

Jeffrey Kong, LMT, CFST, a Massage Therapist with Tri-Covery Massage & Flexibility

Get to know Massage Therapist Jeffrey Kong, who serves patients in Farmington, Michigan.



New York City, New York Jul 21, 2023 ([IssueWire.com](https://www.issuewire.com)) - Jeffrey is a Licensed Massage Therapist (LMT) & Certified Fascial Stretch Therapist (Levels 1, 2 & 3). He has a background in athletic performance and post-rehab personal training, NeuroKinetic Therapy, and is a Certified ROCKtape in Fascial Movement Taping Performance.

Since founding Tri-Covery Massage & Flexibility in 2010, Jeffrey has become well-known for his work in helping the recovery from athletic training and injuries. He is known in the area as an expert in sports

massage, pain relief, and detecting the roots of what may be causing the issues. Plain and simple... he's really good at fixing bodies.

After studying Exercise Science at Oakland University, Jeffrey attended Irene's Myomassology Institute. He then began over a decade of experience becoming one of the most respected personal trainers and massage therapists in the area, specializing in movement analysis, post-rehab training, and athletic performance along with extensive experience in gait analysis and posture correction.

In 2012, Jeffrey became one of the first in the state of Michigan to be certified in Fascial Stretch Therapy – a form of stretching that has become very popular and effective with world-class athletes and professionals.

He is known as a therapist who can deliver results using 3-techniques for recovery, including massage, flexibility, and exercise (hence the name, Tri-Covery!). His team looks to him as a mentor both professionally and personally.

Specializing in deep tissue work, problem-solving, biomechanics, posture dysfunction, and pain relief, Jeffrey has a passion to serve others around him. His philosophy is to always be better than you just were.

Learn More about Jeffrey Kong:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/84461636-Jeffrey-Kong-Massage-Therapist> or through Tri-Covery Massage & Flexibility, <https://tri-covery.com/Therapists/Jeff>

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