

Massage Therapists: Now is the Time for an Online Assisted Stretch Therapy Certification!

Are you a massage therapist who has been struggling to regain your business after COVID? Are you looking for a way to expand on your existing knowledge and credentials to gain career opportunities? Would you like to enhance the massage experience of you existing clients or entice new ones, while keeping clients and yourself safe and healthy?

If so, read on to learn more about what an online Dynamic Body Stretching certification can do for you, and why NOW is the time to get one!

Assisted-stretch therapy is part of the coming wave of innovations that will change the face of massage-therapy. In the post-Covid economy it will benefit massage therapists greatly to expand the range of bodywork applications they use on their customers. Not only will it give you a leg up (no pun intended) over the competition, but it will deeply benefit a consumer base that has largely spent their quarantine in a sedentary fashion. Either that, or they may have responded in the extreme opposite and managed stress and isolation with rigorous new physical activities! Quarantine has likely affected a great deal of peoples' bodies, be they sedentary, hyper-active, or just stressed.

There are a multitude of reasons why assisted stretch is a vital addition to any massage therapy practice. For one, massage therapy deals with alleviating muscle pain due to lactic acid produced in the muscles when oxygen is in short supply. Regular stretching improves circulation to the muscles, reducing buildup of lactic acid and, therefore, pain. Assisted stretching can also improve the alignment of muscles. When certain muscles in the body are shortened by injury or a sedentary lifestyle, they force other muscles to compensate for them. The compensating muscles become over-strained. Employing an assisted-stretch technique like Dynamic Body Stretching can help to alleviate pain at the source, and prevent future pain.

[Dynamic Body Stretching](#) is an assisted stretch technique created by former bodybuilder and entrepreneur Loretta McGrath. What makes Dynamic Body Stretching unique [among other assisted stretch techniques](#) is the software component. Data about a client's mobility and overall health are assessed by DBS's proprietary software, which draws up a personalized treatment plan. This allows for the most accurate, effective, and organized approach to assisted-stretch therapy.

Another terrific benefit of Dynamic Body Stretching for massage therapists: DBS's website offers online, fully remote training and certification courses. As a massage therapists in a post-Covid world, you know that your clients put their trust in you when they allow you to use your hands on them and come into close contact with them. Online professional development is not only convenient, relatively inexpensive, and accessible all over the world. It also eliminates any anxiety about your clients' health and safety. On top of this, DBS's online certification programs are accredited by NCBTMB, NASM, and AFAA. They're real, practical training you can use to enhance and recover your massage therapy practice after COVID. [Click here](#) to learn more about getting a Dynamic Body Stretching certification for your massage practice today!