



# Stretch Therapy

## WHY IT'S BENEFICIAL

Stretching helps restore range of motion that can diminish as we age. A regular stretching program serves to lengthen your muscles and helps maintain flexibility. Here are some of the many benefits you can expect from stretch therapy:

- Improved range of motion in the joints
- Reduced muscle tension
- Increased circulation
- Higher energy levels

## HOW IT WORKS

Stretching sessions take place either on a special table or on a mat. Our stretch therapists perform a brief intake and focus on the areas the client reports as being the tightest. Loose clothing should be worn to ensure an optimal session.

