

# Introduction Package



**(Includes 3 Visits)**

## Assessment (First Visit)

1. Medical (if needed)
2. FMS – Functional Movement Screen
3. Joint by Joint
4. Educate client on findings
5. Begin Key Points -----Teach Soft Tissue Work

## Movement Preparation (Second Visit)

1. Review Soft Tissue
2. Teach other key Points
  - A. Lengthening
  - B. Mobility
  - C. Activation
  - D. Integration

## Correction (Third Visit)

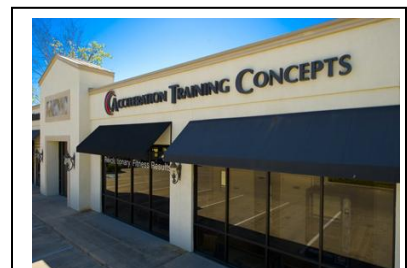
1. Teach corrective exercises for client specific needs
2. Homework

Regular Price  
\$320.00

**Package  
Price:**

**\$245.00**

**(Savings of: \$75.00)**



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