



**Marino TherapyCenters**

Since 1977 and Still Your First Choice

Physical Rehabilitation "Centered on You"

Division of The TherapyCenter, Inc.

## **POWER PLATE EXCLUSIVELY AT MARINO THERAPYCENTERS**

The benefits of the Power Plate's Advanced Vibration Technology are considerable, as evidenced by its acceptance by major medical, rehabilitation and therapeutic centers across the country. It can enhance an individual's general well being and quality of life regardless of age, medical, neurological or physical condition.

Vibration training on the Power Plate is used to substantially:

- ⌘ Improve muscle strength and performance
- ⌘ Increase flexibility and range of motion
- ⌘ Enhance critical blood flow throughout the body (oxygenation and lymph drainage)
- ⌘ Increase secretion of hormones that are important in regeneration and repair processes, such as HGH (Human Growth Hormone), IGF-1, and testosterone.
- ⌘ Increase bone density
- ⌘ Rehabilitate injuries
- ⌘ Enhance explosive strength
- ⌘ Reduce lower back pain
- ⌘ Enhance pain reduction



The Power Plate with its revolutionary Advanced Vibration Technology offers a solution that will not only improve the quality of life day-to-day, but ultimately add precious years as well.

### **Cedar Bluff Office**

8904 Cross Park Drive  
Knoxville, TN 37923  
Phone: 690-2671  
Fax: 690-6445

### **Farragut Office**

11426 Kingston Pike  
Farragut, TN 37934  
Phone: 966-8933  
Fax: 966-5488

### **Oak Ridge Office**

490 S. Illinois Avenue  
Oak Ridge, TN 37830  
Phone: 482-7730  
Fax: 481-0531