

Body Mechanics Recovery Club



Train, rehab and recover like a pro!

At Body Mechanics Recovery Clubs you can access many of the latest recovery tools and equipment found in the locker rooms and homes of today's top sports teams and stars. Recovery does not mean lying on the couch, and too often we overlook this critical counterbalance to the stress of training and exercise.

Along with adequate sleep, hydration and nutrition, our leading edge recovery equipment can help you heal faster, reduce injuries, increase training load and improve your performance:

► NormaTec Recovery Boots

Exercise and training cause mild inflammation and swelling in the lower body, but recovery boots help rejuvenate your legs by increasing lymphatic drainage and flushing metabolic wastes out of your system.

► AlterG Anti-Gravity Treadmill

Adding the AlterG Anti-Gravity Treadmill to your training or rehabilitation program "unweights" you and allows you to exercise between 20 and 100 percent of your body weight. Reduce the impact on your legs and body even with faster cadence and higher stride turnover.



► Inversion Traction

Inversion Traction helps complete gravity-assisted drainage of the legs and counters the effects of gravity and compression from poor posture, sitting, and the vertical load and pounding of higher impact training.

► A full range of cross-training/recovery exercise equipment

Including Elliptical, Stationary Bike and Woodway Treadmill

You'll find Body Mechanics Recovery Clubs at both the Milwaukee and Pewaukee clinics



Learn more about Body Mechanics' treatment philosophy, highly-trained therapists and conveniently located clinics in Milwaukee, Pewaukee or Madison.
www.bmechanics.com | email: info@bmechanics.com

Downtown Milwaukee
807 N. Jefferson
Milwaukee, WI 53202
Phone: 414-224-8219

Pewaukee
1177 Quail Court, Suite 200
Pewaukee, WI 53072
Phone: 262-695-3057

Madison
2450 Rimrock Road, Suite 206
Madison, WI 53713
Phone: 608-422-5085

Body Mechanics Recovery Club



Pricing and Membership Options

Purchase a 3 to 5 month Recovery Club membership and receive 50% off a 30 minute physical therapy session.

Purchase a 6 month Recovery Club Membership and receive one free 30 minute physical therapy session.

All of our guests receive a first-time equipment orientation and injury evaluation.

► Recovery Club Basic \$89/month

- NormaTec Recovery Boots (20 minute session in full recline, legs elevated)
- Inversion Traction (Use as desired)
- Other cross-training/recovery exercise equipment including Elliptical, Stationary Bike, Woodway Treadmill (Use as desired)

► Recovery Club with G-Boost \$125/month

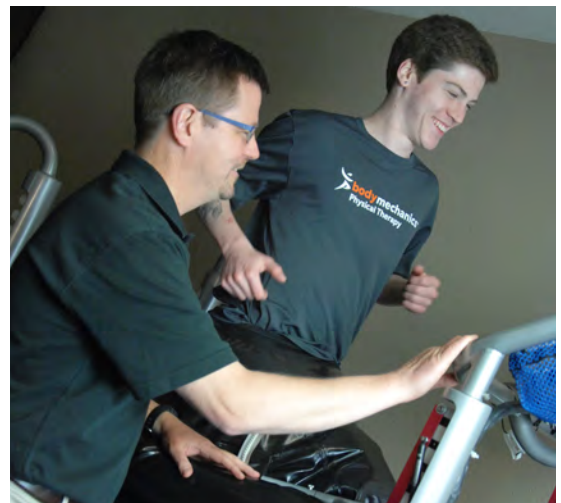
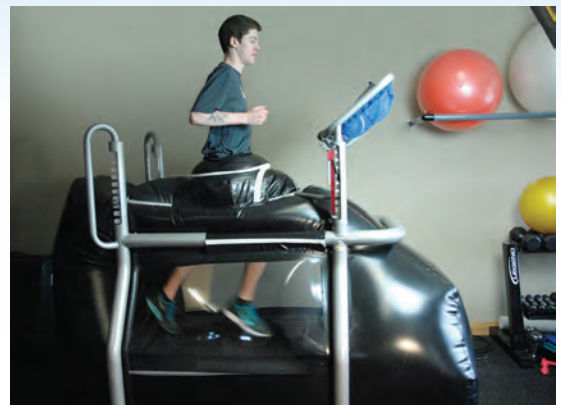
- All of the above
- AlterG up to four times per week; up to 45 minutes each (Book in advance or walk-in as available.)

Regular AlterG users will want to purchase their own specialized shorts for use. You can purchase these online or at Body Mechanics for as low as \$75. Shorts will be available for occasional users.

► Drop-In Day Rate \$20/Day

- General equipment use and AlterG up to 45 minutes (Book in advance or walk-in as available.)

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