



The Top Ten Techniques for Rapid Injury Recovery

Chapel Hill, NC

October 4, 2026

(9:30 am – 5:30 pm)

\$195 includes manual (7 CEs for NCBTMB)

Register online- www.USKinesiology.com



Learn safe, effective, cutting-edge, hands-on techniques for pain relief from 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..



***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 arlenegreen@mac.com author of *The Top Ten Techniques for Rapid Injury Recovery*, *Top Ten Pain Releasers 1 & 2*, *Specific Neuromuscular and Energy Reset and Emotional Repatterning*.*