

NeuroKinetic Therapy® (NKT) by Dr. Heidi Fisher, DScPT, CMPT, OCS, CPT

- ✓ Do you feel slightly out of alignment or that your own body is working against you at times?
- ✓ Are you finding it slower to recover from injuries or that the little aches and pains are becoming more common and slower to get rid of?
- ✓ Are aches & pains getting in the way of the activities you enjoy doing?
- ✓ Do you feel that no matter how much you work on an area that it just won't get stronger or that your progress has hit a plateau?
- ✓ Do you keep receiving treatment over and over again to the same area or areas without feeling like the treatment lasts?

If any or all of these situations sound familiar, it may be that your body is stuck in a protective or compensatory pattern that is creating the sense of imbalance and dysfunction. In effect, the faulty pattern is putting up a detour sign or road block to the direct communication route between your nervous system and certain muscles or movement patterns.

NeuroKinetic Therapy® (NKT) is a great way to identify and correct these movement communication issues, utilizing gentle muscle testing and targeted release techniques. And, you will feel the difference right away!



Dr. Heidi Fisher, PT is certified in this therapeutic approach. Set up an appointment time with her today and feel the difference in your body!

**CALL or TEXT Heidi at 520-488-6715
or E-mail HeidiFisherPT@gmail.com**

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