



The Top Ten Techniques for Rapid Injury Recovery

Chapel Hill, NC

October 4, 2026

(9:30 am – 5:30 pm)



\$195 includes manual (7 CE's for NCBTMB)

Register online- www.USKinesiology.com

Learn safe, effective, cutting-edge hands-on techniques for pain relief from both both acute and chronic injuries

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

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

Muscle Testing –Learn the skill and subtleties of muscle testing to access feedback from the body

Specific Neuromuscular Reset Technique and Energy Stroking- (SNERT) Have chronic or acute muscle pain that was caused by an injury or overuse? In a study of 211 subjects, SNERT results showed over 95% positive outcomes with a 67% average improvement. 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, LMBT #854 NC, 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 45 years 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 arlenegree@mac.com author of *The Top Ten Techniques for Rapid Injury Recovery*, *Top Ten Pain Relasers 1 & 2*, *Specific Neuromuscular and Energy Reset and Emotional Repatterning*.