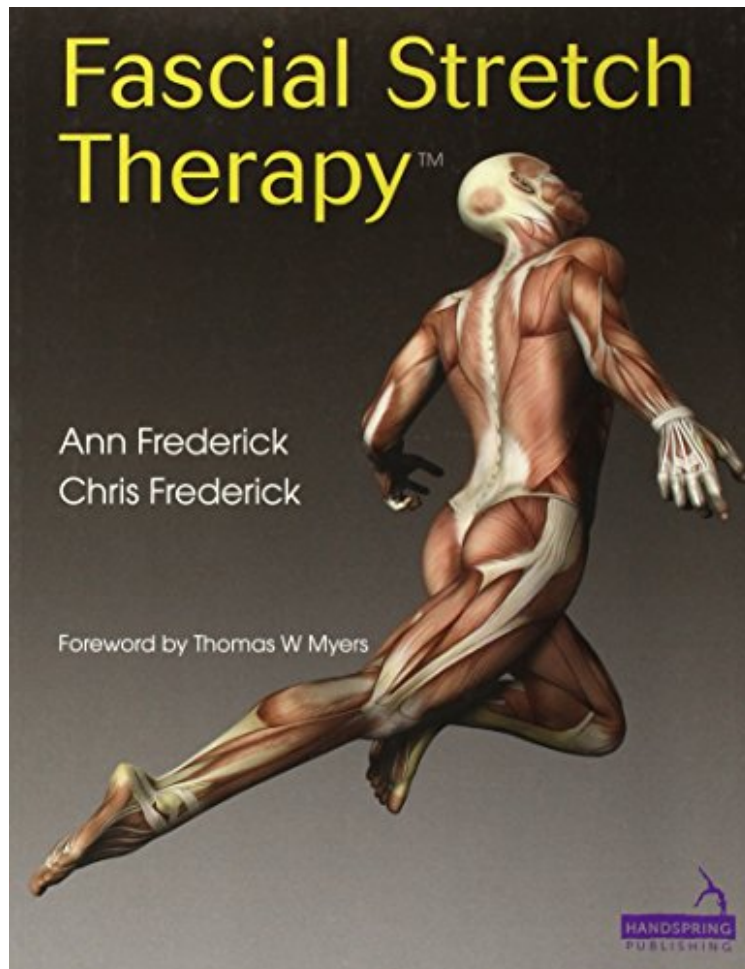


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## Fascial Stretch Therapy

Chris Frederick, Ann Frederick  
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**Chris Frederick, Ann Frederick : Fascial Stretch Therapy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fascial Stretch Therapy:

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This book shows how Fascial Stretch Therapy assessment, treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training.

From the Author Ann Frederick's story: How Fascial Stretch Therapy came about When I was a young girl, I had a premonition that I was destined to create something that would unite art and science. I was unsure what it would be or when it would happen, but I knew it was my calling. I also knew it would change the way people looked at the topic and that it would eventually spread worldwide. When it occurred, the development of FST felt like a combination of divine guidance and pure necessity. FST has been a blessing beyond words. People may question why I would want to teach a technique I had developed and lose the exclusivity of being the only person to offer it. My response has always been that when we are given a gift it is our responsibility to give back. How could I not share something that has brought so much joy and hope to myself and so many others? From age of 4 until I was 40, I spent my life in a dance studio. I was both dancing professionally and teaching from the young age of 14. Movement and the wonder of the body have been a part of my daily life for a very long time. My other passion was the science of the human body. I took every course offered on the subject in school and read as much as I could about it. In high school, I distinctly remember going home and learning all 206 bones in one evening. I spent many years training dancers in flexibility and not one was ever injured on my watch. I attributed it to the focus in my classes on extensive flexibility training to which I dedicated at least 30 minutes during the warm-up component in each class. In the dance world, extreme flexibility along with strength is a non-negotiable requirement. While teaching a group stretch class at a local gym, I had an epiphany. I looked out over my class, which was filled to capacity, and realized that there was a great need in people to become more flexible, indeed senior citizens made a big chunk of the class. This new awareness of the general population needing and, more importantly, wanting help with their flexibility was eye opening and very exciting. My vision was becoming clearer once I enrolled at Arizona State University (ASU), getting my degree and studying Academic dance with a focus in kinesiology. As life would have it, at the end of one of my first stretch classes, a guy came up to me and said, "They need what you are doing here at the ASU athletic department." It was an opportunity to work with college athletes from 26 different sports. The journey of creating Fascial Stretch Therapy began in the summer of 1995 in the weight training room at ASU. It occurred on the bench press when I tied a weight belt around a football player's leg to hold it still while I stretched him. I realized that if I could get proper leverage on this big guy by getting him up off the floor and using a stabilizing strap, I was truly on to something. And the rest, as they say, is history. Each time I had someone on the treatment table in my private practice, I developed the new method a bit more. Between my studies and my private practice I was working upwards of 18 hours a day. I was on the football field in the morning taking the team through group stretches or in the weight room working with individual athletes. I worked for several hours before class and then again after class each afternoon. I would then go to my office and spend time honing the art of my newfound career. It was not unusual for me to spend ten hours a day stretching individual clients. My hard work paid off quickly - I was asked to travel with the 1996 US men's Olympic Wrestling team. They say if you are living your life's calling, things begin to flow and drop into place and they certainly were! I was the first flexibility specialist to be a part of the Olympic games. I knew I would need someone to take care of my clients while I was away for the summer so I found two young people who were interested to learn the technique I had developed. I trained them privately and they became the first two FST students as well as my beginning staff. While my company's name started out as AF Flexibility Systems, we soon changed it to the Stretch to Win Center based in Tempe, Arizona, USA. I had a thriving practice for almost 20 years and enjoyed working with clients from many walks of life. A large percentage of my clientele were professional American football players. From 2005-2009 I was fortunate enough to be part of three Super Bowls taking care of almost the entire starting lineup for three different teams. It became increasingly clear that there was a growing need to develop the school and that it was time for me to end the chapter of private practice and give it my full attention to teaching others. We closed our office in 2012 to dedicate ourselves to sharing our knowledge of FST with as many as possible. This was accomplished through our professional training school, the Stretch to Win Institute. The other serendipitous event in my life was to meet Chris, my husband, partner and the love of my life. He has been by my side since the day he walked through my office door in June 1998. Joining creative forces early in FST's genesis allowed Chris and I to evolve and develop the technique together. I choose not to speculate what my life or FST would be like without him.