Kinetix Stretch Lab – effective Sept 1, 2024

Welcome to the KSL, where we aim to make you move and feel better, simply put. If there are any questions, please do not hesitate to reach out: hyperkinetixfit@gmail.com

There is also additional information on the website and social media forums. Mahalo for your already warm welcome here locally and for your patience as the wonderful beginning is ironed out.

**Treatment Hours**

Monday 600am – 1100am ; 330-530pm

Tuesday 600am – 1100am

Wednesday CLOSED

Thursday 600am – 1100am ; 330-530pm

Friday 600am – 830am; afternoons reserved for athletes by request

Saturday 700am – 930am (every other Saturday)

Sunday CLOSED

NOTE\* the Chiro/Massage office will not be able to directly schedule appointments or take payment

Gratuities are appreciated but never expected.

**Kinetix Stretch Lab**

45, 60, or 90 minute sessions available

These sessions are great for everyone, especially beneficial for those who have chronic and/or acute injuries. Our bodies are complicated machines, and as we see with our cars, will often need some toggling. Here I’ll guide you through your functional movements, often involving many of the techniques. KSL will work concurrently with any prehab/rehab program you are participating in, as well as communicate with other medical or professional personnel as seen fit.

Feeling tight and need to be unwound? Let’s talk! Inquire about our discounts!

* 45-min $75 – MOST POPULAR
* 60-min $110
* 90-min $175

**NEW!** 30-min foot and ankle release. Includes flexibility, mobility, and soft tissue techniques $50

Packages: Gift Cards Available!

* 5 45 minute sessions for $340
* 5 60 minute sessions for $600
* 5 90 minute sessions for $790
* 10 45 minute sessions for $675
* 10 60 minute sessions for $1000
* 10 90 minute sessions for $1575

\*\*Please allow for 2-5 minute “settle in” and “settle out” which are included in the appointment time. You also receive personalized stretches and recommendations by request directly to your email; option for a Google Drive.

   SPECIALTY SESSIONS

\*\* Bundle Packages Available

* **Prenatal/Postpartum (Women’s Health) Consultation:** Return to Exercise Assessment: $150 per session in person
* **Diastesis Recti Assessment and Care:** $150 for initial session in person; follow-up $100. Includes diastasis check, home exercise recommendation targeted for healing, breathing re-education, pelvic floor incorporation, return to fitness, and more.
* **Functional Movement, Posture, Wellness Consultation:** $150; includes functional movement screening, postural screen, full body ROM testing, pain assessment, and general wellness review/recommendations. This is great for those seeking a “Starting point”, post-operative situations, or ailment/injury screens.
* **Cesarean Section Recovery Education and Training:** $150 for first session in person only, 100$ per session follow ups (except for follow-ups and home-technique guidance) Learn how to heal your scar properly so you don’t set yourself up for a rough road in the future! Some people have leftover scarring that leads to incontinence in their 50’s and 60’s. No thank you! I’m a two-time csection mama and I’d love to show you how to care for your scar, perform scar mobilization at home, maximize healing and recovery, while offering exercise techniques and modifications! Includes digital education kit FOR LIFE.

New!

**Youth Health and Exercise Pack: $275**

This package is aimed for pediatrics all the way up to young adult – especially those who are active in nature! Within the five 40-minute sessions, the youth will receive various assessments in flexibility, mobility, posture, and some functional movement. Assessment and programming can be tailored for athletes/sport-specific activities – often working in conjunction with coaches, athletic trainers, physicians, chiropractors and physical therapists. Post-operative youth welcome! We will be sure to communicate with your team to see if this is a good fit!

 Interventions can include flexibility, mobility, and soft tissue work. A home exercise program(s) is included; additionally a “how-to” for parents to help guide stretching/mobility at home.

\*If a separate assessment is requested prior to the package, the discounted youth rate for a consult is $100 and the appointment ranges from 45-60 minutes.