ЕКСП

ISO

# CERTIFICATE

## PIR AND MYOFASCIAL RELEASE

МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ

THIS CERTIFICATE CERTIFIES THAT:

# Iryna Kuzmych

**Completed the Training in Post-Isometric Relaxation and Myofascial Release.**

The total duration of the training program is 8 hours, equivalent to 0.27 ECTS credits.
During the training, the participant mastered post-isometric relaxation and myofascial release along myofascial lines: foot and lower leg, thigh, trunk, shoulder girdle and neck.
Acquired practical skills in building a PIR and myofascial release session.

Oleg Levytskyi
Head of the School

ЕКСПЕРТ ШКОЛА РЕАБІЛІТАЦІЇ

Certificate Serial Number:
№LV1977/17.10.2026