

## Find relief from pain



NECK / SHOULDER PAIN



BACK / HIP PAIN



KNEE / LEG PAIN



ASSISTED STRETCHING

## CONTACT US



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## CONNECT WITH US



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# STRETCHED OUT

*Flexibility in motion™*

Brooklyn's premier facility for therapeutic,  
sports, and wellness stretching

## GAIN MOBILITY, FLEXIBILITY, AND FIND RELIEF FROM ACHES AND PAINS



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# STRETCHED OUT

## COMMON PREGNANCY PROBLEMS

Welcome to the wonderful world of motherhood. If you're a first-time mom - Congratulations!! If this is your 2<sup>nd</sup>, 3<sup>rd</sup> etc. you know exactly what to do by now. LOL.

As an expectant mother your body will be going through some big changes. Some expected, some unexpected. Some things you can do very little about and others you can help yourself a great deal.

One of the many changes you may experience is muscle stiffness, soreness, mobility difficulties (moving about) and a decrease in flexibility. These changes are mainly felt in the lower back, groin, feet, calves and general pelvic area. At times you may even feel stiffness throughout your entire body. Looking for relief can be difficult. You need something to help but understandably you do not want to put your baby at risk. For many that means no over the counter medications.

If you've looked for alternate relief you may have tried massages, acupuncture, chiropractors, yoga, etc. If you have tried these alternatives and have had limited or no relief, we may have an all-natural and organic solution for you. One of the most natural ways to rid yourself of most muscle soreness/stiffness or any of the previously mentioned issues is through Active Isolated Stretching (AIS). AIS is not "regular" stretching. AIS is a highly specialized stretching technique that not only provides muscular relief but can also help relieve pain, reduce stress/anxiety, promote better sleep and increase circulation (which obviously is very important).

### **During Pregnancy you may Experience**

Muscle soreness / Stiffness

Muscle pain (back, legs, groin, pelvic)

Body aches

Swollen legs

Stress / Anxiety

Poor sleep

Loss of mobility / flexibility

## RELIEF WE PROVIDE

### **This is how our stretching programs can help:**

- ⇒ Pain relief
- ⇒ Reduce stress
- ⇒ Reduce anxiety
- ⇒ Better circulation
- ⇒ Better sleep
- ⇒ Relieve muscle tightness/soreness
- ⇒ Improve posture
- ⇒ Retain less water
- ⇒ Overall "relaxed" feeling

Stretching during pregnancy can make you feel more calm, loose, and relaxed. Regularly stretching can relieve physical and mental tension. Your breath rate slows which lowers your heart rate and can lower blood pressure.

Stretching can also relieve muscle pain caused by soreness and stiffness. Amazing changes happen in your body during stretching and one of them is an increase of oxygenated blood flow to your muscles. This will give you more energy and help flush out toxins and lactic acid, so you'll experience less muscle soreness.

By frequently stretching, your muscles and joints will grow stronger and more flexible which can lead to a safer labor. Your joints will be lubricated so that they can move smoothly and painlessly. People who stretch have longer muscles, a greater freedom of movement, and smaller chances of muscle injury. On the other hand, not stretching can lead to spinal misalignment that can cause severe back pain.

## HOW WE CAN HELP

**Why is AIS so unique?** With AIS each stretch is held for only 2 seconds. What's the benefit of a 2 second stretch you ask? Very simply, it gives more oxygen to the muscles, causing less irritation and less injury. All while increasing the flexibility and length of the muscle. This is also achieved without triggering the stretched muscles' protective stretch reflex helping to keep the stretched muscle **relaxed**. The real benefit? Longer muscles. Which are less likely to be injured.

**The AIS stretch** is unique and so are our practitioners. Our dedicated, highly experienced and caring practitioners are with you every single step of the way. From your initial assessment we're here to make certain you receive the very best care and attention.

**Call Today For An Appointment  
&**

**See what the experts at  
Stretched Out can do for you.**