



STAY IN THE RACE: EXPERT INJURY CARE FOR CROSS COUNTRY ATHLETES

Cross country running demands exceptional endurance, flexibility, and peak physical conditioning. At Precision Chiropractic and Rehab, we specialize in helping athletes like you achieve and maintain top performance levels.

**20% OFF
INITIAL VISIT!**

Common Injuries We Treat:

- **Shin Splints:** Pain and inflammation in the shins caused by repetitive stress.
- **Stress Fractures:** Tiny cracks in the bones often resulting from overuse.
- **Muscle Strains:** Overstretching or tearing of muscles, usually in the legs or back.

Our Specialized Treatments:

- **Chiropractic Adjustments:** Ensuring proper alignment to reduce pain and prevent further injury.
- **Physical Therapy:** Customized exercises to improve flexibility, strength, and range of motion.
- **Rehabilitation Programs:** Comprehensive plans to expedite recovery and enhance overall performance.

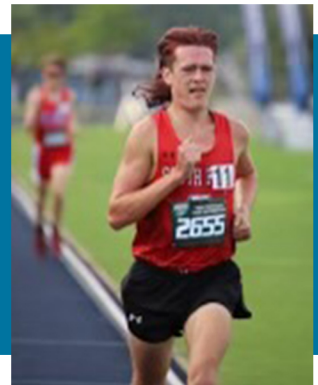
Why Choose Us?

- **Expert Care:** Dr. Kurt Barnhill, Dr. Chelsea Hollingsworth, and Dr. Delmi Barrera bring their backgrounds as athletes to provide personalized treatment plans.
- **Injury Prevention:** Regular sessions to maintain proper alignment and muscle balance.
- **Pain Relief:** Non-invasive solutions for managing discomfort from sports activities.
- **Enhanced Performance:** Optimized care plans to boost physical capabilities and coordination.
- **Faster Recovery:** Effective rehabilitation programs to get you back on track quickly and safely.

"Dr. Kurt is by far the best active release specialist on the East Coast! I came in around 2 years ago when I tore my calf muscle. He worked extensively on me while his wife, Dr. Chelsea, gave me rehabilitation exercises. They showed me the light I desperately needed during that time. I continued going to Precision Chiropractic and continued seeing forward progress towards my running goals.... I went from 4:38 in the mile to 4:19 within 2 years; in the 800 2:00.5 to 1:57.4. If you want someone you can rely on, go see Dr. Kurt. You will not regret it. "

- Maxum Kornilov

South Fork HS Cross Country & Track Athlete, 2024 FAU Cross Country Team



772-223-0447

precisionchiroandrehab.com

2456 SE Federal Hwy, Stuart, FL