

# SPORTS *Therapy*

Therapeutic massage is an asset to pain management. It can enhance your flexibility to vastly improve your range of movement.

- Ideal aid for muscle recovery
- Improves performance
- Relieves back and neck aches
- Beneficial to recovering from sports-related injuries
- Reverse pressure therapy (cupping)



**MIRAMAR SPORTS COMPLEX / BLDG. 2471**

**TO SCHEDULE AN APPOINTMENT CALL (858) 307-6042, OR EMAIL:**

**[Michael.Relucio@usmc-mccs.org](mailto:Michael.Relucio@usmc-mccs.org)**

Therapeutic massage provided by Mike Relucio, MA, CSCS, HHP

- Certified Personal Trainer • Certified Strength and Conditioning Specialist
- Registered Holistic Health Practitioner • B.S. Holistic Health

