



# CAYMAN MASSAGE & WELLNESS

Integrative Wellness

## FASCIAL STRETCH THERAPY (FST)

### Sports Performance & Recovery



For more information or to Book Online  
Visit : [www.caymanmassage.ky](http://www.caymanmassage.ky)

Athletes and active individuals often experience tightness, reduced range of motion, or slower recovery due to training demands, repetitive movement patterns, and physical stress on the body.

#### FST Perspective

Fascial Stretch Therapy addresses the body as an interconnected system. Rather than isolating muscles, FST works with joints, fascia, and the nervous system to support efficient movement and balanced performance.

#### Supportive Care

FST uses assisted, pain-free stretching techniques designed to improve flexibility, joint function, and circulation. Sessions are adapted to your sport, training phase, and recovery needs, helping the body move and perform with greater ease.

#### What You Can Do at Home

- Warm up thoroughly before training or activity
- Allow adequate recovery time between sessions
- Include mobility-focused movement on rest days

#### Who It's For

- Athletes and active individuals
- Sports performance and conditioning support
- Injury prevention and recovery support
- Training-related stiffness and imbalance

FST works well as part of a comprehensive performance or recovery plan.



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