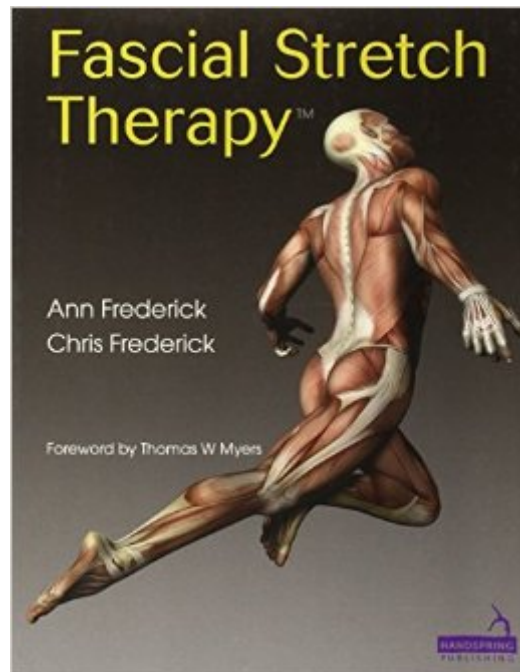


The book was found

Fascial Stretch Therapy



Synopsis

This book shows how Fascial Stretch Therapy assessment, treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training.

Book Information

Paperback: 224 pages

Publisher: Handspring Publishing; 1st edition (June 2014)

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Product Dimensions: 0.8 x 7.5 x 10 inches

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (38 customer reviews)

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Customer Reviews

ann + chris frederick are true innovators of our time and we are so fortunate to have this dynamic pair available to us. their passion, energy and devotion to this work is contagious! in a world where we push, push, push - fascial stretch therapy (fst) brings both client and therapist back to body awareness and to a place where we tune in again - this is where the magic happens, when we listen to our bodies. the words, 'no pain, no gain' DO NOT apply here. in my 10 year career as a massage therapist, i have seen time and time again that once a client is off the table and gravity and old movement patterns take over all that work is quickly gone. personally, i had always hoped for more lasting change for my clients. and this IS possible with fst (not to mention, much easier on you as a therapist). as an acupuncturist, i have found that the combining fst with acupuncture makes INCREDIBLE and lasting changes. treating the fascia is the key to making structural and constitutional changes. if you are currently an fst practitioner, this is an invaluable resource to have in your library. continuous study of this material will enable you to gain a greater understanding of this work, which will translate into much more effective treatments for your client. the book is as well structured as the therapy itself. it contains theory, positioning of client and therapist, movement goals and cue's. it's like having your fst manuals in one beautiful color photo'd package. :) if you are

a therapist who has been wondering how you can create a bigger impact on the overall well being of your client, fist is a game changer. BUT, don't just read the book - invest in the training. the return both personally and professionally is life changing.

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