

# Stretch to Win!

The Secret Technique to flexibility for improved power, speed, agility, recovery and regeneration.

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## How would you like to...

- Increase coordination?
- Reduce muscle tension?
- Increase Range of motion?
- Prevent injuries?
- Improve posture?
- Develop body awareness?
- and heal from chronic pain?

'If you're not stretching your fascia, you're not really stretching.'

*Brian Dawkins, 2005 Super Bowl and Pro Bowl safety Philadelphia Eagles*

## Well the good news is.....YOU CAN!

When athletes stretch (*yes, you are an athlete*). If you exercise regularly, then you are considered an athlete. As an athlete, you must follow certain guidelines to enhance performance and prevent injury. One of the most important *missing* guidelines for an athlete is regular stretching. But not just any type of stretching. Not the type you are probably used to seeing or doing. 90% of athletes who stretch usually do so ineffectively, performing the same old-school stretching exercises that several generations of athletes, coaches and fitness magazines have used.

These programs often consist of holding the familiar positions to stretch the groin, hamstrings, hip flexors and low back at the same intensity and for the same duration, day in and day out, regardless of the sport or particular activities the athlete will engage in during that day. Athletes are likely to be worse off than they would have been if they hadn't stretched at all! Why? Muscles when stretched for too long will inherently tighten up as a self-protective mechanism. They are protecting themselves from potential tearing and injury. Unless you learn how to bypass this protective mechanism, your body will never allow an increase in flexibility.

So what then is the secret? **FASCIA.**

**Fascia** is the most overlooked system in the human body when it comes to rehabilitation, pre-rehabilitation, and the recovery phase of athletics or injury. Fascia is the missing element to unleashing one's potential. Currently the traditional medical system treats every other system except the fascial system when an athlete gets injured or when treating chronic pain. Although there are several forms of work that specifically address fascia, most people are unaware of the different types of fascial work that can be done to facilitate healing, optimize performance, and provide the answers to many questions when it comes to dealing with chronic pain.

## What is Fascia?

Fascia is a specialized system of the body (connective tissue) which plays a critical role in the support of our bodies. Fascia is a very dense connective tissue which envelops every muscle, bone, nerve, artery, and vein as well as all of our internal organs. It is an intricate, 3-D web that supports your organs and joints from head to toe and acts as a shock absorber to the body. The fascial system is actually one structure that exists from head to toe without interruption. When there is tightening or restriction in one place, you can feel pain and dysfunction in another seemingly unrelated location. Most people stretch the painful area with little lasting results, while neglecting to stretch the actual site of dysfunction. Always stretching and never improving! Sound familiar? So the secret is learning the most effective system of fascial stretching. And here it is...

## How do you stretch fascia?

- A. Myofascial Release with Foam Rolling
- B. Active Isolated Stretching with ropes and bands
- C. Dynamic and Ballistic Movement Prep
- D. Deep Tissue High Power Laser Therapy

**Foam rolling** is a technique of self-myofascial release using body movements rolling on a compressed foam tube. It is a type of deep tissue massage where you can stretch all the fascial lines. Athletes will notice a significant and profound improvement in tissue elasticity (how muscles move) in just a few sessions. Foam rolling is one of the easiest and most effective ways to stretch.

**Active Isolated Stretching (AIS)** uses the principle of multiple repetitions holding stretches for no longer than 2-seconds with assistance from ropes or bands. It works muscles, joints, ligaments and soft tissue. There is no need for a partner, thus making it easy to actively stretch difficult to reach muscles. Just a few sessions of AIS is equal to weeks of old-school stretch and hold programs. But technique is of key importance, so taking a class or lessons is highly recommended.

**Dynamic/Ballistic Prep** teaches your muscles how to move and hold the new length of stretched muscle. It prevents your body from getting stiff and returning to a pre-stretch tightness. Athletics and fitness is all about proper movement. Dynamic prep ensures that your body has optimal healing and restorative power before, during and after workouts.

**Deep Tissue Laser Therapy** is a special therapy laser designed to increase blood flow to the deep fascia that is impossible to reach by hand or stretching. The deeper fascia levels are not even reached by therapy devices such as ultrasound and muscle stimulation. Only high power laser reaches the deeper levels for healing. You must see a medical professional for this type of fascial treatment.

Just 'resting' the body, doesn't heal the body. If there are scar tissue adhesions formed from exercise, imbalances in the fascial system, or flexibility has been compromised, this needs to be addressed ASAP. And this is the key to allowing your body to perform at optimal levels throughout time.

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Take my **Stretching for Athletes Class** here at **The Edge Fitness Center**. Times are located on the Group Exercise Schedule at the Front Desk. It's FREE to Members!

Visit my Pain Laser Center by the locker rooms for more information about Deep Tissue High Power Laser. **\*\*More tips, videos, secrets, and strategies on my website too.\*\***

**[www.painlasercenter.com](http://www.painlasercenter.com)**