

## Clinical Flexibility and Therapeutic Exercise

Assisted Clinical Flexibility with Timothy A. Agnew  
PO Box 48922 Sarasota, FL 34230  
2001, [www.stretchme.com](http://www.stretchme.com), 48 minutes, \$80

Kinesiologist Tim Agnew has created an incredibly comprehensive video on therapeutic stretching. To say that Agnew is efficient in his presentation is a huge understatement. This extremely well organized video seamlessly blends anatomical education with modern computer animation, while walking the viewer through a complete full body stretching protocol. All in less than an hour!

Even with a quick pace, nothing feels short-changed. Excellent 3-D computer graphics take us directly into the body's structure, with the actions and potential injuries of muscles clearly explained and demonstrated. Each section gives a quick review of anatomy and attachments, then we see how to safely perform a specific stretch and take joints through their full range of motion.

The Clinical Flexibility and Therapeutic Exercise (CFTE) routines typically include 8-10 repetitions of very brief stretches. Along with numerous demonstrations, Tim Agnew gives a clear explanation of the science behind the stretch reflex, how to isolate specific muscles, and what a therapist can do to facilitate wellness. Good consideration is given to safety, and viewers are shown exactly how to position a limb before stretching. Much of the work requires an isolation belt, and for some stretches specific bolsters are needed. These can be purchased through the website connected with the program ([www.stretchme.com](http://www.stretchme.com)).

Probably the best way to learn CFTE is to repeatedly stop the video and immediately practice each stretch. A familiarity with bony landmarks, anatomical terms and directions is a must. This program seems geared toward experienced massage therapists rather than students in school, although the in-depth discussion of anatomy would be extremely useful for any practitioner.

Viewers new to clinical stretching should be aware that the one model featured throughout the video is extremely flexible. While this gives a good demonstration of how far a stretch can be taken, it may have been interesting if someone with tighter muscles was also modeled, to let us see the difference of performing the same stretch with a less flexible body.

As Tim Agnew reminds viewers, learning CFTE work will take "lots of hands on practice to master." This multitude of wonderful stretches should be learned a few at a time, then added slowly into existing routines. CFTE is sure to please clients who are proactive in their health care and willing to work with their massage therapist to maximize their body's flexibility.

RATING: 10 out of 10



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