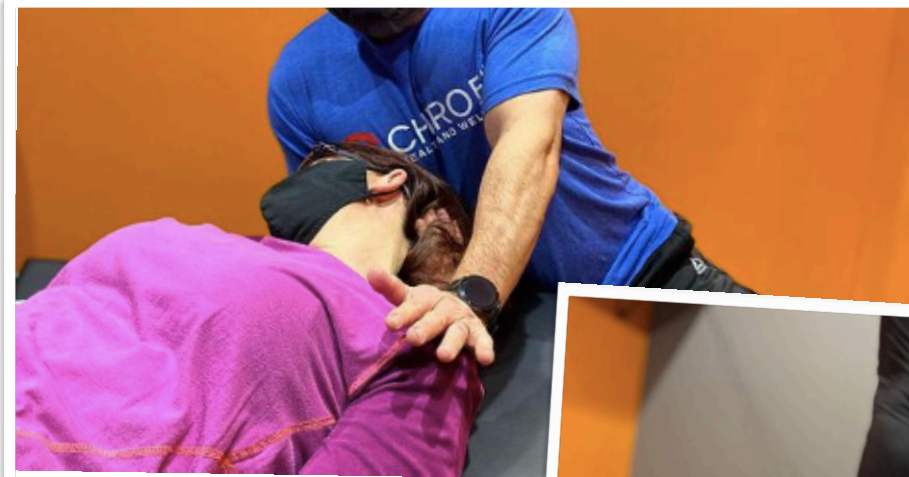


# PNF Stretching

## ChiroFit Health and Wellness

Stretching is the most important part of both a post exercise routine as well as in conjunction with chiropractic care. In the hands of our amazing, experienced, and passionate PNF trainer you will see increased range of motion, a better hold and repeat movement sequences that you cannot achieve on your own.

See the backside of this flyer more information on Proprioceptive Neuromuscular Facilitation and how incorporating this into your active, chiropractic, or lifestyle routine can benefit you!



Introductory Offer  
\$65 for your first  
session

**Alex:**

Monday 8-6pm

Friday 8-1pm

**Laurel :**

Wednesday 9-1pm



# PNF FAQ

## **What is PNF?**

PNF stands for "Proprioceptive Neuromuscular Facilitation". This type of stretching therapy relies on reflexes to produce deeper stretches which allow you to stretch deeper into your range of motion to increase flexibility. By contracting a fully stretched muscle against resistance you will inhibit the stretch reflex and allows a muscle to stretch farther than it normally would.

## **How would a PNF training session benefit you?**

PNF Training has a multitude of benefits for everyone including improved posture, reduced muscular and joint pain, increased sport performance, and with one of the most popular benefits which is to increase range of motion and flexibility. This will allow you to move freely and more comfortable in your daily activities. If you have been involved in an auto accident, 60 minute massages are covered under "MN No Fault".

## **What to expect during a PNF training session?**

Each session is 50 minutes in length. You can expect excellent communication, a slow paced, active and static stretching session. Kylene educates her patients in order to give them the maximum benefit along with basic recommendations

## **What do I wear to a PNF training session?**

Comfortable, moveable clothing to allow you the maximum range of motion for the stretches.

## **I don't exercise regularly is PNF training for me?**

Yes! The benefits for all individuals is to help to help benefit daily living activities and range of motion. Not only that, but it can bring relief to your hamstrings, shoulder, and neck pain. It can also help with other conditions not limited to Osgood-Schlatter disease, achilles tendonitis, and forms of chronic pain.

## **Why do you offer PNF training at a Chiropractic office?**

Dr. John always recommends stretching in-between chiropractic appointments in order to relieve muscle tightness which could be the root cause of your pain. In conjunction with Chiropractic care, PNF stretching can relieve pain faster and help prevent a reoccurring issue.