

Upcoming Event!

Benefits from Kinesio Tape,
Myofascial Release and
Foam Rolling

Presented By:

JD McCoy, DC CCSP



Wednesday, September 19th

9:45am - 10:30am

VRC Special Events Room

FREE ENTRY

Refreshments provided



Spots are limited to 25 attendees,
RSVP to Jeff Kreill at
jkreill@vandaliaohio.org or
415.2339

Not Just For Professional Athletes

How You Can Benefit from Kinesio Tape, Myofascial Release and Foam Rolling

Today's athletes are trend setters with their various therapeutic techniques being splashed all over social media. Luckily these newer treatments to ease pain and promote healing are not exclusive to famous, elite competitors. In fact, they are available in your hometown and have the potential to benefit most individuals who want to maintain a healthy lifestyle. Join JD McCoy, DC CCSP of Premier Orthopedics to learn about kinesio tape, myofascial release, and foam rolling – and when it may be time to incorporate them into your active life.

JD McCoy, DC CCSP sees patients for chronic and acute joint and muscle pain resulting from car accidents, pregnancy, and work and sports injuries. His practice focuses on correcting musculoskeletal pain by emphasizing strengthening and conditioning exercise plans, complemented by chiropractic adjustments. Dr. McCoy is a graduate of Palmer College of Chiropractic, Florida campus. He is board certified by the American Chiropractic Board of Sports Physicians as a certified chiropractic sports physician and board certified by the National Board of Chiropractic Examiners in parts I-IV and physiotherapy. Learn more about Dr. McCoy by visiting PremierOrthoOH.com.

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