

Bob and Brad STRETCH & MORE Program - Introduction

This is a FITNESS PROGRAM not a REHAB PROGRAM composed of stretches and mobilizations.

Stretching

A technique that consists of an attempt to lengthen a muscle. Stretching may occur with (active) or without (passive) the patient's help.

Soft-tissue mobilization

It is a manipulation of the connective tissue, including muscle, fascia, tendons, and ligaments. It includes techniques such as myofascial release and traditional massage. (We will show mobilization with massage gun, balls, foam roller, etc.).



C2 Massage Gun



Foam Roller



Massage Balls

This program is not necessarily designed for a painful joint or body part, but it may help. It makes use of simple stretches, and mobilizations. It is designed to give your body parts the optimal movement and length. When your body parts have optimal range of motion your pain levels MAY go down.