

Fascial Stretch Therapy



“Since stress causes fascial tightening, the solution is fascial stretching”

Features of Fascial Stretch Therapy™ (FST™)

- Manipulates, lengthens, re-aligns and re-organizes your fascia.
- Pain-free.
- Increases joint space.
- Eliminates trigger points
- Improves muscle activation & relaxation.
- Improves flexibility on the first session & becomes cumulative with multiple sessions.
- We teach you how to maintain optimal fascial flexibility after we identify & eliminate the problems.

Benefits of FST™

- Improved posture & functional ability to do what you couldn't do before.
- No pain allows you to finally enjoy a life of quality.
- Restoration of normal joint space is anti-aging at its best – youthful movement without pain!
- Will make all the difference in sports performance.
- Reduces injuries so you can get on with your goals in fitness, recreation & sports.
- Improves & increases options in sex when you have a flexible body.

Fascial Stretch Therapy - feel the difference™

Please call Kirk Kodama CFST at 808-753-5510 or kkoda21@yahoo.com