

# KINESIOWORX

ACCUA

\*ADVANCED FITNESS TRAINING

Applied  
S.O.T Neurology



Kinesiology  
Cranial Therapy

Accelerated Performance Clinic



## ACCELERATE YOUR PERFORMANCE

**KinesioWorx** is a program designed to help people accelerate in physical performance and, ultimately, compete in the everyday game of life.

The program incorporates two phases of treatment – *Clinical* and *Fitness Training*

**The Clinical phase** (4 sessions) will involve examining and challenging the functional state of the body to provide the valuable information our doctors and trainers will use to address your concerns in an effective and efficient manner. The functional tests and evaluative techniques we use include Chiropractic, Applied Kinesiology, Sacro-Occiput Technique, Clinical Neurology, Acupuncture, Temporal-Mandibular joint (TMJ) evaluation, cranial bone evaluation, balance testing, clinical lab work and nutritional evaluation.

**The Fitness Training phase** (4 sessions) will focus on balance and functional physical training. Utilizing the information gathered from the Clinical phase, and the state-of-the-art HydroWorx Rehabilitation and Sports Training Pool, customized and effective training sessions will be developed to take you to the next level of your personal health and fitness goals.



For more information call

952•808•0300  
612•308•5251

or visit us at

[www.accua.net](http://www.accua.net)  
[www.acceleratedperformanceclinic.com](http://www.acceleratedperformanceclinic.com)