



Stretch Zone can help you experience a 10 to 20 percent increase in your range of motion in the first session.

"Blessed are the flexible, for they shall not be bent out of shape."



A proven, proprietary system of practitioner-assisted stretching used by celebrities, professional athletes, Fortune 500 executives and people like you and me from all over the world.

I've been a client at Stretch Zone since it opened. As a dancer, I was interested in increasing my flexibility and range of motion. Stretch Zone has helped with both. My back and hips are more flexible and I have a better range of motion.

Maddie R.

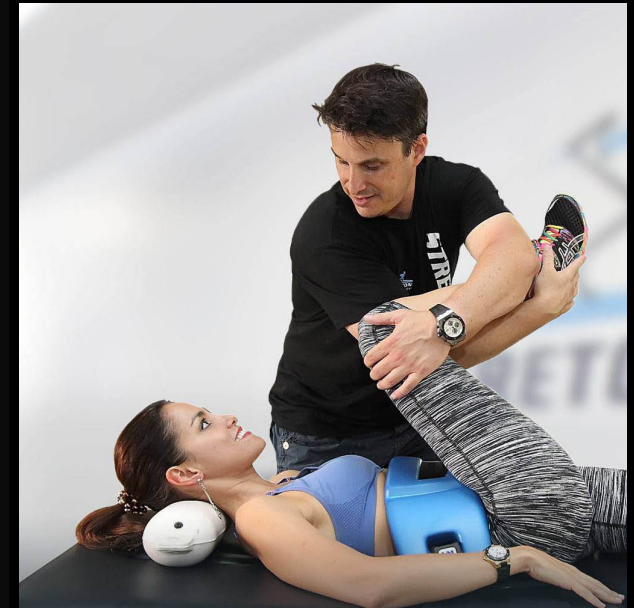
2 Mount Pleasant Locations!

3381 S. Morgans Point Rd #505
Mount Pleasant, SC 29466

320 W. Coleman Blvd #M
Mount Pleasant, SC 29464

Visit Us For Your
FREE
INTRODUCTORY
STRETCH

*New clients ONLY. Must be a local resident.
Cannot be combined with any other offer.



Morgans Point Rd

843-388-3059

Coleman Blvd

843-388-33331

STRETCH ZONE

How does it work?

The Stretch Zone practitioners work with the stretch reflex and powerful principles of neuromuscular behavior. Utilizing our proprietary system of practitioner-assisted stretching, we are able to stabilize, isolate and manipulate muscles in a scientifically specific way. When your body is correctly stabilized, fear is reduced, which leads to the muscles being able to relax and allow for the full stretch.

As a teacher, I'm on my feet a lot and my back seemed to always hurt. Thanks to Stretch Zone, my level of pain has decreased and I feel so much better overall! M. Robertson

Starting in our 30s, most of us begin losing flexibility at an average rate of 1% a year. Repeated strains and micro-stresses over time can cause muscles to become “glued together”, tightening the surrounding tissue and inhibiting range of motion. It doesn't take too many years of this before the aches and pains set in and we can no longer do the activities we enjoy. Stretch Zone's isolation of individual muscles within a muscle group breaks up the “glue” and restores free movement and balance.

Any type of movement that goes too fast or too far, or is held for too long, will cause the body to resist with what is called the stretch reflex. Once the reflex is activated, your body has effectively said “no more” and resists the stretch.

Stretch Zone works with the central nervous system to re-establish a more ideal resting muscle tone. This not only increases range of motion, but also makes movement more efficient, effortless and pain free.

Enhance Athletic Performance



Stretch Zone improved my ability to turn my hips and shoulders, increased my driving distance by an average of 20 yards, my handicap has dropped by 5 strokes.

Michael Allen



Can Stretch Zone help me?

At Stretch Zone we work with everyone, from professional athletes to those of us with everyday stiffness, soreness, headaches and decreased mobility. This includes many just getting out of therapy for hip and knee replacements, spinal fusions and other conditions. One of the best things about Stretch Zone is that you feel the difference immediately, and with consistency, those immediate effects turn into long term benefits!

Sound too good to be true?

Find all of this a little hard to believe? We thought you might...which is why that first 30-minute demonstration of just how effective it is will be on us.

FIRST VISIT IS FREE
No Charge. No Obligation.