

# BACK<sup>2</sup>NORMAL

P H Y S I C A L • T H E R A P Y

Promoting Whole Body Healing, Getting You Back 2 Normal

## RECOVERY ZONE

Back 2 Normal is a sponsor for the St. Pete Run Fest and spearheads a unique experience, the beresponsible™ Recovery Zone, led by founder & owner Lisa Chase and her highly skilled and experienced team. The Recovery Zone includes the latest technology and treatments to ensure race participants quicker, more effective post-race recovery. Experience the best of performance enhancement technologies and recovery therapies to help you achieve optimal wellness - in sport and in everyday life.

### Back 2 Normal beresponsible™ Recovery Zone offers:

- Massage Therapy
- Bemer Therapy
- Percussion Therapy
- Normatec Compression Therapy
- Stretching, Massage Stick, and Foam Rolling
- Therapeutic Essential Oils

After you complete your run, head over to the Back 2 Normal beresponsible™ Recovery Zone to register for your services. **Services are first come, first served and you must be in the Recovery Zone when your name is called to secure your spot.** We look forward to seeing you at the finish line!



Happy with your service & experience?

Scan the QR code to tip our therapists on Venmo at @Back2Normal

Leave a Google review at [back2normalpt.com/google](https://back2normalpt.com/google)

