



Aquatic Rehab & Wellness Center

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AquaStretch™ Information

AquaStretch™ (“A/S”) has been described as a “breakthrough in preventive medicine and pain management” (F. Royal, M.D.) AquaStretch™ is a form of assisted stretching performed in warm water (3’2” to 5’6” deep) with 5 to 15 lb weights attached to your body. AquaStretch™ frequently produces immediate and significant results following the first session.

What can I expect from my first AquaStretch™ (“A/S”) session?

It is recommended that you arrive 10 minutes prior to your appointment to get into the pool and perform a gentle warm-up exercise. Before the A/S begins, your facilitator will give you pain instructions (good pain vs. bad pain). You will be asked to repeat them back.

The basic principal of this technique is that *your body* knows what it needs better than you or the facilitator knows. Therefore, you will be encouraged to actively participate by utilizing your “intuitive” movement by being asked to “move, if you feel the need to move.”

The facilitator will take you through a series of positions and stretches and often apply weights to your body. Your only job is to “move, if you feel the need to move.” The facilitator is there to accent your natural body movement.

How does AquaStretch™ work?

Fasciae are connective-tissue found throughout the entire body. Fasciae encompass and hold muscle, nerves and blood vessels tightly together. According to the Fascial Adhesion Theory, micro-calcified “adhesions” may form excessively within the fasciae. These adhesions develop as a normal response to an injury. They may excessively calcify if the injured area is used prematurely, following intense training workouts or in response to occupational aggravations. (ie. food servers, hairstylists). Fascial adhesions are essentially internal “band-aids” that form around the injury to protect it while it heals. The formation of fascial adhesions causes a person to compensate and move out of their normal range of motion. The longer the body compensates, the harder the adhesions become. This may also lead to layers of fascial adhesions around the injury and throughout the rest of the body due to compensated movement patterns. If untreated, they may cause neurological and vascular entrapments and/or impairments.

Fascial adhesions may form due to a number of factors, that may act in combination:

1. Improper Healing: It’s common to use injured joints prematurely, i.e. sprained ankles.
2. Lack of Sufficient Exercise: Especially flexibility exercise.
3. Occupation and/or Recreational Aggravation: Excessive or repetitive joint use.

AquaStretch™ works to break down and dissolve calcified fascial adhesions. The combination of intuitive movement, accented movement and the properties of warm water make this a perfect environment for joint and soft tissue “releases” to occur.

What is a “release”, what will I feel?

Releases occur when a fascial adhesion has diminished or absolved. This usually occurs after you have placed your body in the position that was creating pain, tension or discomfort, the facilitator has applied pressure to that area, and you have been asked to “Move if you feel the need to move”. There are a couple of things you may experience as a result of a release.

1. You or the facilitator feel a “pop” (joint) or a “melting” (soft tissue) of that adhesion.
2. Your body will stop its intuitive movement.

What should I expect after my AquaStretch™ session?

You should expect an amazing sense of relaxation and overall sense of “feeling loose”. Many have reported dramatic improvements in their ability to sleep, which overall facilitates healing.

You may experience muscle soreness the first 24-72 hours following your session because you have been stretched in ways you may not have stretched for years. It is advised that you drink plenty of water following your sessions as warm water exercising may cause dehydration.

What is an AquaStretch™ Wellness Program?

An A/S Wellness program consists of two stages: 1. Restoration 2. Maintenance

Restoration: The Restoration stage usually involves 2-4 A/S sessions for 1-2 weeks. However, A/S may be performed daily depending on recovery time from “treatment soreness”. The purpose of this stage is to restore flexibility in the connective tissue (fascia) that has been lost due to prior injuries, surgeries, improper healing, lack of exercise, excessive training, and/or occupational/recreational stresses.

Maintenance: The Maintenance stage consists of intermittent facilitated sessions (i.e., once every month or two). It is also recommended that you perform a combination of individual A/S exercises and/or perform other land-based exercises that encourage flexibility (ie., Yoga). The purpose of this stage is to maintain the flexibility and well-being that was achieved in the Restoration stage.

When do I need to have more AquaStretch™?

There are generally 4 reasons why people need A/S again or regularly following the restoration phase.

1. They have recurring fascial adhesions that are occupationally aggravated, ie., repetitive use.
2. They “over-play” recreationally or physically train too quickly or excessively.
3. They have genetically predisposed or chronic conditions like scoliosis or fibromyalgia.
4. They do something goofy, i.e., lift boxes/bags improperly, move as if “20 years” ago.

*Please call Jessica to Schedule your appointment.
(928) 680-8229*