

SUMMER 2023

KINESIO WAY CHIROPRACTIC

Office of Dr. Nick Cress ~ Boca Raton, Florida.



One Day at a Time.

This stuff takes time.....healing after injuries, recovering post surgery, re-calibrating post illness, and even finding the perfect replacements for those black chairs in our waiting area 😊. One thing time has definitely taught me personally is that a lot of it is required to build a great practice and team; 25 plus years to be exact. Happy to say we have expanded our team to include an incredibly skilled Athletic Trainer,, Aung Aye. He will be seeing many of you during your sessions and is a wealth of knowledge and skill. Don't hesitate to talk him up at your next visit!

We are slowly integrating new modalities, softwares, and equipment to elevate the level of care you can access at our facility. Our intention is to level up and refine your experience in our office. Pardon our dust, and pardon our hiccups as we navigate a NEW and exciting growth phase of Kinesio Way Chiropractic.

APPOINTMENT REMINDERS: Many of you have noticed a glitch in our text reminders, and many have recently received accidental voicemails reminders. This has been resolved!!! (THANK YOU SEPTEMBER!!!!). Please note that text reminders will now be coming from this number: 1 (888) 918-2632. Save us in your contacts to minimize future glitches! Thanks for your patience!

As we cruise into summer, we would like to wish all our friends and family with summer birthdays a very healthy & HAPPY BIRTHDAY! We hope everyone has a healthy and vibrant summer season. Thank you for your continued trust in my team and my care; it is because of each of you, we come to work every day and do what we love!

~ Dr. Nick & The Kinesio Way Team.



Did You Know...

Our Team Has Grown!!!

Join us in welcoming our new Athletic Trainer, Aung Aye to our Kinesio Way Team!

Details on Page 2 & 3.

New Services Available!!!

Electroacupuncture
Orthopedic Massage
New Corrective Manual
Therapy Sessions
EPAT Shockwave Therapy

Details on Page 3.

New Summer Specials!!!

EPAT Shockwave
(Packages of 5 or 10)

1 hour Orthopedic Massage
-50% off
~June Only~

Details on Page 4.

Welcome to The Team!



Aung Aye, ATC, LAT, LMT
"ahweh" "ahway"

Athletic Trainer, Massage Therapist

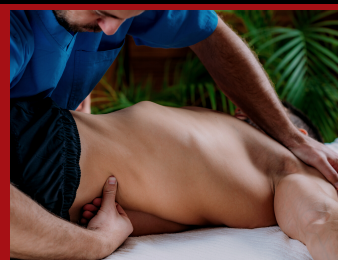
We are elated to welcome Aung Aye into our Kinesio Way Chiropractic Family, as he collaborates with Dr. Nick to elevate the level of care we can deliver to you and your families! Aung Aye is available for corrective manual therapy and orthopedic massage sessions. He will also be delivering shockwave, collaborating with Dr. Nick on corrective rehab and be available for any questions you may have on how he can help you take your health to the next level. Don't hesitate to spark up a conversation with him at your next visit.

As a native of the Pacific Northwest, Aung Aye grew up in Bellevue, WA and began his Athletic Training education at the University of Washington. He would continue his professional development at the Ashmead College School of Massage and earn another degree from Chapman University.

Before joining Kinesio Way Chiropractic Aung Aye spent the majority of his career working in sports. Most recently, he has been on the medical staff for Inter Miami CF, Sacramento Republic FC, Sacramento Kings, and the Seattle Sounders.

Aung Aye has a passion for helping others and giving back. He has served as a guest lecturer, clinical instructor and preceptor for athletic training and massage therapy students. He brings with him vast knowledge and experience in clinical modalities including Strain Counter Strain, Myokinematic Restoration, Dynamic Neuromuscular Stabilization, Fascial Movement Taping, and Blood Flow Restriction.

Aung Aye will be delivering a vast variety of collaborative modalities to help our patients excel in their healing, recovery, training, and everyday living. Please extend a warm welcome at your next visit as we get him calibrated for a dynamic new phase of Kinesio Way Chiropractic! Welcome Aung Aye!





NEW MODALITIES AND SERVICES AVAILABLE!

With Aung Aye

- Orthopedic Massage (30 or 60 minutes @ \$85/ \$150)
- Manual Corrective Therapy (30 or 60 minutes @ \$85/ \$150)
- EPAT Shockwave @ \$150 (reduced price packages available)

With Dr. Nick

- Electroacupuncture @ \$100
- EPAT Shockwave @ \$150 (reduced price packages available)

What is Electroacupuncture?

" While electro-acupuncture may be used as a component of almost all acupuncture treatments, it is has garnered especially good results regarding the treatment of neurological diseases, chronic pain, spasms, and paralysis. Also, holistic sports medicine commonly uses electro-acupuncture for injuries. When combined with acupressure (the stimulation of acupuncture points with the use of the practitioner's hands and gentle massage, instead of needles), electro-acupuncture has been proven to promote the flow of qi and blood, relieve pain, and warm the muscles, removing blood stasis (a blockage, or poor circulation)". (1)

1. <https://www.pacificcollege.edu/news/press-releases/2015/05/06/discover-the-benefits-of-electro-acupuncture>



Summer Specials

Train.

Recover.

Repeat.



EPAT Shockwave

EPAT Therapy is a non-invasive modern and highly effective treatment method for prevention and treatment of a wide variety of athletic injuries. High-energy sound waves are introduced into the painful areas of the body.

EPAT technology accelerates the healing process in the body by stimulating the metabolism and enhancing blood circulation to regenerate damaged tissue.

(*Single sessions \$150)

Package of

5

\$625

(\$125/ session)

Package of

10

\$1000

(\$100/ session)



Orthopedic Massage

Orthopedic massage addresses the soft tissues and muscles surrounding our joints and offers a wide range of benefits for orthopedic symptoms and conditions. Orthopedic massage helps decrease pain, and accelerate healing time from injuries involving torn ligaments, pulled muscles, sprains, tears or adhesions, and more. Post operative patients recovering from ACL knee or hip replacements, shoulder or elbow repairs, and other joint-related procedures will benefit greatly from regular orthopedic massage during their rehabilitation.

June Special!

50% off
60 min Orthopedic Massage

A \$75 Savings!

