

# SMALL CLUB RELATIONSHIPS. BIG TIME RESULTS.



## Scott Robison

### Functional Bodywork

Scott offers functional bodywork that helps promote your health and wellbeing. Is there something in your body that feels broken or doesn't move the way it should? Scott uses movement assessment during the entire session to evaluate and continually check your progress.

Myofascial release, instrument-assisted soft tissue mobilization and active stretching are all used to help your body remember how to move effortlessly and efficiently.

#### EDUCATION/CERTIFICATION

- National Certification Board of Therapeutic Massage and Body Work
- East West College of the Healing Arts, 800-hour training
- Selective Functional Movement Assessment, Level 2
- Functional Manual Therapy Blades & Blades Advanced Certified

#### SPECIALTIES

- Improving posture and movement
- Treatment and management of chronic aches and pains
- Restoring mobility post-injury or post-surgery
- Mobility optimization for sport performance

