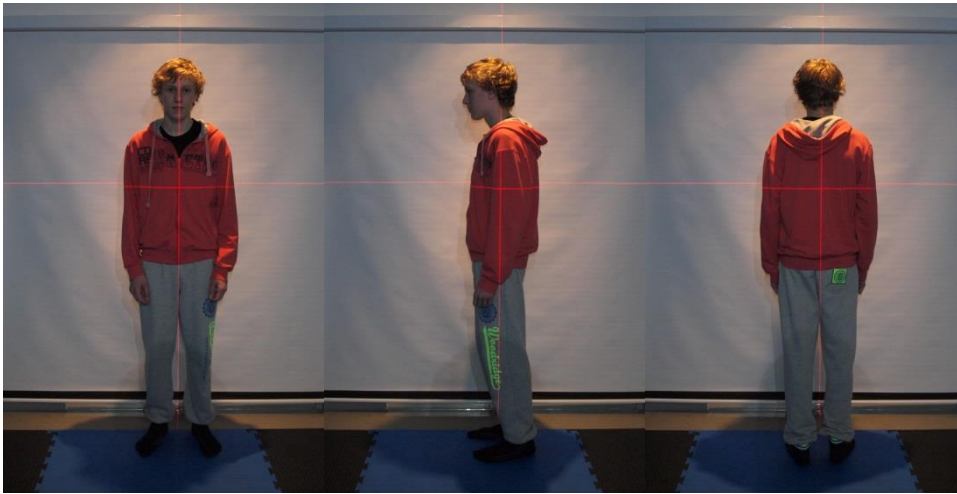


Leon Škoda Krško

17 years, handball player

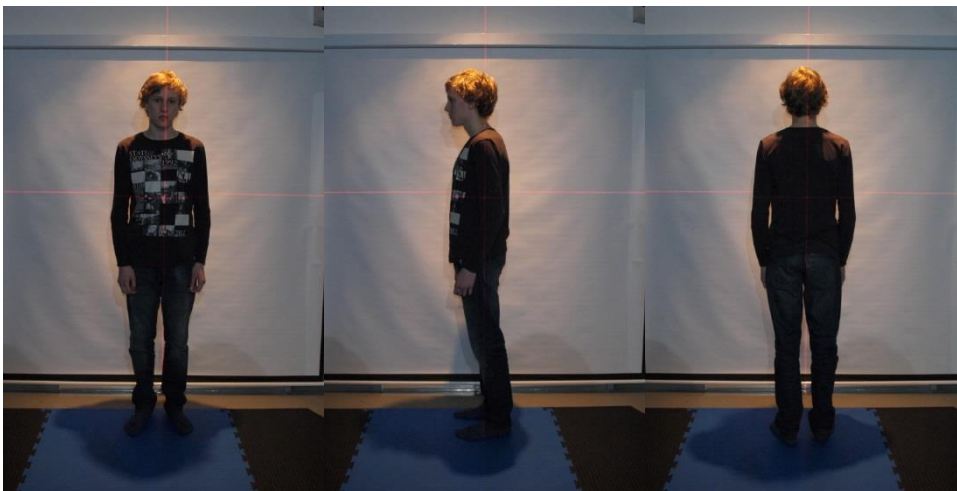
Pain in back, knees, neck, and both feet. He's having problems with turning and throwing, tired and he doesn't sleep well at all.

Before first session 05.02.2014 18.00



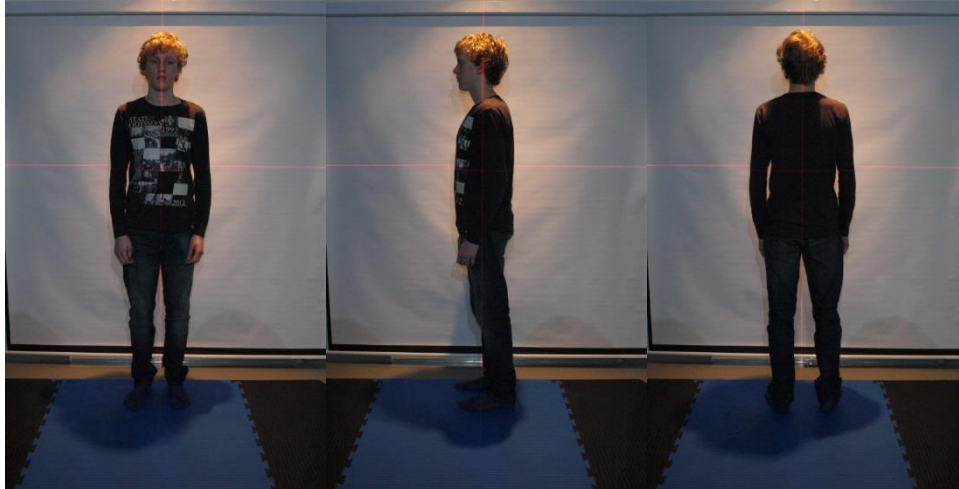
Lesion to release and fell his back, he felt great release in back muscles and better rotation.

Before second session 12.02.2014 18.00



Lesion to fell his right side to release it and even the weight on both feet and pelvis. Additional work on right shoulder.

After second session 12.02.2014 19.30



Third session 26.02.2014 18.00

Lesion to release of his front side with work on neck and traps. I noticed that he's doing moves to fast and tight so we correct that and work on over-rotation to the right.

After third session 26.02.2014.ob 19.00



Forth session 05.03.2014 18.00

Spot work on right shoulder, neck and head work and some release on left shoulder.

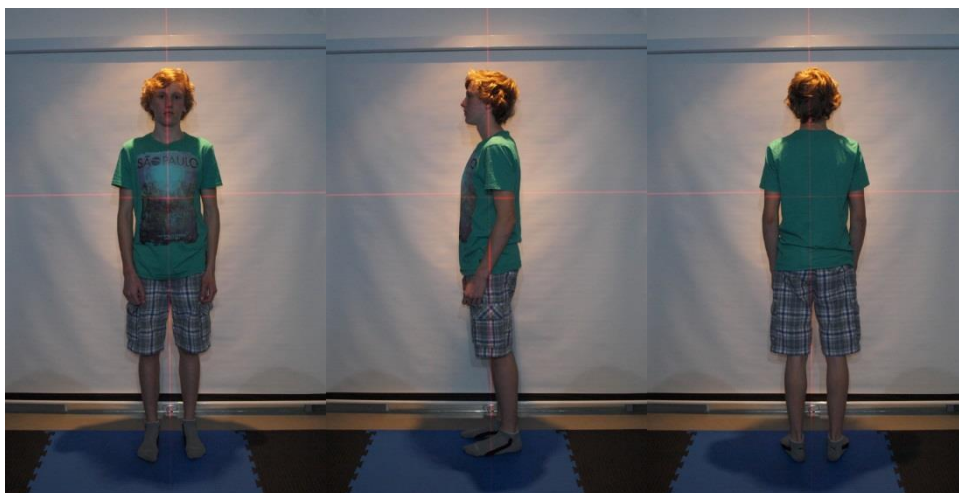
After forth session 05.03.2014 19.30



Fifth session 02.04.2014 18.00

Lesion to fell his right side to release it and lower body work on pelvis, hips and feet.

After fifth session 02.04.2014 20.00



Before

/

after 5th session

