACSM Cancer Exercise Trainer, USATF Level 1 Coaching, TRX Suspension Trainer Level 1, TRX Rip Trainer Level 1 and Z-Health Essentials of Elite Performance