

# If It Hurts, Don't Stretch It: A Revolutionary Approach to Treating Pain

If you're one of the millions of people who suffer from chronic pain, you've probably tried everything to find relief. You may have seen doctors, chiropractors, physical therapists, and massage therapists. You may have tried medications, acupuncture, and yoga. But nothing seems to help.

If this sounds like you, then you need to read *If It Hurts, Don't Stretch It* by Robert Schleip. This groundbreaking book challenges conventional wisdom about pain and offers a new approach to treating it. Schleip, a renowned physical therapist, has spent years researching pain and developing a new understanding of how it works.



## If It Hurts, Don't Stretch It by Adam Dowsett

★★★★☆ 4.4 out of 5

Language : English

File size : 961 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 211 pages



In *If It Hurts, Don't Stretch It*, Schleip explains that pain is not caused by muscle tightness. In fact, stretching often makes pain worse. That's because stretching can damage the fascia, the connective tissue that

surrounds our muscles, bones, and organs. When the fascia is damaged, it can cause pain, stiffness, and inflammation.

Schleip offers a step-by-step guide to his revolutionary approach to treating pain. This approach focuses on releasing tension in the fascia. Schleip provides a variety of techniques for releasing fascial tension, including massage, foam rolling, and stretching. He also provides a list of exercises that can help to strengthen the fascia and improve posture.

*If It Hurts, Don't Stretch It* is an essential read for anyone who is suffering from chronic pain or who wants to learn more about the latest research on pain. Schleip's revolutionary approach to treating pain is changing the lives of millions of people. If you're ready to find relief from pain, then you need to read this book.

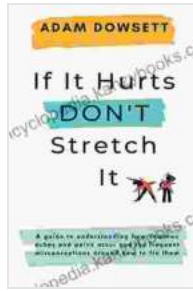
**Here are some of the key takeaways from *If It Hurts, Don't Stretch It*:**

- Pain is not caused by muscle tightness.
- Stretching often makes pain worse.
- The fascia is a major source of pain.
- Releasing tension in the fascia can relieve pain.
- There are a variety of techniques for releasing fascial tension.

**If you're suffering from chronic pain, then *If It Hurts, Don't Stretch It* is a must-read. Schleip's revolutionary approach to treating pain is changing the lives of millions of people.**

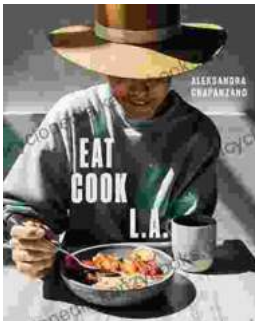
Free Download your copy of *If It Hurts, Don't Stretch It* today!

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