

PERFORMANCE & RECOVERY SERVICES

Performance massage and stretching supports recovery, improves mobility, and help keep Marines performing at their best. Whether recovering from a demanding PT session, preparing for fitness testing, or addressing everyday muscle tightness, our recovery services help you move more efficiently and stay mission ready.

SERVICES

- ★ Sports Performance Massage
- ★ Deep Tissue Massage
- ★ Pre and Post Event Massage
- ★ Reverse Pressure Massage (Cupping)
- ★ Tissue Maintenance
- ★ Myofascial Release
- ★ PNF Stretching and Mobility

BENEFITS

- ★ Encourages Relaxation
- ★ PNF Stretching and Mobility
- ★ Reduced Muscle Tension and Soreness
- ★ Injury Prevention and Muscle Recovery
- ★ Improved Mobility and Range of Motion
- ★ Improved Athletic Performance
- ★ Boost Immune System Response
- ★ Supports Operational Readiness
- ★ Supports Exercise Recovery



MIRAMAR SPORTS COMPLEX / BLDG. 2471



TO SCHEDULE AN APPOINTMENT CONTACT US TODAY

FRONT DESK: (858) 307-4128 | **OFFICE:** (858) 307-6147 | **EMAIL:** 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

Massage services are intended to support recovery, mobility, and overall wellness. These services do not diagnose, treat, or cure medical conditions and are not a substitute for evaluation or treatment by a licensed healthcare provider. Clients experiencing acute injuries or medical concerns should seek evaluation through their medical provider.