



QUANTUM STRETCHTM

FREE Webinar

POWER STRETCH IN YOUR CHAIR

Simple, Slow Stretching
For All Deep Tissue

GAME CHANGER

Say Yoga practitioners,
Physical and Massage Therapists

ANYWHERE ANYTIME

Free Your Body & Breath

TheWellnessFactor.org

Stretching trainer & polio survivor,
Robert Baxter, teaches his new routine

THE GOAL

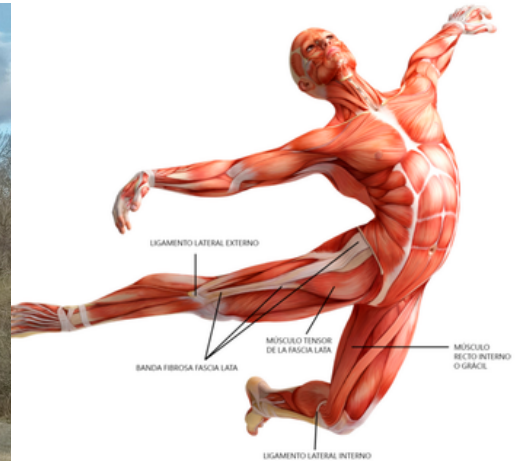
BODY MINDFULNESS
RELIVE PAIN - MAINTAIN FLEXIBILITY
FEARLESS

QUANTUM STRETCH™

Simple, Slow, Dynamic Stretching

For Your Whole Body - In Your Chair or Anywhere

Remove Pain & Tightness In 1 Minute



More Understanding of Fascia

The study of fascia can be a complex yet fascinating topic! I ask you to further your understanding, as this will help your mind to relate to your body, movement, tightness and pain.

Here are three great videos:

[Fascia In Movement: The Essentials Preview](#)

[by Tom Myers](#)

[Fascia: The Body's Remarkable, Functional Glue](#)

[by SciShow](#)

[Strolling Under The Skin](#)



First, Connective Tissue

***FASCIA, DEEP & SURFACE TISSUES
WHAT NEEDS STRETCHING***

I strongly believe that most pain and stiffness or tightness comes from stiff connective tissue (fascia) system in our bodies. CT or connective tissue interlaces the whole body. From your big toe to the top of your head, It's understandable if you've never given your fascia a second (or first) thought. Fascia, which means "band" or "bundle" in Latin, surrounds, connects and supports our muscles, organs, bones, tendons, ligaments and other structures of the body. Similar to the membrane around each section of an orange, fascia both separates and connects body parts at the same time. Containing nerves, these tissues also serve as a layer of protection and body awareness. These fibers are very strong and made up of collagen, elastin and plastin. It is also IN the muscles, ligaments, tendons and bones!

The Importance of Stretching

FASCIA OR CONNECTIVE TISSUE



The white areas are surface fascia.



As we grow up , we damage ourselves with a fall or some sort of impact all the way along.. We all use our hands, feet, forearms, biceps, pectorals and quads for years of use with just about every motion. We add sports, walking, dancing, carrying kids, picking up things (some too heavy). At work and play, many of these motion are very repetitive.

As we get older, the muscles, ligaments, tendons and fascia become tighter and dryer, thus the need for hydration and stretching out the tissue.

Notice that when you awaken (most sleep curled up), that the first thing you need to do is to open up the front of the body and we stretch the front by bending a bit backwards. Ah, better.

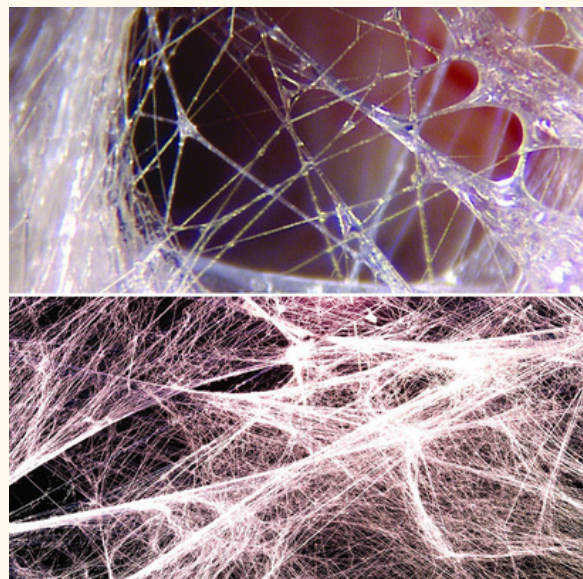
The main areas that need stretching are the forearms, biceps, pectorals and quads. These are the areas that get tight the most because of our motions of the day. And, these areas cause the smaller muscles and tendons in the back to be pulled tight. Release the front and the back feels better.

Note that we all have a dominate leg (quad). Lets say it's the right side. That tightness on the right pulls up on the opposite hip causing low back pain and sciatic pain. Lengthen that dominate quad, then walk a bit and the hip will drop down and release the tightness.

Then, comes injury or surgery. This impact or cutting causes scar tissue, which is a very tight and not easy flowing. AND the only way out is to stretch it out is on your own, or naturally or physical therapy.

