

Fascial Stretch Therapy™ - manual assisted table based stretching

Dates: Ongoing 2008-2009 – Visit; <http://www.stretchtowin.com/institute-workshops> for dates, location, registration and other information.

Credits: This course is approved for IASI Type 2 CE credits. Please refer to class flyers for class hours.

Course Description: After Jeffrey Maitland, PhD, Certified Advanced Rolfer received his first Fascial Stretch Therapy™ session from creator Ann Frederick in 1999, he said “What Ida was to Structural Integration, you are to stretching”.

This workshop is 85% hands-on and focuses on getting you adept at evaluating clients’ fascial extensibility by learning how to accurately sense the end-feel of connective tissue through tri-planar range of motion challenge tests to both myofascia and joint fascia.

The structural integrity of the joint capsule is a core focus in getting space and balance as a prerequisite for proper myofascia form and function.

After learning how to identify regions of fascial imbalance with passive and active movement assessment, you will learn how to conduct a complete assisted fascial stretch session on your clients. You will thoroughly learn how to use more specific micro and macro movements in spiral, diagonal and rotational patterns to greatly enhance your client's response to assisted stretching as well as to Structural Integration.

Instructor Biography:

Ann Frederick

Ann has been a teacher of human movement through professional and academic dance education and kinesiology since 1975 and is a Professional Structural Integrator, Master Flexibility Specialist, and creator of Fascial Stretch Therapy™ (FST). She is President and Founder of the Stretch to Win Center, a clinic for FST, SI, physical therapy, massage therapy & Pilates. She also created the Stretch to Win Institute for professional post-graduate continuing education in manual therapy utilizing and integrating assisted stretching and flexibility training.

Chris Frederick

Chris was a professional dancer and martial artist and is now a Professional Structural Integrator, licensed Physical Therapist, Master Flexibility Specialist and a Titleist Certified Golf Fitness Instructor. Chris directs physical therapy and rehabilitation at the Center and co-directs the Institute with Ann. His specialty and interests are in the integration of the best manual therapies for an eclectic approach to client care and goal achievement.

Ann and Chris are authors of the book *Stretch to Win* and producers of the DVD *Flexibility for Sports Performance* both published and produced by Human Kinetics.