

## HOW DOES RAPID WORK?

The purpose of RAPID is to reset nerve hypersensitivity back to normal.

RAPID does not alter the tissue, it changes the information from the nerves. This allows the body to downgrade pain & re-program sensory information processed by the brain.

This is achieved through high-intensity techniques & active movements, resulting in a quicker reduction of pain & a lasting shift in the body's response to pain.

Essentially, we are inducing pain for a few seconds so that we can alleviate pain.

It is used for many conditions & contributes to faster healing.

## WHAT CAN BE TREATED?

Some of the conditions that may be resolved with RAPID-NFR include:

Headaches/Migraines  
Neck Issues  
Back/Hip pain  
Carpal Tunnel Syndrome  
Shin splints  
Shoulder pain  
Sciatica  
Plantar Fasciitis  
Knee problems  
Tennis/Golfers Elbow  
Whiplash  
TMJ  
Frozen shoulder  
Bursitis  
Arthritic joints

## WHAT TO EXPECT DURING A TREATMENT

The RAPID therapist uses hands on palpation, examination & treatment.

They will palpate the tissues with their hands to evaluate the texture, tightness & movement of the muscles, fascia, tendons, ligaments & nerves.

Hypersensitive areas are treated by combining precisely directed depth & tension with very specific patient movements.

RAPID sessions may be uncomfortable. This occurs as the neurological system is being stimulated to restore normal function.

## HOW LONG ARE TREATMENTS?

Treatments are 15- 30 minutes long. Please book 30 minutes for your first appointment.

## HOW MANY TREATMENTS WILL I NEED?

*1- 5 treatments may be required.* Chronic conditions may need more. The goal with Rapid is to get straight to the point and get you out of pain as efficiently as possible.

## WHAT TO WEAR

You will remain completely clothed so please wear Comfortable, loose fitting clothing. NO JEANS.

## PRICES

15 Minutes: \$ 35 .00  
30 Minutes: \$ 70 .00  
(Covered under Massage Therapy for Insurance)

## TO BOOK AN APPOINTMENT

Call: Red Deer  
Chiropractic and  
Laser Centre

403-340-1228

## WHO CAN GET RAPID?

ANYONE WHO IS IN PAIN

Resource:  
[www.rapidnfr.com](http://www.rapidnfr.com)



## WHAT IS RAPID NEUROFASCIAL RESET?

Rapid NeuroFascial Reset is a hands-on treatment targeting your nervous system's role in alleviating pain.

It is a shorter treatment time. Clients remain clothed and actively participate in their treatment.

Rapid can reduce pain, increase range of motion and allow for a faster recovery.