MOST PAIN & STIFFNESS

- **FALLS & SUDDEN IMPACT**
- **REPETITIVE MOTIONS**
- **SEDENTARY LIFESTYLE**
- **SURGERY**
- **DEHYDRATION**



Microscopic view of the fascia



A Young Boy, Paralyzed with Polio from the neck down....

Yup, that was me 67 years ago came close to going into the "Iron Lung"! But, I was saved by angels disguised as nurses. They wrapped me in "hot packs" and bent me in Yoga positions, twice a day, (we all have our traumas to rise up against). In a few months, I was well. and My life from then on was about finding joy and flexibility and physical movement. "No moss gathering on this old stone". I have so much energy now - I don't sit still - I create!

Quantum Stretch was Heaven sent and I didn't know it really started so many years ago.

I want to teach you how to free your body/mind from the paralysis of Fear! (Jin Shin & Tapping are also a huge part of the freedom from our constrictions).

I was an Instructor for many years with The Rossiter System, which is a powerful technique based on the Roling System (deep tissue release), for most all pain relief and tightness. It is done with two people, the weight of the foot to pin fascia and apply movement. I have witnessed plantar fascias, back pain, carpal tunnel, shoulder pain, etc. disappear in 15 minutes!

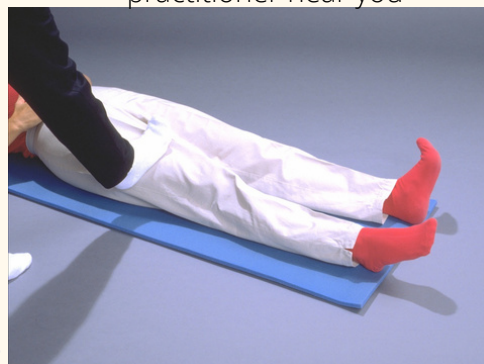
But, how was I going to "Step on Myself?" I took what I knew and *Quantum Stretch* was born. I have been "fixing" myself for many years now, of all sorts of pain in my body.

I want to teach you how , too!



Rossiter
Stretching
Powered by The Rossiter System

Click on the link above to find a practitioner near you



No Shots - No Surgery - No Drugs

Do It Yourself - Listen to your PT - Stretch A Lot
And Hydrate

Movement: It's true! "Move it or Loose It" The Fascia interlaces the whole body - pull on one area and it pulls on the whole system from head to toe. Therefore, if we have an ankle problem and walk to protect it, it will affect the shoulder or hip and back. The connective tissue is in and around the muscles, ligaments, tendons and organs. A tight right quad (usually the dominate leg) will pull up on the opposite (left) hip, thus causing low back, sciatic, and knee pain on the left side. Movement, while stretching, specifically yoga, tai chi, swimming and all other forms of stretching, will help to open and stretch the fascia.



A good analogy is that your body is your ship with all the ropes and rigging. Your spine is the mast. Lets say you have knots in the rigging on one side of the mast. That pulls the mast towards that side and makes the other side of the mast rigging taught and tight. Same n the body. The pain may be coming from the knots but real damage and pain happens on the opposite side. So, when we experience pain, it very well maybe coming from somewhere else.



The following are the basic upper & lower body stretches

for back pain, shoulder pain, carpal tunnel, tight arms, hands neck and chest. Add these to your regular practice. Add very, very slow movement. Notice the use of "Right Angle Hands & Feet." The key is to lock the fascia and apply the slow stretch against it. It is recommended to walk around after a set of stretches (it lets the space made in the stretch release many other associated areas that are tight).



The basic stretch - elbows locked, hands "energized" and held at a tight right angle. Move slightly, find the tightness, hold into it for 5 to 10 seconds (you can apply micro movements). (It takes fascia 10 seconds to just begin to move). Then slightly rotate or move the hands while keeping a right angle. Look for tightness and pain move slowly into it and hold then move again (less tightness).

**Please note that these pictures are a "static frame" of micro movement.
The idea is to slowly stretch your tight "ropes & rigging".**



Powerful stretch for shoulders, neck, arms, back and wrists. First place hands together in front, raise elbows high as you can. Apply pressure pushing them together and forcing the wrists to bend (this is alone a great stretch for fingers and wrists). Next, keep your head facing forward and push your arm back to one side. Apply some pressure, notice where you feel tight - micro move. Then keep this position and turn your head as far to the opposite direction - notice where you feel tight - micro move into the tightness or pain, hold for 10 seconds. Then, keep that position and look down at the floor - feel the stretch in your neck and pull against it stretch it slowly. Then come back to center position and **repeat on the other side. Always mirror a stretch!**



Stretching out the whole front of the body from quads to pectorals to head and neck will add length to the complete fascial front thus relieving the tightness of the whole back fascial areas! Move the head and neck very slowly to apply tension. The same is done with the arms behind you - move from side to side.

Sign up for the 3 segment webinar!

Create A Younger, Pain Free Body, At Any Age!

LEARN The Quantum Stretch To Benefit The Rest Of Your Life

- How to fix most pain - back, sciatic, tendentious, bursitis, feet, etc
- How to use breath
- How to use isometrics to get a full strength workout without moving
- How to incorporate Movement and Flow
- How to create "your own" Tai Chi & Chi Gong
- How to use QS on a walk, in the woods or in the kitchen



ANYWHERE - ANYTIME