



CAYMAN MASSAGE & WELLNESS

Integrative Wellness



FASCIAL STRETCH THERAPY (FST) Mobility & Everyday Movement

For more information or to Book Online
Visit : www.caymanmassage.ky

Many people experience stiffness, restricted movement, or discomfort from prolonged sitting, repetitive strain, past injuries, or stress. Over time, reduced mobility can affect posture, circulation, and how the body feels during everyday activities.

FST Perspective

Fascial Stretch Therapy focuses on the connective tissue system (fascia), which plays a key role in flexibility, joint health, and fluid movement. When fascia becomes tight or dehydrated, movement can feel limited or uncomfortable.

Supportive Care

FST is a gentle, assisted stretching approach performed on a treatment table. It works with the nervous system to encourage deeper relaxation, improve joint range of motion, and support overall ease of movement. Sessions are tailored to your body and comfort level.

What You Can Do at Home

- Move regularly throughout the day, especially after long periods of sitting
- Stay well hydrated to support healthy fascia
- Incorporate gentle stretching or walking into your daily routine

Who It's For

- General stiffness or limited mobility
- Desk-related tension and postural strain
- Recovery from everyday aches and tightness
- Anyone wanting to move more freely

FST can be used on its own or alongside other therapeutic care.



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