

We are thrilled to have
Kari Runyon, Fascial Stretch Therapist, BKin, CSEP-CPT
onsite and available for all athletes during Championship weekend!

Visit her at Tournament Headquarters (TLC) to book your 15-20 minute session

Only \$1 per minute but worth **GOLD!**

Fascial Stretch Therapy™

Fascial Stretch Therapy™ (FST™) is a pain-free table-based assisted stretching modality which focusses on the fascia and joint capsule to achieve **optimal flexibility, mobility, strength, performance**, and pain relief for clients. It is one of the quickest, most effective and pleasant methods to eliminate pain, restore function, and ***improve performance in life, fitness, and athletics***. Fascial Stretch Therapy uses a combination of joint traction, limb movement, and neuromuscular stretching to restore optimal function to the body. Clients of all ages and varying degrees of ability and mobility can benefit from FST™. This includes anyone experiencing chronic pain or overuse injuries and who is cleared by a physician to participate in stretching and active movement as well as fitness enthusiasts and **athletes of all levels**. One of the most significant benefits to FST™ is that **results are noticed immediately!** Clients begin to experience improvements after just a single session.

Benefits:

- Increases range of motion
- Reduces pain
- Improves performance
- Improves posture
- Reduces the risk of injury
- Decreased compression & impingement on joints
- Creates muscular balance and symmetry
- Improves muscle function
- Improves circulation
- Improves energy



bloom therapy

MASSAGE | ACUPUNCTURE | CHIROPRACTIC