



## WHAT IS BIKINETICS

Biokinetics is the profession concerned with health promotion, the maintenance of physical abilities and final phase rehabilitation, by means of scientifically-based physical activity programme prescription.

## HOW IT CAN BENEFIT YOU

### PRE-GAME WARMUP

Squash specific strengthening and stretches to help benefit your game, this can help prepare your muscles for your games

### POST-GAME COOLDOWN

Static and dynamic stretching to release lactic acid build up during playing, which can help prevent muscle fatigue

### STRAPPING

Kinesio strapping uses elastic tape to improve pain, movement, and healing for muscles and joints

### OTHER

There are other services that can help with your injuries and/or recovery. Please contact me for more information regarding these

WE WILL BE AVAILABLE TO SUPPORT YOU FOR THE FULL DURATION OF GROWTHPOINT IPT 2024. WE WILL BE AVAILABLE TO HELP YOU AT WPCC

15min rehab/recovery session  
R220

30min rehab/recovery session  
R300

Strapping – R120



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