



Fascial Stretch Therapy™

Ann Frederick, Frederick Chris

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

This book:

describes and shows the therapist or trainer how to integrate FST in their current practice, business or workplace to enhance what they already do and provide.

Section 1 redefines, clarifies and describes the many layers of therapeutic stretching showing where FST can be most useful

summarizes relevant evidenced based studies and cites scientific support giving the professional confidence in using the techniques

covers specific examples of how FST integrates with many other methods used in manual therapies, fitness and sport training, rehabilitation and corrective exercise, movement re-education and motor repatterning.

provides specific indications and information on the most common diagnoses and conditions and how best to use FST

Section 2 provides detailed description of the FST technique with many explanatory photographs

Intended readership:

For manual therapists, bodyworkers and massage therapists, movement instructors, physical and occupational therapists, physiotherapists, athletic and sports trainers, fitness instructors, osteopaths and hands-on practitioners from all disciplines.

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