

# CHIROPRACTIC MOVEMENT AND REHABILITATION

We are committed to getting you the most out of your workout. We utilize chiropractic care and purposeful instruction to maximize your efficiency in and out of the gym.



SPINE &  
STRENGTH

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TREATING PATIENTS IN THE CONVENIENCE OF THEIR OWN HOME  
OR AT PERSONAL BEST FITNESS, 5120 VIRGINIA WAY, BRENTWOOD, TN

## HOW DO WE GET STARTED?

We assess your overall health and utilize non-invasive diagnostic tools to identify areas for improvement. Then we implement the 3 R's of the Selective Functional Movement Assessment: Reset, Reinforce, and Reload.

## SERVICES

- Chiropractic care
- Corrective exercises
- Personal training
- Nutritional assessments
- Active release technique
- Fascial distortion model
- Sports medicine
- Dry needling

## PRICING

### **\$120 for first visit**

Includes: SFMA, FMS, orthopedic & neurological exams, report of findings, initial treatment

*You will not be charged for a visit if we cannot help you.*

### **\$65 for follow-up visits**

Includes: chiropractic care, soft tissue work, ART, FDM, dry needling, corrective exercises

*Visits last 30-60 minutes depending on treatment needs.*

**DIFFICULT TAKES A DAY, IMPOSSIBLE TAKES A WEEK. —JAY Z**