



# TheraSTRETCH

Alleviate tight muscles and get blood flowing with a personalized total body hands-on stretch.

**\$40 per 30 minute session**

## Benefits:

- Ease tendon and muscle tightness
- Decrease injury risk
- Help curb post workout soreness
- Feel better in everyday movement



*Available at all 3 locations.*

### Lockport

16622 West 159th Street - Suite 503  
815.838.5070

### Burr Ridge

6901 S. Madison Street  
630.590.5409

### Westmont

350 East Ogden Avenue - Suite 200  
630.908.7430

**Easy scheduling available at: [www.theracorept.com](http://www.theracorept.com)**