



Myofascial Stretching: A Guide to Self-Treatment

By Jill Stedronsky, Brenda Pardy

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Fascia is the tough connective tissue surrounding every cell of the body from head to toe like a three-dimensional spider web. Injury, trauma, poor posture or impaired biomechanics may cause the fascial system to tighten, putting abnormal pressure on nerves, muscles, blood vessels, bones, organs and the brain. This can result in a variety of symptoms including pain, restriction of motion, and structural misalignment, impairing both daily functioning and athletic performance. Myofascial Stretching is a unique self-treatment technique which follows the principles of Myofascial Release. It results in permanent lengthening of the body's connective tissue and can dramatically improve health and quality of life. The techniques employ sustained pressure and elongation into restrictions in the fascia. Two ways to do Myofascial Stretching are included here: One using a small inflatable ball and one utilizing active elongation. The two methods complement each other, especially when one first releases an area of tightness with the ball and then follows up with an active elongation stretch to the same area. This book was written for both the lay person who has chronic pain, muscular tightness and/or postural dysfunction; and also for Clinician's to give their patients for home exercise programs. It can benefit anyone with pain or tightness from serious and weekend athletes to office workers and therapists with repetitive strain symptoms. The authors, Jill Stedronsky and Brenda Pardy, are both Occupational Therapists in Denver, Colorado. Many of the techniques were developed while working with clients or engaging in their own self-treatment. Both have utilized Myofascial Stretching to improve the quality of their own lives. Jill used it to overcome 20 years of chronic pain throughout her body, including diagnoses of chronic fatigue syndrome, fibromyalgia and numerous orthopedic conditions. Brenda employs it to treat occasional low back disc pain. Comes with a 4" ball.

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Jessica Ball:

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Robert Jackson:

People live in this new day of lifestyle always make an effort to and must have the extra time or they will get great deal of stress from both way of life and work. So , if we ask do people have extra time, we will say

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