

Fascial Stretch Therapy™



What is FST?

Fascial Stretch Therapy™ (FST)- is one of the quickest, most effective and pleasant ways to eliminate pain, restore function, and move & feel better in activities of life, fitness, and sports. FST is a pain-free, assisted-stretch modality that utilizes a treatment table and stabilizing straps to increase ROM (Range of Motion), relieve pain and tightness, and increase athletic performance and recovery. FST is performed by a licensed Fascial Stretch Therapist.




Increased
Range of
Motion

*“Move Better,
Feel Better,
Perform
Better”*



**INTRODUCTORY
FST SESSION**
\$30
(30-minute session)

 **47%...**
**of your
flexibility is locked
up in your joints**



SLEEP BETTER
**Finally wake up rested and
refreshed from increased
muscle relaxation.**



Scan this code and sign up
today for \$5 off!



(301) 699-1300



www.bikramyogaworks.com
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WHAT IS FASCIA?

FASCIA IS THE CONNECTIVE TISSUE

SYSTEM OF THE BODY THAT PENETRATES THROUGH AND WRAPS AROUND MUSCLES, NERVES, ORGANS AND JUST ABOUT EVERYTHING ELSE IN YOUR BODY.



42% OF YOUR FLEXIBILITY POTENTIAL IS IN YOUR FASCIA



WHO BENEFITS?

PEOPLE OF ALL AGES! ANY PATIENT CLEARED BY THEIR PHYSICIAN FOR STRETCHING & ACTIVE MOVEMENT, FITNESS ENTHUSIASTS, ATHLETES OF ALL LEVELS INCLUDING PROFESSIONALS.



WHAT IS DIFFERENT ABOUT FST™
FST IS PAIN-FREE! IT IMPROVES MOBILITY OF YOUR NERVES & FLEXIBILITY OF YOUR MUSCLE AND FASCIA.
OTHER METHODS FOCUS ON ISOLATED MUSCLE STRETCHING WHICH IS OFTEN UNCOMFORTABLE OR EVEN PAINFUL & RESULTS ARE ONLY TEMPORARY.

