

# ***INDICATIONS***

***Some of the most common conditions  
for which Myofascial Stretching is appropriate are:***

Auto Injuries  
Back Pain  
Carpal Tunnel Syndrome  
Chronic Fatigue Syndrome  
Elbow, Wrist and Hand Pain  
Fibromyalgia  
Headaches  
Hip Pain  
Jaw Pain, TMJ Dysfunction  
Knee, Ankle and Foot Pain  
Myofascial Pain Syndrome  
Neck Pain  
Osteoarthritis  
Plantar Fascitis  
Post-Op Scar Reduction  
Restriction in Motion  
Sciatica  
Scoliosis  
Shoulder Pain  
Sports Injuries  
Stress and Tension Related Problems  
Thoracic Outlet Syndrome  
Work Injuries  
Women's Health Issues

## **CONTRAINDICATIONS**

***Some Myofascial Stretching techniques  
may not be appropriate  
for people with the following conditions:***

Acute Disc Problem  
Acute Rheumatoid Arthritis  
Advanced Diabetes  
Aneurysm  
Healing Fracture  
Hematoma  
Joint Instability  
Malignancy  
Open Wound  
Swelling  
Systemic or Localized Infection  
Undergoing Anticoagulant Therapy  
Pregnancy (avoid 4-1, 4-4, 7-2, 8-1 thru 8-5, 12-1 thru 12-3.  
Be gentle with all others, especially in later stages of pregnancy.)

***Please seek a medical opinion  
before beginning this or any exercise program.  
Talk to your health care provider about  
any concerns you may have.***