

IT WORKS...quickly, gently, easily



IT WORKS...in releasing tight, sore muscle



IT WORKS...at targeting stiff, achy joints



IT WORKS...on specific muscle problems

**A veteran therapist comments:**

*"Having been a rehabilitation and sports therapist for a number of years I have seen amazing results when appropriate stretches have been applied. I'm happy to see that Valhalla Health & Fitness Club has done an outstanding job of developing a stretching program that addresses the needs of most anyone in the community. Whether an athlete looking for additional speed and endurance or a person who has post-rehab needs, the stretching experts at Valhalla are ready to meet the challenge."*

*Dan Roberts  
Rehab/Sports Specialist*



4970 DeMoss Road      Reading, Pa 19606  
610-779-6006      fax:610-779-6008  
email:ehardwick@valhallahc.com  
www.valhallahc.com



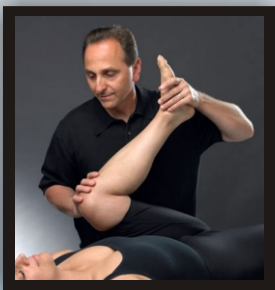
# Facilitated Stretching

**Stretching techniques designed to  
lower pain, prevent injury, and  
increase strength!**

Designed to benefit those of all ages  
(athletic or non-athletic)!

## About the Program

- Proprioceptive Neuromuscular Facilitation (PNF) and Active Isolated Stretching(AIS) techniques help to improve athletic performance, assist in a post-rehabilitation program or maintain overall flexibility in the body.
- Techniques involve a Valhalla stretching specialist (massage therapist or personal trainer) actively guiding and assisting you in being stretched.
- Utilizes active motion and measured bodywork to enhance motor skills and increase flexibility one muscle or muscle group at a time.
- Helps to lengthen specific muscles, relaxing And allowing movement around joint areas.
- A facilitated stretching session includes a series of gentle stretches that release the tightness held in the muscle or muscle group before it has a chance to protectively contract.



## Program Offerings

30-minute Facilitating Stretching Session  
\$30.00

15-minute Facilitated Stretching Session  
\$20.00

Each session includes PNF and/or AIS stretching techniques.

PNF utilizes a combination of passive stretching and isometric contractions. It is used to supplement daily stretching and is employed to make quick gains in range of motion to help athletes improve performance.

- Thorough warm up consisting of 5-10 minutes of light aerobic exercise and some dynamic stretches must precede PNF.
- Not administered to anyone under the age of 18.
- For athletes, not administered before, or on the morning of competitions.

AIS requires more activity of the person being stretched. Its purpose is not to only stretch muscles but also increase body flow and oxygen to soft tissue before and after activity.

- No preparatory warm up required.
- Great for athletes before competition.

## Benefits of Facilitated Stretching

**DECREASES** muscle pain, prevents injury and boosts strength.

**INCREASES** or maintains range of motion of the joint.

**IMPROVES** capacity for sports and other physical activity.

**PREVENTS** joint and muscle strains and tears or re-injury.

**REDUCES** tightness that can lead to pain, spasm or cramping.

**SPEEDS** recovery during the process of rehabilitation.

**SUPPORTS** the body's potential to heal itself.

**ENHANCES** overall performance.

