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Jan 6th | 9:00 AM- 11 AM (Weymouth Location)

Dry Needling Session

(Please register online or in our clinic for this workshop. Each session may be up to 20 minutes in length.)-

Dry needling is a specific clinical technique used to treat myofascial (muscular) pain. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into painful areas of a muscle.

Jan 20th | 10 AM- 11 AM (Weymouth Location)

Total Knee Replacement- Improve Your Recovery, by Shawn Cray, DPT, CSCS

What You Need to Know to Improve Your Recovery

There are roughly 700,000 knee replacements performed in the United States each year. By 2030, it is estimated that number will grow to 3.48 million each year! With knee replacement surgery rates on a cosmic rise it is more important than ever for people to be properly educated about the best way to prepare for surgery and the rehab process that will follow afterwards. Join us as we give an overview of the surgical procedure as well as various exercise/stretching tips to help improve the recovery process.

Feb 3rd | 9:00 AM – 11 AM (Weymouth Location)

Dry Needling Session

(Please register online or in our clinic for this workshop. Each session may be up to 20 minutes in length.)-

Dry needling is a specific clinical technique used to treat myofascial (muscular) pain. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into painful areas of a muscle.

Feb 10th | 10:00 AM- 11:00 AM (Weymouth Location)

“How to Stretch Properly” by Shawn Cray, DPT, CSCS

The do’s and don’ts of stretching and feeling great in the New Year!

There are many questions around stretching. Do I stretch as soon as I wake up? Should I stretch before I run or after? If I have a back injury, is it okay to stretch. Should I stretch if my muscles are tight?

All of these questions and many more along with full demonstrations on Stretching Techniques will be shown at this demo.

Be sure to wear your comfortable clothes. You will learn how to stretch.