



BOOK AN  
APPOINTMENT TO  
START FEELING  
AMAZING TODAY

Call or visit our website to  
schedule your FST appointment  
today!

New West Orthopaedic and Sports Rehabilitation

308-237-7388

[www.newwestpt.com/massage-therapy](http://www.newwestpt.com/massage-therapy)

Day	Hours
Tuesday	10:00am - 6:00pm
Thursday	10:00am - 6:00pm
Friday	8:00am - 4:00pm

### Length of FST that's best for you

30 to 45 Minute: This is best for a very slow to slow stretch for one part of the body needing the most attention.

60 to 75 Minute: This is ideal for a full body slow FST treatment

90 Minute: Perfect for a very slow FST treatment of the full body



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2810 W. 35th Street

Suite 2

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Jacy Cramer LMT

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## What is FST?

Fascial Stretch Therapy (FST) is pain free, unique and a table-base assisted stretching which focuses on muscles and fascia that surround and encompass the joints. FST is used regularly to improve performance, improve flexibility, and help prevent injury.

## What is Fascia?

Fascia is the connective tissue that surrounds and connects the muscles, tendons, ligaments and bone to form a body wide, smart functional network. Fascia connects to all organs and systems too. Restricted fascia and joint capsules can lead to conditions such as osteoarthritis, increased muscle tightness, strains, tendinopathies, headaches, scar tissue formation, decreased blood flow and lower energy levels.

## How is FST different?

Fascial Stretch Therapy is more beneficial than regular muscle stretching because it targets the muscle as well as the fascia surrounding the muscle and the joint capsule. FST is pain-free and helps improve flexibility of muscles, fascia and joint capsules. Other stretching modalities only focus on the muscle that can often be uncomfortable or even painful.

## Who benefits?

People of all ages! This treatment strategy is a slow, pain-free stretching that focuses on elongating, re-aligning and balancing the connective tissues of the body.

## Is it based on science?

The first research into the effects of FST was commenced in 1997 by Ann Frederick's thesis. Current Research is being conducted by University of Arizona Medical School on the effects of FST and chronic low back pain. All research can be found at [www.stretchtowin.com](http://www.stretchtowin.com). FST is also based on extensive science resources found at [www.fasciaresearchsociety.org](http://www.fasciaresearchsociety.org).

## Did You Know

- 47% of your flexibility is locked up in your joint capsule
- 42% of your flexibility potential is in your fascia
- Stretching can reduce or eliminate tight muscles
- Stretching can reduce or eliminate stiff joints
- Stretching can improve your circulation
- Stretching can improve your posture and muscle function
- Stretching can improve sport specific performance
- Stretching can reduce muscular soreness and fatigue
- Stretching can increase balance and symmetry of the body
- Stretching can increase muscular strength and endurance

