

## Dr. Angela Hanlon, B.Sc Nutrition, ND

Holistic Healing Arts Centre

### **Injury Recovery Program:**

There's more to injury recovery than Physio. Your body will have specific nutritional needs. Every body has unique needs, and things can get confusing. It doesn't have to be confusing or complicated.

- Initial Visit: 1 hour 15 minutes \$140
  - Pain/dysfunction oriented physical exam including how your muscles, joints, and nerves need to be treated. These body parts have minds of their own, and one treatment approach will not work for everyone.
  - Nutritional assessment and recommendations.
  - Blood work if needed (this would cost extra).
  - Initial treatment
  
- Specific Individualized Hands On Work 45 minutes \$85 each
  - 3 sessions will lay the foundation for correcting the dysfunction. They'll involve passive range of motion, sequential manual stretching, and optional Cupping & Acupuncture for even faster recover time.
  - A self-treatment routine, built specifically for you, that's both effective and practical. From this routine, most people learn game-changing skills & insights about their bodies.
  
- Optional: 3-6 more Hands-On sessions, according to the severity of your injury.
  - Your self treatment routine will evolve as your body's needs shift back to the state of normal.

\*For the best effect, treatments should be 4-10 days apart.

*If you have a health care plan, you likely have coverage for this.*

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