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Stretching is extremely beneficial after the muscles have been worked on, especially if they are tight or painful.

Passive Stretching is ideal for the non-active person or those wanting a relaxing session where the therapist does all the work.

Proprioceptive Neuromuscular Facilitation Stretching(PNF) is ideal for hyper-mobile and more agile clients. It is also great for those who need rehabilitation or recovery from injury and those who want to strengthen as well as stretch the muscle.

Active Isolated Stretching (AIS) is for the more active client or those wanting to be more active. It is Ideal for sports people who require strength and more rapid.