

TESTIMONIALS

Finally a resource that truly helps to empower my patients. The Myofascial Stretching Book is a wonderful therapeutic tool that will be a valuable reference for therapists as well as patients. This easy to use book clearly explains and demonstrates effective use of treatment balls for therapeutic release of myofascial tissues and structural balance. The innovative way that the authors have incorporated these concepts into many daily activities makes the approach easy and effective. The techniques presented are an integral component of a comprehensive manual physical therapy program.

-Sandra Do, PT, *Owner/ Manual Therapy Associates, Inc.*

The Self-Treatment Stretching Guide has been a wonderful tool for my patients to use to maintain the benefits of MFR between treatments. The pictures and detailed instructions provide the clarity that is needed for the patients to follow through on their home programs. Jill and Brenda did a great job and the patients are loving it!

-Lorie Legatski, OTR, *Owner/Therapeutic Relief, Inc.*

I use these Myofascial Stretching exercises for myself, in my Pilates classes, and for all my personal training clients. Everyone progresses from these techniques.

-Katie Thornhill, BS, C-PT, PTA, CPI, *Owner/Personal Pilates Plus, Inc.*

Breast cancer and surgeries left my body weak, in pain and not very functional. Despite seeing a personal trainer and working out regularly with a cancer survivors group, my body became more constricted and less flexible. My doctor suggested I try Myofascial Release. Jill treated me and gave me stretches to do, many of which are included in this book. I now have full, pain free range of motion and my self confidence back. Myofascial Stretching was an important part of my rehabilitation and still makes a wonderful difference in my life to this day.

-Joan Gitchell, RN, MS, SNP, *Retired School Nurse*

Myofascial Stretching is a great resource for me to use in between treatment sessions with Brenda. The step by step instructions and clear photographs are easy to follow at home. I enjoy using these innovative techniques and I highly recommend this book to family, friends and colleagues.

-Jo Klein, *Fiber Artist, Educator*

This presentation of Myofascial Stretching is extraordinary. The beauty of it is that one can facilitate the process almost anywhere from the privacy of their own home, the office, or a serene beach and experience transformation thru elongation of the very fibers that embrace our soul. Myofascial Stretching brings one into a deeper connection with body, mind and spirit. I recommend it for everyone who is fortunate to have it appear in their life. This is truly a gift.

-Janet Nicole Sykora, MA, BSc, OTR, *Owner/Medical Professional Connections, Inc.
Certified Indoor Cycling Instructor, AAAI/ISMA*