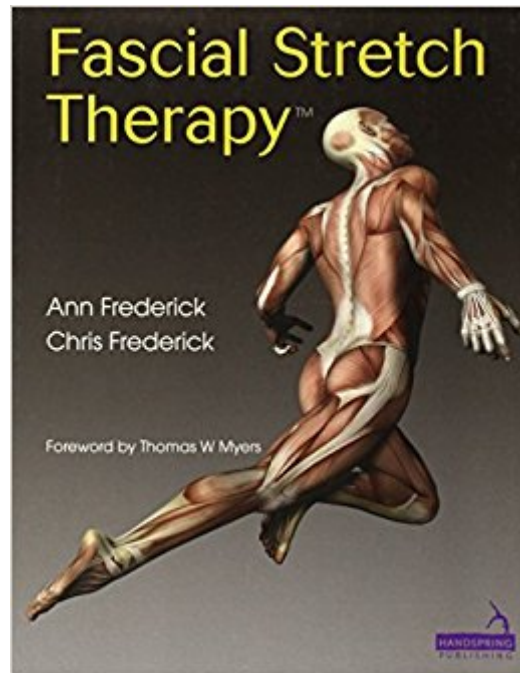




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# Fascial Stretch Therapy



## 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

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## Customer Reviews

Ann Frederick's story: How Fascial Stretch Therapy came about When I was a young girl, I had a premonition that I was destined to create something that would unite art and science. I was unsure what it would be or when it would happen, but I knew it was my calling. I also knew it would change the way people looked at the topic and that it would eventually spread worldwide. When it occurred, the development of FST felt like a combination of divine guidance and pure necessity. FST has been a blessing beyond words. People may question why I would want to teach a technique I had developed and lose the exclusivity of being the only person to offer it. My response has always been that when we are given a gift it is our responsibility to give back. How could I not share something that has brought so much joy and hope to myself and so many others? From age of 4 until I was 40, I spent my life in a dance studio. I was both dancing professionally and teaching from the young age of 14. Movement and the wonder of the body have been a part of my daily life for a very long time. My other passion was the science of the human body. I took every course offered on the subject in school and read as much as I could about it. In high school, I distinctly remember going home and learning all 206 bones in one evening. I spent many years training dancers in flexibility and not one was ever injured on my watch. I attributed it to the focus in

my classes on extensive flexibility training to which I dedicated at least 30 minutes during the warm-up component in each class. In the dance world, extreme flexibility along with strength is a non-negotiable requirement.~ While teaching a group stretch class at a local gym, I had an epiphany. I looked out over my class, which was filled to capacity, and realized that there was a great need in people to become more flexible, indeed senior citizens made a big chunk of the class. This new awareness of the general population needing and, more importantly, wanting help with their flexibility was eye opening and very exciting. My vision was becoming clearer once I enrolled at Arizona State University (ASU), getting my degree and studying Academic dance with a focus in kinesiology.~ As life would have it, at the end of one of my first stretch classes, a guy came up to me and said, "They need what you are doing here at the ASU athletic department."~ It was an opportunity to work with college athletes from 26 different sports.~ The journey of creating Fascial Stretch Therapy began in the summer of 1995 in the weight training room at ASU. It occurred on the bench press when I tied a weight belt around a football player's leg to hold it still while I stretched him. I realized that if I could get proper leverage on this big guy by getting him up off the floor and using a stabilizing strap, I was truly on to something. And the rest, as they say, is history. Each time I had someone on the treatment table in my private practice, I developed the new method a bit more. Between my studies and my private practice I was working upwards of 18 hours a day. I was on the football field in the morning taking the team through group stretches or in the weight room working with individual athletes. I worked for several hours before class and then again after class each afternoon. I would then go to my office and spend time honing the art of my newfound career. It was not unusual for me to spend ten hours a day stretching individual clients. My hard work paid off quickly - I was asked to travel with the 1996 US men's Olympic Wrestling team. They say if you are living your life's calling, things begin to flow and drop into place and they certainly were! I was the first flexibility specialist to be a part of the Olympic games.~ I knew I would need someone to take care of my clients while I was away for the summer so I found two young people who were interested to learn the technique I had developed. I trained them privately and they became the first two FST students as well as my beginning staff. While my company's name started out as A&F Flexibility Systems, we soon changed it to the Stretch to Win Center based in Tempe, Arizona, USA. I had a thriving practice for almost 20 years and enjoyed working with clients from many walks of life. A large percentage of my clientele were professional American football players. From 2005-2009 I was fortunate enough to be part of three Super Bowls taking care of almost the entire starting lineup for three different teams.~ It became increasingly clear that there was a growing need to develop the school and that it was time for me to end the chapter

