

AQUASTRETCH™



Dynamic Myofascial Release in Warm Water

AquaStretch™ is a unique form of hands-on, facilitated myofascial release performed in warm water. AquaStretch™ is clinically proven to restore mobility, decrease pain, facilitate exercise comfort and efficiency.

AquaStretch™ uses buoyancy, weighted resistance, and prescribed methodology to produce outstanding results, from athletic performance to rehabilitation. AquaStretch™, in combination with aquatic exercise and land-based therapies, is an ideal fit for many patients.

Connie Jasinkas (M.Sc., Certified Exercise Physiologist) has provided therapeutic aquatic exercise in Cambridge since 2002, and AquaStretch™ since 2010. She is an international trainer in aquatic rehabilitation and AquaStretch™.

Please contact Connie Jasinkas for more information.



Questions / referrals:

www.FortheLoveofFit.com

www.AquaStretchCanada.com