KCR/CTR sessions

What?

KCR/CTR stands for **Kinetic Chain Release/Connective Tissue Release**. This treatment technique is designed for people with **chronic pain disorders**. By performing gentle stretches and mobilizations your body is brought back into balance and the connective tissue is released. It is combined with an **individually tailored home programme** to improve your physical condition.

For more information about KCR, please visit www.kineticchainrelease.com.

Where?

Treatment sessions are offered in:

Medi-Fit Centre

Unit 16 Woodbine Business Park

New Ross

Co. Wexford, Y34 XV04

Republic of Ireland

What does it cost?

KCR/CTR treatment session (1h): €50

Satisfaction guarantee: If, for any reason, you are not able or don't feel like paying the total amount, you can pay less.

For bookings and enquiries, please contact me:

Email: werner@bikingbodyplanet.com

Mobile: 083 870 0232 (pref. WhatsApp)