



CBRC Health & Wellness Clinic

PERCUSSIVE THERAPY

What is percussive therapy? Percussive therapy utilizes massage guns to penetrate deep into your soft tissues by using rapid compressions and releasing your deepest tensions. Discover an entirely new way to feel better daily. Percussive therapy can be done before, during or after exercise or just because! The benefits of percussive therapy are instead of static pressure (massage) the pulsing/vibration (percussive) mimics the body's normal blood flow, gradients allow the pressure to be evenly distributed throughout the limbs, and distal release helps the body release pressures and decreases backflow.

Percussive Therapy is available in 15-minute (\$25) and 30-minute sessions (\$45) and done by percussive therapy performance specialists.

CBRC Health & Wellness Clinic's Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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