

Soft Tissue Release (STR) technique

What is STR?

- *An advanced manual technique used in assessing and stretching soft tissues.
- *Unique in that it targets specific areas of increased tension within a muscle and also muscles that are normally difficult to stretch.
- *Can be performed both actively and passively.

Who should have STR?

- *Anyone who takes part in sports and exercise on a regular basis.
- *Anyone recovering from a musculoskeletal injury.
- *People maintaining a static posture for long periods.
- *Individuals seeking treatment for specific injuries such as lateral epicondylitis (tennis elbow) or medial epicondylitis (golfer's elbow) etc.
- *Patients with increased muscular tension from old injuries and scar tissue.