



## "Stretch to Win" What Flexibility Therapy can do for You

By Susan Epperly, B.A., L.M.T.I., C.M.T.

Our clients frequently ask us about Shane's "C.F.T." credentials and what Flexibility Therapy is.

Many clients' curiosity was sparked by the Monday, July 13, 2009 article in the Austin American-Statesman entitled "Quite a Stretch," which focused on Myofascial Therapy and the flexibility training program that Shane completed, "Stretch to Win."

In 2006, Shane became a Certified Flexibility Therapist (C.F.T.) (also called a Fascial Stretch Therapist) by completing the "Stretch to Win" program at the Tempe, Arizona campus of The International Institute of Flexibility Sciences.

The "Stretch to Win" program employs P.N.F. (Proprioceptive Neuromuscular Facilitation) Stretching in order to facilitate an increase in clients' flexibility and range of motion, thereby improving strength and preventing injuries.

"Stretch to Win" is The Official Flexibility Therapy Program of the National Football League (N.F.L.) and is sanctioned by The Olympics.

But Flexibility Therapy is not only for professional athletes. Anyone who is interested in improving their flexibility and range of motion can potentially benefit from these types of sessions.

Not only can Flexibility Therapy improve one's ability to practice activities such as yoga, but P.N.F. Stretching is, in fact, sometimes referred to as Facilitated Yoga.

What makes Shane's flexibility sessions so powerful, however, is the fact that he is able to employ his Clinical Massage Therapy training to work out any existing trigger points prior to your stretching session.

This ensures that you will gain the greatest degree of increased flexibility possible. Muscles that are free of trigger points are able to function more optimally, and stretch more freely. And stretching muscles that are inhibited by trigger points will only entrench those trigger points, and further ingrain the dysfunction that they cause.

When booking your flexibility session online, select a "Customized Massage Therapy Session" with Shane from our service menu. Your first flexibility session should be a 90 minute session, and subsequent sessions can be any length, from 30 minutes to 2 hours.

Read more about "Stretch to Win," Flexibility Therapy, Myofascial Therapy, and P.N.F. Stretching by visiting the "Flexibility Therapy" page of our website, [www.tigerlilystudios.com](http://www.tigerlilystudios.com).

And view our archived newsletters by visiting the "Newsletters" page of [tigerlilystudios.com](http://tigerlilystudios.com).

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