

Rapid Injury Recovery

Miami University (Oxford, Oh.) July 16

or Chapel Hill, NC - July 21

(10 am – 5 pm)

\$175 includes manual (7 CEs for NCBTMB)

Register online- www.USKinesiology.com



Safe, effective, cutting-edge hands-on techniques
for pain relief from athletic injuries

Neurovascular Reset Technique- Experience how you can dissipate emotional distress with lightly touching specific reflex points on the head

Good Vibrations- Discover a unique way to use music, applied to the body for 5 minutes, that has given thousands of people hours of relief from back pain

Cramp Release – Learn a 5 – 10 second ‘gentle’ way to release a muscle cramp

Muscle Testing – Learn and practice the skill of using the body’s muscle response ability to access feedback

Specific Neuromuscular Reset Technique and Energy Stroking- (SNERT)
Have chronic or acute muscle/joint pain that was caused by an injury or overuse? In a study of 211 subjects using SNERT, results showed over 95% responded with positive outcomes. Simple enough for a child to learn.

Injury Reset Technique and Figure Eight Energy Techniques– Learn how to release muscle memory and free up restrictions to enhance joint flexibility

Pain Tapping – Discover specific acupuncture points on the legs and arms that when tapped are helpful for reduction in chronic pain.and More..



Your instructor ~Arlene Green of Chapel Hill, NC is one of the leading trainers in the field of Touch for Health Kinesiology and a state and national medalist in table tennis. With over 40 years of teaching experience, she has integrated her love of sports and Energy Kinesiology to develop a number of effective, cutting-edge techniques geared at enhancing athletic performance and addressing muscle/joint injuries for sports enthusiasts. She brings her experience and expertise to deliver practical and easy-to-learn skills for anyone searching for natural alternatives to stress and pain. For more information feel free to contact Arlene arlenegreen@mac.com author of *The Top Ten Rapid Injury Recovery Techniques for Athletes*.