

# TEKTONIC Flexibility Program

## The TEKTONIC Flexibility Program Experts

**Dr. Tom Sutton, PT, DPT, HFI, CSCS**  
Director of Performance Physical Therapy and  
Human Performance Lab

**Dennis Rees**  
BS Kinesiology & Applied Exercise Physiology  
NSCA Certified Athletic Development Coach

**NEW!**

The  
**TEKTONIC**

**Flexibility Program is designed to elongate the muscles of the body to allow the athlete to throw, hit, jump, run, squat, swing, change direction, accelerate and decelerate with control and ease of movement.**

**At the initial session a Flexibility Assessment will be conducted for participants in our Human Performance Lab to assess each athlete's "tight spots" and to design a specific flexibility program to target these areas.**

**Actual stretches performed are sport-specific and are customized to the individual demands of the sport.**

**The program runs evenings 2 times per week for 4 weeks. Cost is \$20 per session**

**Sessions begin July 14th**

**Contact TEKTONIC for registration information**

**281-907-4200**

## PROGRAM BENEFITS

- **Enhanced performance**
- **Injury prevention**
- **Improved range of motion**
- **Reduced pain**
- **Improved coordination**
- **Increased mental & physical relaxation**
- **Reduced muscular tension**

**TektonicSports.com**