of private practice and give it my full attention to teaching others. We closed our office in 2012 to dedicate ourselves to sharing our knowledge of FST with as many as possible. This was accomplished through our professional training school, the Stretch to Win Institute. The other serendipitous event in my life was to meet Chris, my husband, partner and the love of my life. He has been by my side since the day he walked through my office door in June 1998. Joining creative forces early in FST's genesis allowed Chris and I to evolve and develop the technique together. I choose not to speculate what my life or FST would be like without him. [Note: Read Chris Frederick's story in the book]

Chris Frederick has been a physical therapist/physiotherapist since 1989, focusing on manual therapy - particularly Fascial Stretch Therapy® (FST) and Kinesis Myofascial Integration (KMI) - along with movement prescription. He has an extensive background in dance, both as a professional dancer of classical ballet, as well as in the specialty of dance physiotherapy. Chris is also well versed in the ancient movement and healing arts of tai chi and qigong. He is a coauthor with Thomas Myers of the chapter on stretching in the seminal book *Fascia: the tensional network of the human body* edited by Robert Schleip et al. Ann Frederick is a former professional dancer, having grown up in her Mom's dance studio, starting to dance at the age of 4. She has practiced manual therapy for over 20 years, specifically in the field of flexibility training, focusing on assisted individual stretching, group stretch and dance instruction. Ann originally created a unique system of neuromyofascial manual therapy called Stretch to Win Fascial Stretch Therapy® for the USA Men's Olympic Wrestling Team of 1996. Besides improving professional athletic performance, she soon discovered that FST also rapidly helped other clients with a variety of chronic, unresponsive pain conditions, strength imbalances and other common neuromusculoskeletal disorders. Chris and his wife Ann are both certified by Thomas Myers in Kinesis Myofascial Integration and are also the authors of the popular book *Stretch to Win*. Chris and Ann directed their own highly successful center for Fascial Stretch Therapy, physical therapy/physiotherapy, Kinesis Myofascial Integration, sports massage and Pilates for nearly 20 years. They are now Directors of the Stretch to Win Institute, where they offer certification training workshops in FST.

Been a physical therapist for over a decade. Not a bad book, but not anything I haven't seen before.

I read the reviews and couldn't wait to get it. When I did I found it to be very thorough but standard techniques.

This book is amazing! It is very well written and a nice review of specific details for a Fascial Stretch Therapy session. I will use it as a reference for years to come.

Great book even better course

The book is written well and the very thorough.

Truly invaluable for all Fascial Stretch Therapists or anyone with a background working with connective tissue/fascia. Pulls the whole concept together and provides clarity and direction with every client that comes in my door. For serious professionals and the educated lay person, this book spells out the anatomy, physiology, biomechanics, clinical guidelines and research I've been waiting for - The authors take the subject way beyond guesswork and into established science. I expect to read this over and over, to refer to it as a resource when I'm in need of a new perspective or to share it with my colleagues, my clients and my students. Great Book! Thank you Chris and Ann!

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, fst is a game changer. BUT, don't just read the book - invest in the training. the return

both personally and professionally is life changing. not to mention 100% necessary. the magic is in the details and you have the opportunity to learn from the creators. who, by the way, are ALL about the details. i encourage you to experience this for yourself and most importantly to maintain the integrity of this great work.

Good read very useful.

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