

The Stick

The Sunshine Chiropractic Clinic
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The Stick

- Prevents and predicts muscle injuries.
- Dramatically improves strength, flexibility, & endurance.
- Rapidly prepares muscles for physical activity.
- Disperses the effects of lactic acid following activity.
- Accelerates muscle recovery.
- A MUST for serious runners.
- Three sizes to accommodate all body types.

Indications

Muscle pain
Muscle Strain
Muscle Stress
Muscle Spasm
Muscle Tension
Muscle Cramps
Trigger Points
Muscle Fatigue
Muscle Tone
Etc...

85 Percent Of All Pain Syndromes Relate To Muscle

Muscle Management—

The Stick locates and extinguishes latent trigger points, with the same ease as active trigger points. This is accomplished by gently rolling the smooth, center-balanced segments back and forth over the entire length of the tender, shortened muscle bundle. This easy-to-perform procedure rapidly calms the reflex mechanism, relaxing the muscle bundle. The resultant myofascial release encourages good circulation, increases range of motion and relieves pain. Trigger points can be temporarily extinguished in about 30 seconds.

The Physiology Behind The Stick

The Stick simultaneously compresses & stretches muscle. Fluid changes activate increased assimilation of oxygen-laden and nutrient-rich blood.

A typical warm-up or warm-down of healthy muscle requires about 20 progressively deeper passes over individual muscle groups...about 30 seconds per group. Trigger points are contracted bundles of muscle. They restrict blood flow. There are no trigger points in healthy muscles.

Muscles containing trigger points are weak, stiff and

tender. They feel tight, fatigue quickly, and often hurt.

When trigger points are found—an additional 20 progressively deeper passes are directed.

The Stick allows you to locate what feels tight and roll it until it feels loose. The goal is to restore muscle memory.

The Sunshine Chiropractic Clinic carries the Stick at both locations.

Visit either office for a free demonstration.

The Stick comes in 3 sizes to accommodate all body types

