

As an Athletic Therapist and an active individual, Megan prioritizes recovery for not only herself but for all of her clients. She implements a recovery program into her weekly routine to accelerate her recovery after exercise, improve her mobility and prevent injury so she can continue participating in all of her favourite activities and sports.

In the Recovery Guide for Muscle & Joint Health you will learn some invaluable recovery tips including why you should stretch, the benefits of a warm up and cool down and how to translate your flexibility to your everyday life. At the end of this guide, you will find a series of easy-to-follow stretches with and without props including a foam roller, lacrosse ball and a strap.

The Recovery Guide for Muscle & Joint Health was designed to help you not only feel your best, but to prevent injury and help you remain active for years to come!



**Megan Sullivan** is a Certified Athletic Therapist, Fascial Stretch Therapist and author from Hamilton, Ontario. In her clinic, she helps her clients rehabilitate their injuries, improve their mobility and helps them reach their goals, no matter how big or small they may be. Megan is an avid golfer and is passionate about injury prevention and improving mobility around the golf swing, which lead her to write her first book *The All-in-One Golf Strength & Flexibility Guide*.

She also wrote *The All-in-One Shoulder Injury Prevention Guide* offering a DIY approach to commonly seen shoulder injuries.

# RECOVERY

## — GUIDE FOR —

### MUSCLE & JOINT HEALTH



**MEGAN SULLIVAN**  
CERTIFIED ATHLETIC THERAPIST