

HOOSIER
CHIROPRACTIC

Myofascial Release

WABASH, IN



A bad squat doesn't cause pain at first. It's only after repetition after repetition for weeks, months, even years before the pain threshold is met and an injury appears. It's the same for a minor adjustment in a bike, the shoulder's range of motion while swimming, the ankle's ability to dorsiflex while running. As we increase our repetitions, we need to be more aware of our range of motion.

Hoosier Chiropractic is offering a **25% discount** for its Instrument Assisted Soft Tissue Mobilization therapy for anyone signed up for Dam 2 Dam (any distance) or the Dam(n)!Man! Xtreme Triathlon. This will focus on any areas of concern you have, but also through movement screens can also identify problems before they have developed into debilitating issues.

The **Boomstick** is a 44lb scar tissue destroyer that enables its wielder to maintain contact on a trigger point with greater control, more pressure and for a longer duration than any other tool on the market. If you are willing to suffer during your training, you need to learn how to suffer during your recovery to get the most out of your training.

Myofascial Release is more than just applying pressure to trigger points, it's about identifying restrictions in movement patterns that could lead to injury, and addressing them with minimally invasive protocols.

Dr. Neil Bever
260-225-9444



Hoosier Chiropractic
60 W Hill St Wabash, IN