

FASCIAL STRETCH THERAPY

WITH MANUAL THERAPIST CAIRYL GARDNER FST, CMT

CAN FASCIAL STRETCH THERAPY BENEFIT YOU?

FASCIAL STRETCH THERAPY IS A SEQUENCE OF ASSISTED, DYNAMIC, NEURO-KINETIC STRETCHES THAT ENGAGES THE ENTIRE MYOFASCIAL SYSTEM. THE TECHNIQUE IS GENTLE, PAIN FREE, AND FOCUSES ON UNWINDING THE FASCIA TO REDUCE THE PRESSURE BETWEEN JOINTS AND ALLOW YOUR BODY TO MOVE WITH LESS RESTRICTION.

IF YOU ARE LOOKING TO INCREASE MUSCLE ACTIVATION AND RELAXATION, IMPROVE POSTURE, ELIMINATE TRIGGER POINTS, AND DEVELOP FUNCTIONAL ABILITY TO DO WHAT YOU COULDN'T DO BEFORE, FASCIAL STRETCH THERAPY CAN BE GREATLY BENEFICIAL TOWARDS GETTING YOU BACK ON TRACK WITH YOUR HEALTH AND FITNESS GOALS.

CAIRYL GARDNER is an experienced Fascial Stretch Therapist and Massage Therapist with advanced training in Neuromuscular Therapy, Deep Tissue Massage, Sports Massage, Swedish Massage, and Cupping.

By blending these disciplines together, she creates unique treatments that will meet the specific needs of each client. With her technical skills and nurturing intentions, Cairyl's technique helps her clients experience relief from conditions such as:

- ◆ Frozen shoulder
- ◆ Rotator cuff injuries
- ◆ Low back/hip pain or constriction
- ◆ Whiplash or neck strains
- ◆ Quad/Hamstring tightness



FOR MORE INFO OR TO BOOK AN APPOINTMENT WITH CAIRYL:

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