

IMPROVE RECOVER FEEL YOUR BEST



THERAPEUTIC RECOVERY SERVICES

Our therapeutic recovery services are designed to reduce pain, improve mobility, and enhance overall performance.

VIBRATION THERAPY



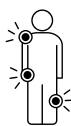
Improves circulation, supports recovery, and may reduce soreness while promoting muscle and bone health.

KINESIOLOGY TAPING



Provides gentle support, reduces swelling and discomfort, and allows natural movement.

RED LIGHT THERAPY



Helps reduce pain and inflammation, supports healing, and promotes recovery and overall wellness.



**START YOUR
RECOVERY
TODAY**



SERVICES	1 SESSION	6 SESSIONS
Vibration	\$20	\$120
Red Light	\$20	\$120
Kinesiology	\$20	\$120

KETTLE MORaine YMCA ASSOCIATION

www.kmymca.org

West Washington Branch
1111 W Washington St
West Bend, WI 53095
262-334-3405

River Shores Branch
705 Village Green Way #201
West Bend, WI 53090
262-247-1050



Morgan Zerwinski

Education/Certifications

ATC | Certified Athletic Trainer
MSAT | Master of Science in Athletic Training
NASM-CPT | National Academy of Sports Medicine
Certified Personal Trainer

Specialties

Injury prevention and rehabilitation, strength training, and functional movement