



FASCIAL STRETCH THERAPY – IMPROVE YOUR SWIMMING STROKE – REDUCE HIP AND BACK PAIN – INCREASE SHOULDER AND HIP MOBILITY

It's never been a secret that stretching is good for you. But, did you know that there are specific assisted stretching techniques that can eliminate tight muscles, stiff joints and chronic pain? Welcome to the wonderful world of Fascial Stretch Therapy. Get ready to enjoy an increased range of motion, decreased pain, and improved athletic performance.

Fascial Stretch Therapy™ is an assisted stretch technique focusing on increasing muscle, fascia, and joint mobility to decrease pain and stiffness and to increase performance and improve recovery. This technique was originally designed for NFL players and is now used extensively on various **professional athletes**.

What is fascia?

Fascia is the material surrounding all muscles in your body. Like other tissues, fascia can become tight and less mobile. The result is decreased range of motion, discomfort with stretching, and decreased ability to recover from activity. Interesting fact, 47% of your flexibility is locked up in your joint capsule, and 42% of your flexibility potential is in your fascia. By extending the stretch to the joint capsule, you increase the benefits of traditional stretching, and the assisted nature of the treatment allows for greater gains than traditional stretching. Results are often evident within just a few visits.

Other benefits include:

- Improved posture & muscle function
- Improved sport specific performance
- decreases recovery time after exercise and sporting activity
- Increase muscular strength and endurance
- Reduce muscle tension and risk of injury
- Increase balance and symmetry of the body
- Reduce muscular soreness and fatigue

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