

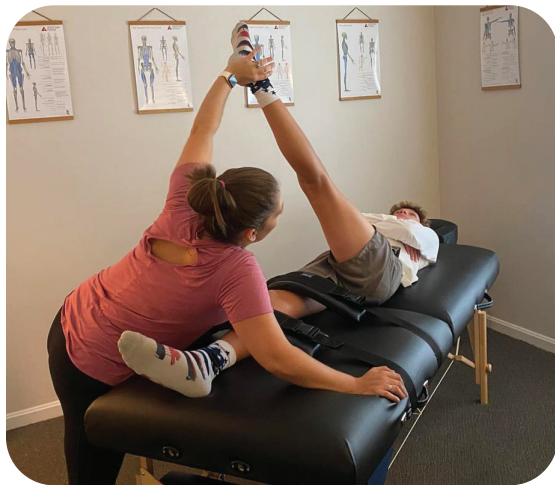
502.641.6744

MechanicalTherapyLLC@gmail.com

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ABOUT FASCIAL STRETCH THERAPY

Fascial Stretch Therapy (FST) is a traction-based therapy that assists with prevention, performance and recovery in all levels of movement. Focusing on the fascia (connective tissues) helps with the balancing of gait as well as the elimination of chronic pain. Whether the client is a non-athlete or a professional, improving flexibility will allow for an increase of strength and decrease the possibility of future injuries.



BENEFITS OF FST

- Improves posture
- Promotes physical and mental relaxation
- Reduces the risk of injury, especially sprains
- Reduces or eliminates chronic pain
- Promotes muscular development & body awareness
- Reduces muscular tension and soreness
- Increases balance & symmetry of the body
- Releases chemicals, known as endorphins, that act as a natural pain suppressant
- Optimizes the learning, practice, and performance of many types of skilled movements

SERVICES & FEES

Sessions are one hour in duration and include a thorough assessment of the client's needs and goals, therapeutic fascial stretching, and in-depth instructions for follow-up care.

One Hour Session: \$100

ABOUT THE THERAPIST

MADISON MATHEWS, MS, OTR/L

*Master of Science in Occupational Therapy
Fascial Stretch Therapy, Level 1*

Madison is a highly skilled and knowledgeable therapist. With her Level One certification in Fascial Stretch Therapy, she is equipped with the knowledge to ease pain, speed up athletic recovery and increase mobility. As a board certified Occupational Therapist since 2016, she also works in multiple rehabilitation hospitals focusing on adult sub-acute care. She specializes and has additional hours of training and focus in mobility, recovery, and retraining. Madison is an avid runner and highly active mother of two, so she understands the busy and athletic lifestyle.

